

CCLHD Blender Bike User Manual

Blender Bikes are a perfect blend of fun, fitness, nourishment, and sustainability. We have an adult and a kids Blender Bike available from the Health Promotion Service Central Coast Local Health District to borrow* and “mix-up” your next event to promote healthy eating and active living. *conditions apply

Adult Bike



Kids Bike



Central Coast
Local Health District

Table of Contents

Booking & borrowing the Blender Bike

Safety and cleaning

Recipes and healthy tips

Tips for smooth blending

Adjustments

Booking the Blender Bike

Blender Bikes (1 x adult & 1 x kids) are available to schools & organisations* within Central Coast Local Health District area.

Contact the Central Coast Health Promotion Service on Ph **4320 9700** and complete the booking form.

Collect & return from the Health Promotion Service (Level 10, CCCSRI Building Holden St, Gosford Hospital). *Conditions apply

Transport and storage

- The bikes are walkable for short distances, on smooth, hard surfaces. The adult bike has small wheels attached to the base.
- Bikes are also driveable – may be loaded into a ute, van or large boot of a car (kids bike).



Adult bike's dimensions are;

143cm long, 105cm high, 79cm wide

Bike weight: 28 kg

Ride weight range: up to 100kg

Kids bike dimensions are;

135cm long, 103cm high, 56cm wide

Rider weight range: Up to 50 kg

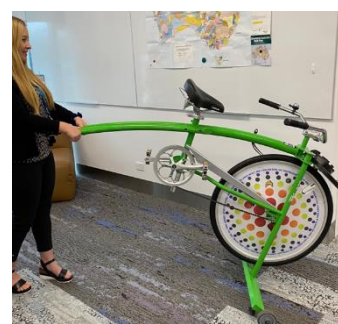


When transporting the **kids bike**, please fold the blue stand, leave connected and fasten using the orange strap. Bike can be walked and wheeled along like a normal bike.

- **Two people** will be needed to lift the **adult bike** into a van/car for transport. Once at the destination the bike can be rolled by one person, by lifting the back section of the green stand until the stoppers are off the ground and wheel forward or backwards as required.

See photo→

- Store bikes in a secure and dry place, away from direct sunlight



Before transporting, please remove and clean blender jugs and place in the storage container provided.

What is provided?

- Blender Bike
- 2 Blender jugs/pitchers per bike
- Toolkit (including; pump for schrader valve, the user manual, 2 measuring cups and tools to adjust the bike).

What do I need to organise myself?

After signing the;

- booking form

Users will need to arrange;

- transport
- level & firm surface for set up
- all smoothie ingredients and cups
- esky & ice to keep ingredients cool
- chopping board & knife(ideally in sheath)
- table
- cleaning equipment (deep bucket, detergent, long handled sponge)
- access to water for cleaning
- rubbish & compost bin
- safe storage area.
- signage & promotion
- marquee

Safety

- Undertake risk assessment for the site prior to use and establish suitable control measures.
- Inspect and test the bike to make sure it is in good working order, and check and tighten screws if required (allen key provided).
- Check that the bike tyres are firm and correctly inflated before use.

Adult bike – 60-70 PSI / 420 KPA

Kids bike – 40 PSI / 280 KPA

- **Rider weight limits;**

Adult bike: Max load 100kg

Kids bike: Max load 50kg

- Adjust axle bolts to ensure firm fit of the main wheel.

- Keep the lid and black elastic safety strap on the blender when in use.
- Bring the bike to a complete stop before removing the blender jug.
- Riders should remain seated on the bike at all times and have suitable footwear.
- All riders especially children will need to be supervised while using the Blender Bike to avoid any moving parts.

Cleaning after use

- After use, clean all blenders thoroughly.
- At the end of blending, put a cup of water and a drop of liquid detergent into the blender jug. Place the lid tightly on the jug. Place the blender on the base and secure with the black elastic strap onto the bike. "pulse" for 1-2 minutes on the bike and then rinse well.
- Disassemble jugs by unscrewing black attachment section at the base. Clean the jug, black attachment, grey seal and blade. Dry thoroughly and then reassemble.
- Wash blenders and other food tools in warm, soapy water then rinse before use. Avoid washing the blenders in HOT BOILING water or temperatures over 80 degrees.
- **Do not put in dishwasher.**

Note: Do not use stiff-bristled brushes or abrasive cloths to clean the blender jugs as this may dull or scratch the surface.

- Be aware of the blender blades when washing – they are very sharp. Use a long-handled brush to wash jugs and blades while assembled, between blends.
- Wipe the frame of the bike and blender base with a clean cloth

Recipes and healthy tips

Our favorite smoothie recipes.

Per serve

Mango Smoothie	Berry Smoothie
125ml light milk (reduced fat) 70g frozen mango 1/3 of a banana 1/3 cup ice	125ml light milk (reduced fat) 70g frozen berries 1/3 of a banana 1/3 cup ice

Quantities for ordering

*Quantities for frozen items are based on 500g bags - adjust for larger bags

Banana & Mango Smoothie					
Item	Purchase - whole	25 serves	50 serves	75 serves	100 serves
Milk - 1L long life reduced fat	1	2.5	5	7.5	10
Frozen Mango* - 500g bag	1	3.5	7	10.5	14
Banana - 1 banana	1	8.5	17	25	34
Ice - 5kg bag	1	0.5	1	1.5	2

Banana & Berry Smoothie					
Item	Purchase - whole	25 serves	50 serves	75 serves	100 serves
Milk - 1L long life reduced fat	1	2.5	5	7.5	10
Frozen Berries* - 500g bag	1	3.5	7	10.5	14
Banana - 1 banana	1	8.5	17	25	34
Ice - 5kg bag	1	0.5	1	1.5	2

Other items for ordering

Paper Table Cloth
 Large Paper Cups
 Paper Straws (optional)

Healthy tips:

- Use fruit to sweeten drinks, rather than adding extra sugar
- Use reduced fat dairy products (e.g. yoghurt, milk)
- Use fruits which are in season, or frozen fruits.
- Think about the size of cup you want to use on the day – recipes make enough for roughly 1 serve using 300ml cups.

Allergen info:

- Be aware that people may have food allergies. Have a list of smoothies available with ingredients to make people aware of possible allergens.
- Inform users that although care can be taken, it is very difficult to avoid cross-contamination of allergens with the Blender Bike.

Food safety:

- Store food and fluids at an appropriate temperature (i.e. in a refrigerator or an esky with ice) and keep protected from flies/insects.
- Clean hands before touching any food. Change gloves and wash hands regularly.
- Avoid directly touching food (i.e. peel fruit as needed, use spoons, pour frozen fruit straight from the packet, use gloves).
- Use long life reduced fat milk.
- Wash the blender jugs regularly between blends.
- For more information, visit <https://www.foodauthority.nsw.gov.au/consumer/keeping-food-safe>

Tips for smooth blending

Setting up the blender and operating instructions

- Set the Blender Bike on a level surface.
- Make sure the base of the blender jug (where the blender blades are housed) is assembled, including the grey seal. Check that it is firmly attached to the bottom of the blender jug.
- Fill the jug with ingredients before attaching the jug to the blender bike.
- Fit the lid onto the blender jug.
- Fit the jug onto the blender platform (the black disks at the front of the bike). Make sure the base of the jug fits properly onto the square metal peg that will turn the blender blades.
- Use the black elastic strap to secure the blender jug in place.
- Once the blender jug is securely attached, ask the cyclist to start pedaling. Pedal fast enough and for long enough to blend all ingredients and froth the drink.
- Stop pedaling and bring the bike wheel to a complete stop before removing the blender jug.
- Ring the bell when finished!
- Pour the smoothie into a cup and enjoy!

Tips to keep the event running smoothly

- There are 2 blender jugs with each bike. This means you can have 2 smoothie flavours on offer, or just have the next jug loaded up with ingredients ready to go and minimise washing between blends. Note that jugs may still need to be washed periodically throughout the day for food safety.
- It is best to have a team of at least two people to run the blender bike station: one to prepare smoothies, and a second to work exclusively on the bike, adjusting seat height for riders and coaching their blending.

Trouble shooting

- **Problem:** The blender is not working (and might be making a loud noise), even though I am pedaling.

Solution: Firstly, stop pedaling. Detach the blender to check that the jug has been correctly placed on the platform and try again. If it was placed correctly, check to see if any ingredients are caught beneath the blades. Gently shake the blender jug to dislodge the ingredients and return the blender to the correct position on the bike.

If this doesn't work, check the tyres are correctly inflated to ensure connection between the tyre and roller axle.

If this still doesn't work, check the contact between the roller axle (silver cylinder located underneath the blender platform) and the tyre. Is the cylinder rotating with the bike wheel when it is pedalled? If not, you will need to adjust the contact pressure. To do this, loosen the two screws on the top surface of the blender platform by approximately one turn with the allen key provided. Rotate the blender platform anticlockwise to push the roller up against the tyre. Re-tighten the screws and check to make sure the roller axle is now rotating with the wheel.

- **Problem:** Can I adjust the handle bars and the seat height?

Solution: If the handlebars are loose, move them into the desired position and tighten using the allen key provided. If the seat height needs adjusting open the quick release that is located underneath the seat, and adjust it to the desired height. Ensure the quick release is closed before sitting on the seat.

- **Problem:** The chain has become loose or fallen off the bike. How do I fix it?

Solution: The chain should be fairly tight along the lower section of the chain. To service this, use an allen key to loosen the screw holding the bike chain and wheel in place. Pull the wheel back until the chain is tight along the lower section and tighten the screw again using the allen key.

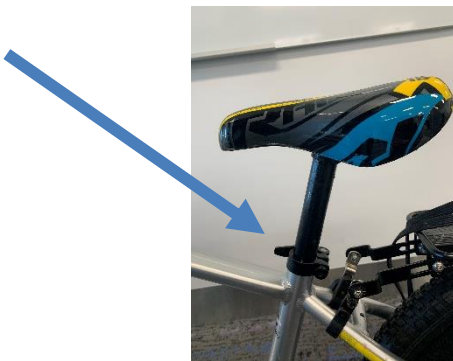
ADJUSTMENTS

SEATPOST

1. Open the seatpost lever.
2. Insert the seatpost, noting the minimum insertion safety line, then close the lever.



safety check If the seat post moves or slides adjust the collar by tightening the bolt with the 4mm allen key.



BLENDER BASE

1. Loosen the two wingnuts on the upper platter by one or two turns, and turn the platter counter-clockwise so the roller is slightly touching the tire.



2. Check your alignment to make sure the roller is directly over the axle.



3. If the roller is not aligned, adjust it using the hex keys.



4. Turn the platter until the roller is firmly against the tire, then lock the wingnuts while keeping pressure on the roller.

For further information scan QR code to see how to adjust the blender platter.

<https://rockthebike.com/troubleshooting-tips/>



ROCK THE BIKE™

Purchased
from:

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