## Cycles For Life

## How to choose the correct size of Triaid foot propelled cycle.

In contrast to many children's bicycles, Triaid tricycles are sized by the leg length rather than the age as this is the most reliable way of getting the correct size of bike for each rider. Age, or overall height alone, may act as a guide but they are not a reliable measure as there is a large variance in average leg lengths and heights for each age. If you know the height of the rider, the following table will give an indication of the appropriate size of Triaid tricycle.
(t)

| Overall Height Of Rider: | 70 cm | 80 cm | 90 cm | 100 cm | 110 cm | 120 cm | 130 cm | 140 cm | 150 cm | 160 cm | 170 cm | 180 cm | 190 cm | 200 cm |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| IMP | $85 \mathrm{~cm}(31 / 2$ ") $\cdot------\cdot 105 \mathrm{~cm}$ (41") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Terrier/Terrier Hitch | $100 \mathrm{~cm}(39$ ") $\cdot-$------------------ 125 cm (49") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TMX/TMX Hitch/TMX T5 | 120 cm (47") •--------------145cm (57") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Quad Small | 120 cm (47") $\cdot$--------------- 145 cm (57") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tracer Jnr | 120 cm (47") $\cdot$-------------------------152cm (60) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tracker 20"/ Tracker 75 20" | 140 cm (55") •--------------165cm (65") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| QUAD - Large | 140 cm (55") --------------•165cm (65") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tracker 24"/Tracker T5 24" | 150 cm (59") •---------------175cm (69") |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tracer | 150 cm (59") $\cdot$---------------------180 ${ }^{\text {cm ( }}$ (11) |  |  |  |  |  |  |  |  |  |  |  |  |  |

For a more accurate guide to the finding the correct size of cycle take time to measure the rider's inside leg, this can be done in two ways:


1. Stand the rider in their socks against a wall. Place a small book between their legs, as high as is comfortable. Ask the rider to step away from the wall and measure from the top of the book to the floor.
2. The same measurement can be taken from a lying position. With the rider lying on their back, measure from the underside of the foot to the top of the inseam of the trouser leg. If the rider is not able to fully straighten their leg, measure to the maximum comfortable point of leg extension.

Once you have measured the inside leg, use the table below to find the right size of cycle for the rider. The seat height can be adjusted as the rider grows and the handlebar position can be adjusted to accommodate different arm reaches.

|  |  | $\begin{aligned} & \stackrel{\sim}{\beta} \\ & =\sim \end{aligned}$ |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| (t) | Overall Length | Overall Width | To Suit Inside Leg | Seat to Handle Bars Min - Max | Max User Weight |
| Imp | 1000 mm (391/2") | 610 mm (24") | 320 mm (121/2") - 430 mm (17") | 280mm(11") - 370 mm (141/2") | 32 kg (701bs) |
| Terrier/Terrier Hitch | 1140 mm (45") | 735 mm (29") | $420 \mathrm{~mm}\left(161 / 2^{\prime \prime}\right)-545 \mathrm{~mm}$ (211/2") | $360 \mathrm{~mm}\left(14{ }^{\prime \prime}\right)-430 \mathrm{~mm}\left(17{ }^{\prime \prime}\right)$ | 45 kg (100lbs) |
| TMX/TMX Hitch/TMX T5 | 1500 mm (59") | 735 mm (29") | $510 \mathrm{~mm}\left(20^{\prime \prime}\right)-640 \mathrm{~mm}\left(25^{\prime \prime}\right)$ | $480 \mathrm{~mm}(19$ ") - 560 mm (22") | 70 kg (150lbs) |
| Quad - Small | 1450 mm (57") | 800 mm (311/2") | $510 \mathrm{~mm}(20$ ") - 640 mm (25") | 480 mm (19") - 560 mm (22") | 100kg (2201bs) |
| Tracer Jnr | 1780 mm (70") | 800 mm (311/2") | $510 \mathrm{~mm}\left(20^{\prime \prime}\right)-710 \mathrm{~mm}\left(28^{\prime \prime}\right)$ | $480 \mathrm{~mm}(19$ ") - 560 mm (22") | 70 kg (150lbs) |
| Tracker 20"/Tracker T5 20" | 1650 mm (65") | 800 mm (311/2") | 610 mm (24") - 740 mm (29") | $535 \mathrm{~mm}\left(21^{\prime \prime}\right)-610 \mathrm{~mm}\left(24^{\prime \prime}\right)$ | 90 kg (200lbs) |
| Quad - Large | 1750 mm (69") | 800 mm (311/2") | 640 mm (25") - 760 mm (30") | $535 \mathrm{~mm}\left(21^{\prime \prime}\right)-610 \mathrm{~mm}\left(24^{\prime \prime}\right)$ | 100 kg (2201bs) |
| Tracker 24"/Tracker T5 24" | 1753 mm (69") | 800 mm (311/2") | $640 \mathrm{~mm}\left(25{ }^{\prime \prime}\right)-760 \mathrm{~mm}\left(30{ }^{\prime \prime}\right)$ | $535 \mathrm{~mm}\left(21^{\prime \prime}\right)-610 \mathrm{~mm}\left(24{ }^{\prime \prime}\right)$ | 90 kg (2001bs) |
| Tracer | 1930 mm (76") | 800 mm (311/2") | $640 \mathrm{~mm}\left(25{ }^{\prime \prime}\right)$ - 815 mm (32") | $560 \mathrm{~mm}(22$ ") -640mm(25") | 100 kg (2201bs) |

