

Seat Adjustment

These suggestions should allow you to get close to your most comfortable riding position.

I like to occasionally stop spinning and stretch my leg(s) out fully. (I don't know much about conventional bike set-up, but I would think saddle height adjustment would be similar.)

Initially, loosen the eight 10-32 socket-head screws (four on each side) of the seat support. *Also, loosen the steering rod clamp.*

Slide the whole seat assembly fore or aft to allow your leg to stretch fully at the farther most position as shown below:

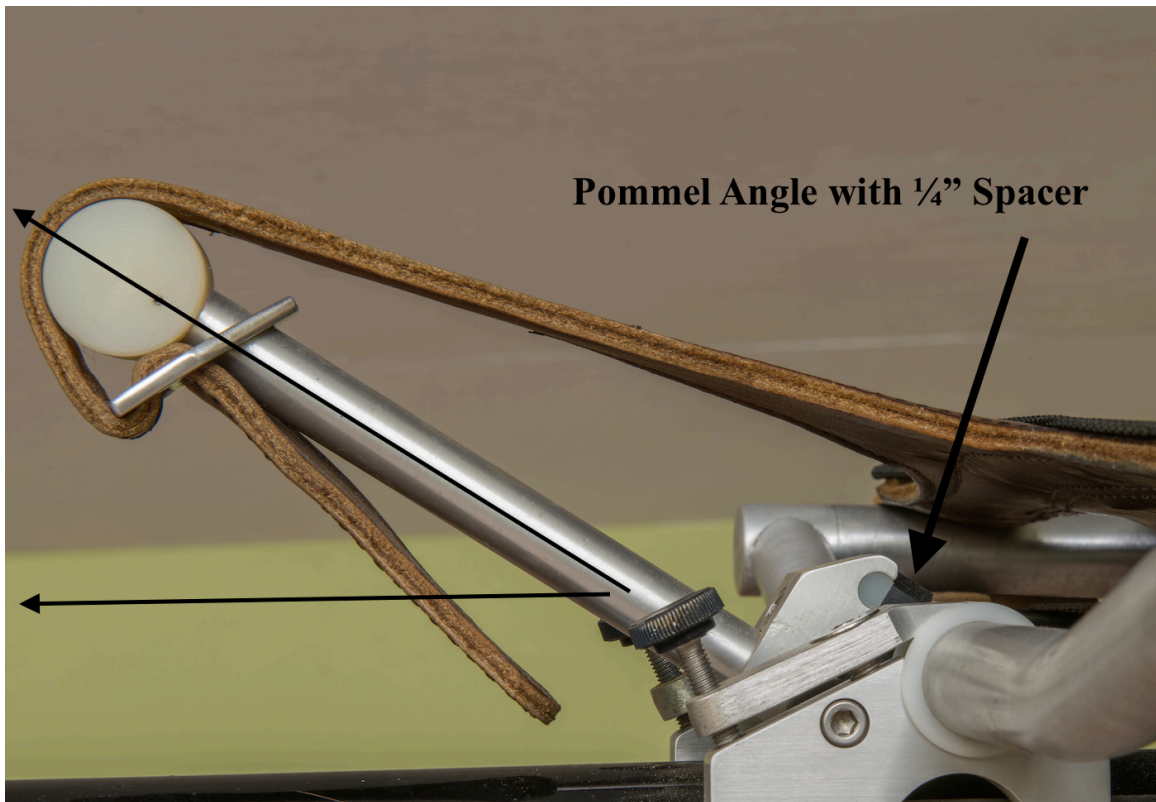
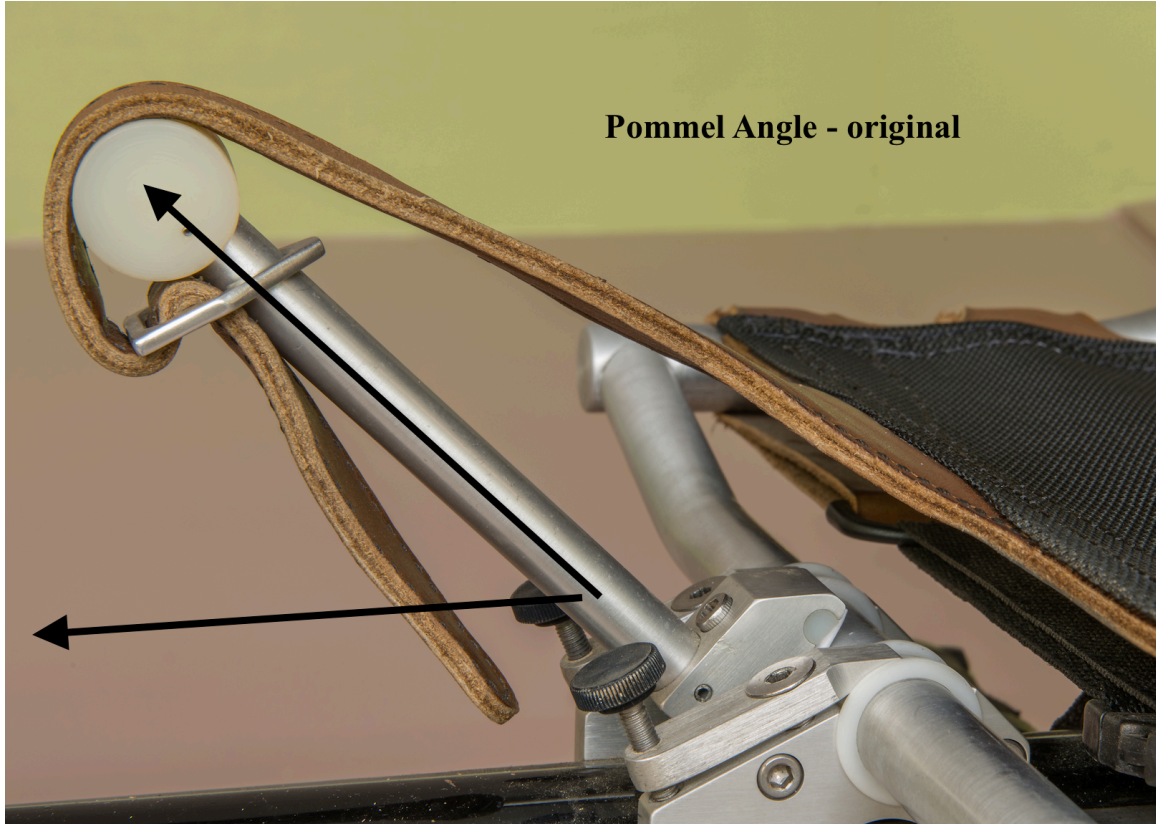


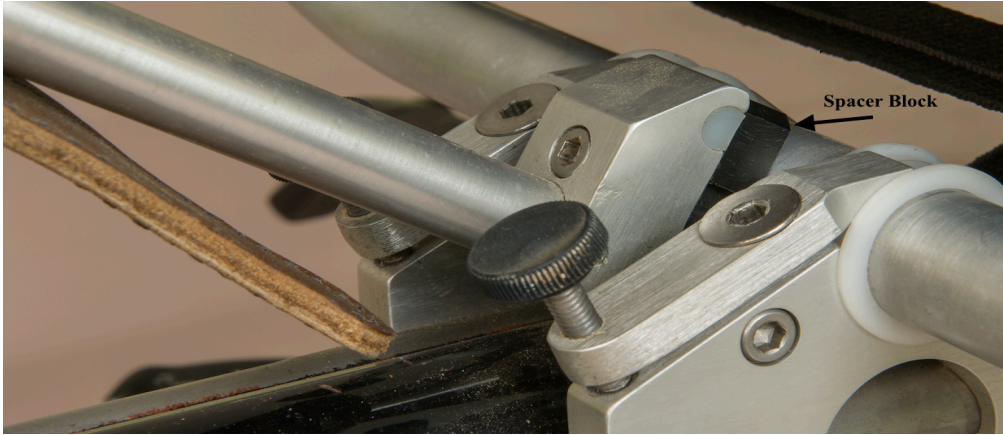
The above position should allow a normal bent-knee while actually cycling as below:



Of course, everyone will have their exact comfort level, but this should get you within about $\frac{1}{2}$ " fore or aft. *(Don't forget to tighten the steering rod clamp with the front wheel straight and the handlebar at right angles to the frame.)*

My preference soon after first learning to ride the Avatar was to make a minor adjustment to the pommel angle. I found that the original position caused some slight irritation to the underside of my thighs where the leg touches the leather seat. By lowering the angle of the pommel, it eliminated that issue and I have set all my bikes up this way. All you need to do is stick some kind of shim of about $\frac{1}{4}$ " between the pommel stop where it bears against the seat support cross-bar. (I was fortunate to have ability to make a drilled and tapped a piece of black machinable plastic.) Since the pommel has regular tension against it even when off bike, any temporary shim should stay in place. See the following photos:





The only other suggestion I have about seat adjustment involves the careful set-up and occasional (every month or two?) double checking of the clearance between the seat (with you sitting) and the top of the frame. I suggest simply making sure something like an old envelope folded in two will easily slide between the seat and top tube. I did not pay attention to this years ago and found that if the seat is just slightly touching, you probably won't even feel it. I now have an old seat that has worn a hole thru at point of contact! Also, I suggest no more clearance than suggested above, because too much clearance can start to form a slight 'sliding-board' effect, causing your posture to creep down a bit.

