Instructions for AM Series AM-20 Hand and Foot Cycle

#50-HFC-0610
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About AmTrykes®

AmTryke® therapeutic tricycles, owned and operated by National AMBUCS™ Inc., are designed for people with disabilities who are unable to operate a traditional bicycle. AmTryke tricycles or “trykes,” can be operated by feet, hands or both, and include a wide variety of models. The trykes can also be adjusted to fit the needs of different riders, including frame size, type of seat, trunk and leg supports.

AmTryke’s JT-2000 is a recumbent foot cycle. It has a fully adjustable recumbent seat that fits almost any adult rider. The cycle features a 14-speed Shimano hub paired with rear disk and front hand brakes. It is designed for comfortable riding on paved trails and roads. The multiple speeds allow the rider to keep pace with family members and friends in most situations and achieve higher speeds when appropriate. The cycle’s turning radius is 10 feet.

JT-2000 can be adapted with several accessories. See Optional Accessories in this manual for more information. You can also visit our website for most up to date information at www.ambucs.org.

About This Manual

Read this manual carefully before assembling your tryke or using it for the first time. This manual includes important information about safety, assembly and maintenance. Keep this manual in a safe place for information and for ordering accessories/parts.

AMBUCS/AmTryke reserves the right to make changes to the design and technology of AmTrykes. The assembly instructions are accurate as of the date of this manual’s printing.
Safety

Safety is very important to us. AmTryke products are designed in accordance with the latest safety standards and are constantly monitored for quality. We use information from this quality control to develop our products.

We urge all riders to seek the opinion of their health-care provider(s) before riding their tryke.

AmTrykes should be used for their intended purpose only.

Safe Riding Tips

Before riding, familiarize yourself how the tryke operates —it’s steering, braking and shift gears (if applicable). Adjust the seat, handlebars and pedals to fit the rider. See Fitting AmTryke for Rider section in this manual for more information.

Here are some tips about riding safety:

- AmTrykes should be used with close adult supervision.
- Riders must wear helmets. All our trykes include a free safety-rated helmet. The helmet must fit appropriately. A properly fitting helmet sits on the head comfortably —a helmet that sits high on the head is too small. Some movement is acceptable, but a helmet that moves a lot is too large. See the illustration below for reference:

<table>
<thead>
<tr>
<th>Correct Way to Wear Helmet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RIGHT</strong></td>
</tr>
<tr>
<td><strong>WRONG</strong></td>
</tr>
</tbody>
</table>

For more information about finding the correct size helmet, see Helmet Sizing Chart on page 23.

NOTE: Be careful not to pinch the skin when fastening helmet buckle.
• Riders must wear shoes. If shoes have laces, they must be tied properly.

⚠️ WARNING: NEVER ALLOW MORE THAN ONE RIDER ON AMTRYKE.

• Most trykes are equipped with a steering pin and have three steering options available:
  
  o **Full steering**: No steering pin. This option allows riders to make sharp turns and is appropriate for riders who ride at slow speeds or in close quarters. Close adult supervision is required.
  
  o **Limited steering**: This option allows riders to turn 20 degrees in either direction, thus, reducing the risk of over-steering or tipping over.
  
  o **No steering**: This option allows for riding straight only. A supervising adult is required to turn the tryke.

• To avoid tipping the tryke over, approach wheelchair ramps or thresholds at a 90-degree angle.

⚠️ WARNING: DO NOT RIDE IN OR NEAR TRAFFIC, OR WHERE THERE IS A RISK OF FALLING OFF CURBS, STAIRS, POTHOLES OR OTHER HAZARDS.

• Use caution on sloped parking lots, driveways and sidewalks. Avoid excess speed by having an adult restrain the tryke from behind on sloped surfaces. The trykes have many options for control features. Consult AmTryke to find out the best solution for your rider.

• Many riders do not have the motor skills required to be able to use the hand brake effectively.

⚠️ WARNING: DO NOT RESTRAIN TRYKE BY GRABBING HANDLEBARS OR HAND BRAKE — THIS MAY CAUSE IT TO TURN SHARPLY AND TIP OVER.

• Depending on trunk stability, behavioral compliance and body awareness, some riders may need supports (e.g., lateral, head), belts (e.g. lap, shoulder), hip abductors or other specialized equipment. A physical therapist/health professional can assist you with any recommendations.

• Riders should only be allowed to ride trykes that are the appropriate size. If you are uncertain, refer to *AmTryke Sizing Charts* in this manual or contact a physical therapist.

• Before riding, always check that all tires are inflated properly.

• If parts are broken or missing, the tryke should not be used until repaired.

**Brakes**

If your tryke has brakes (front or coaster brakes) be careful when using the brakes. Operate the brakes gradually. If your tryke has front brakes (front
caliper brake or both front caliper brake and rear disk brake) squeeze the brake lever(s) gradually until you feel brake(s) working. The left brake lever operates the front caliper brake and the right lever operates the rear brake. To stop your tryke, use both brakes. It is advisable to start braking by operating the rear brake slightly before the front brake.

WARNING: BE CAREFUL WHEN OPERATING BRAKES. SUDDEN BRAKING MAY CAUSE TRYKE TO TIP OVER.

Shift Gears

If your tryke has shift gears, use precaution when shifting gears. When shifting gears keep pedaling but reduce pedaling pressure. Do not try to change gears when pedals or wheels are not moving. Also, never change gears while back pedaling and do not force the gear shifter when changing gears.

CAUTION: USE CAUTION WHEN SHIFTING GEARS.
Assembly Instructions

Refer to the following instructions on how to assemble your tryke. Study the instructions carefully before beginning assembly and follow the sequence shown in the instructions.

NOTE: AmTryke must be assembled by an adult.

Be careful when assembling your tryke. Make sure that your working area is free of possible sources of danger, such as tools lying around.

WARNING: THERE IS ALWAYS A DANGER OF INJURY WHEN WORKING WITH TOOLS OR DOING MANUAL WORK.

Always dispose of packaging material properly. Do not let children play with plastic bags.

WARNING: THERE IS A RISK OF SUFFOCATION WITH PLASTIC BAGS. KEEP PLASTIC BAGS AWAY FROM CHILDREN.

When assembling your tryke, bolt all parts together loosely at first and check that they have been put together correctly. Tighten locknuts by hand until snug; then use proper tools to tighten nuts completely.

CAUTION: CHECK THAT ALL SCREWS HAVE BEEN SECURELY TIGHTENED BEFORE USING YOUR TRYKE.

Getting Started

Your AmTryke is shipped in parts. Carefully remove and lay out all parts from the carton so that you don’t scratch or lose any parts or pieces. Check that you have all the necessary parts. If any parts are missing, please call us at 1-888-AMTRYKE for assistance.

Remove packaging material and discard. See the following Tryke Parts Locator to identify different parts:
AM-20 Tryke Parts Locator

Your AmTryke also includes the following hardware:

Hardware
You need the following tools for assembly (too see a picture of different tools, see page 24):

**TOOLS REQUIRED:**
- 5 mm Allen wrench (incl.)
- 8 and 10 mm wrench/socket
- 14 and 15 mm wrench (incl.)
- 22 mm socket or adjustable wrench
- Needle nose pliers
- Phillips head screwdriver

**Wheels**

Start assembling your tryke by attaching the wheels to the rear and main frames. First, attach the back wheels to the rear frame:

1. Remove the 22 mm nuts and flat washers from both ends of the axle and slide wheels over each side.
   
   **NOTE:** Pay attention to directional arrows on the tires.

2. Replace the washers and nuts on each side of the axle and tighten using a 22 mm socket or adjustable wrench.
   
   **CAUTION:** DO NOT OVER TIGHTEN WHEEL NUTS. WHEEL BEARINGS MAY BE DAMAGED.

3. Place the black nut covers on top of the wheel nuts on each side. Lightly tap with the palm of your hand to secure in place.
Next, install the front wheel to the front fork of main frame:

1. Remove the black plastic thread protectors from each end of the axle.
2. Use the quick release wrench to remove the thumb nut from one side.
3. Place the front wheel in the front fork and slide the shaft of the quick release axle through the center of the rim.
4. Put the spring of the quick release axle on the other side with the narrow end pointing inward.
5. Thread the thumb nut back on and tighten.
Frames
To attach the frames together, slide the rear frame into the main frame. Use four large lag bolts, washers and nuts to secure the frames (both sides). Tighten with a 15 mm socket or wrench.

**NOTE:** Do not tighten completely at this point.

Next, install the chain from the main hub to the rear axle sprocket. Use a pair of needle nose pliers to snap the master link in place.

To finish assembling the frames, pull back on the rear frame to tighten the chain. While pulling, tighten the four nuts with a 15 mm socket or wrench. Install the upper support Allen bolts (one on each side), washers and nuts using a 5 mm Allen wrench and 13 mm wrench.

Seat
Start seat assembly by first attaching the seat support bracket to the rear frame. Use two 5 mm Allen bolts and nuts to secure it. Tighten with a 10 mm socket or wrench, and a 5 mm Allen wrench.
Next, attach the seat mounting bracket to the frame:

1. Place the seat bracket over the main frame so that one hole in the bracket aligns with a hole in the frame.
2. Remove the thumb nut from the quick release lever and insert its shaft through the bracket and frame. Thread the nut back on and press the lever down.

**NOTE:** Turn the lever until tight and then press it down to lock. Make sure that the seat bracket securely tightened before riding.

3. Install two short seat supports on the back of seat frame using two long shafted Allen bolts with flat washers and nuts. Tighten with a 10 mm wrench or socket, and a 5 mm Allen wrench.

4. Slide the short support bars over the long bars of the seat support bracket. Align the holes and insert a clevis pin with snap ring to both bars.

**NOTE:** Angle of the seat is adjusted with the support bars—the lower the adjust, the greater the angle.
Finish seat assembly by attaching the seat cover to the seat frame. Find the two edges that have pockets (two other edges have straps or buckles) and:

1. Slide the seat cover over the seat frame.
2. Lace the straps through the buckles and tighten them by pulling. The cover will conform to the seat frame.

**Front Brakes**

The front brake caliper is already installed but you need to install the brake levers onto the handlebar and connect the brake cable to them (the cable is already attached to frame).

**TOOLS REQUIRED:**
- 5 mm Allen wrench

**Brake Levers**

Each brake lever has a button on it with a spring underneath it. The brake lever should be installed so that the button is on the top side and hand grip points to the outside of the tryke.
To install the brake levers:

1. Slide one brake lever over one side of the handlebar until just before the curved portion of the handlebar. Adjust the position of the brake lever to a comfortable position.

2. Tighten the brake lever clamp with a 5 mm Allen wrench securely so that it cannot slide.

Repeat this process for opposite side.

The brake cable Ferrell has two parts, the Ferrell and lock nut. The Ferrell and lock nut each have a slot for the cable to slide through. To attach the cable to the brake levers, follow these steps:

Step 1: Turn the Ferrell so that the slot in it and the lock nut align.

Step 2: Pull in on the lever and pull out the cable barrel arm.

Step 3: Insert the cable barrel into the cable barrel arm.

Step 4: Slide cable through the slots of the Ferrell and lock nut, then turn the lock nut and Ferrell 180 degrees from each other.
**Brake Caliper**

To install cable to the brake caliper, follow these instructions:

1. Thread the cable through the large end of the cable noodle.
2. Slide the cable noodle through the slot in the caliper control arm.
3. Slide the rubber boot over the cable and onto the cable noodle.
4. Use a 5 mm Allen wrench to loosen the anchor bolt on the caliper arm and put the cable between the thick washer and caliper arm.

**Brake Adjustment**

To adjust the brakes, follow these instructions:

1. Squeeze the top of the caliper arms with your hand until the brake pads lightly touch the rim.
2. While squeezing the caliper arms, tighten the anchor bolt with a 5 mm Allen wrench. Once the anchor bolt is tight, you can release the caliper arms.
3. Pull the brake lever in and hold it while trying to push the bike. If you are unable to move the bike easily then the brakes are set correctly. If you are able to push the bike then you will need to adjust the brakes more.

If you need to adjust them more, follow these steps:
1. Loosen the lock nut on the brake lever by turning it to the left (counterclockwise).
2. Loosen the Ferrel by turning it to the left two complete turns.
3. Tighten the lock nut by turning it to the right (clockwise).
4. Test the brakes to see if they hold – if they do then you are finished. If the brakes do not hold and the bike still moves freely repeat step 1.
5. When you are satisfied with the brakes, pull the brake lever in all the way ten times to make sure the cable is not going to slip.

**Pedals**

> **TIP:** Pedal threads tighten toward the front of bike.

Put a thin washer in the pedal crank arm and hand thread the right pedal clockwise and the left pedal counterclockwise into the pedal crank arms. When you are certain that the pedals are threaded properly, use a 15 mm wrench to tighten securely.

> **CAUTION:** BE CAREFUL WHEN THREADING PEDALS. DO NOT FORCE! PEDALS THREAD EASILY WHEN INSTALLED PROPERLY.

**Reflectors**

Install the rear reflector with bracket on the rear frame (between the seat support brackets). Use a Phillips head screwdriver to remove the clamping screw from the bracket. Open the clamp and place it on the frame. Thread the clamping screw back and tighten.

Follow the same procedure and attach the front reflector to the steering stem tube.
To install the wheel reflectors, place them in an area on the rim behind a single spoke with two spokes on the opposite side. Align the front spoke with the slot in the reflector and insert the reflector holding pin with the slotted end going over the spoke into the hole in the reflector. Press firmly until you hear it click into place.

Fitting AmTryke for Rider

*JT-2000* has been designed for adults. See the information below for quick reference on rider’s size requirements:

<table>
<thead>
<tr>
<th>JT-2000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rider’s height:</strong> Max. 74 inches</td>
</tr>
<tr>
<td>Arm length 20-28 inches</td>
</tr>
<tr>
<td>Leg length 30-41 inches</td>
</tr>
<tr>
<td><strong>Maximum weight:</strong> 250 lbs</td>
</tr>
</tbody>
</table>

For more information on how to measure rider’s size correctly, see *Rider’s measurements* graphic on page 23.

Follow these instruction to adjust the tryke for rider:

**NOTE:** You may need assistance while fitting the tryke.

1. Adjust the seat by moving it forward/back to suit the rider’s needs. When seated, the rider’s knees should be slightly bent. Tighten the quick release lever under the seat securely.
2. Adjust the seat back by moving seat back support rods up/down. Secure both clevis pins.
3. Adjust handlebars forward/back and up/down.

If you need further adjustments, see *Optional Accessories* on the next page for different options.
Optional Accessories

Most AmTryke models can be adapted with a variety of seating options and accessories, so that most riders can feel safe and secure. See the table below for accessories available for JT-2000:

<table>
<thead>
<tr>
<th>OPTIONAL ACCESSORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise pedals</td>
</tr>
<tr>
<td>Water bottle</td>
</tr>
<tr>
<td>Toe clips</td>
</tr>
<tr>
<td>Safety flag</td>
</tr>
<tr>
<td>Odometer</td>
</tr>
<tr>
<td>License plate</td>
</tr>
<tr>
<td>Rear mirrors</td>
</tr>
</tbody>
</table>

For a complete and updated list of available accessories, please visit our website at www.ambucs.org.

Troubleshooting

Here are some common troubleshooting issues with answers.

*Pedals/handles will not thread into crank arms.*

    Check to make sure that the right pedal is used on the right side and the left pedal is used on the left side.

*Rear wheels make noise.*

    Axle nut(s) is too tight. You need to loosen it slightly.

*Brakes squeal or rub against the rim/tire.*

    Brakes are adjusted too tight. Readjust.

For any issues not answered here, please call AmTryke at 1-888-AMTRYKE or email us at amtryke@ambucs.org.
**Maintenance**

Maintenance is important to help keep your AmTryke in good working order for years to come. This section includes some general maintenance tips.

**Wheels and Tires**

Wobbly wheels cut braking power, so keep all wheels running true. Wheels can lose alignment over time when spokes stretch. Wheel alignment takes special tools and know-how, so have this done by a professional/bike shop.

Proper tire pressure is also very important. If tire pressure is too low, it can cause a flat and rolling resistance, and if tire pressure is too high, it can cause a tube to blow out. Keep tires inflated to the pressure marked on the tire. Correct pressure assures longest tire life. Repair tube punctures with a self-adhesive patch, follow instructions that came with the repair kit.

**Brakes**

Brake shoes wear out so inspect them at least every six months. Make sure that they are properly aligned on the wheel rim for maximum braking power. Make adjustments if necessary.

It is best to let a professional to replace brake shoes. If you, however, decide to replace them yourself, remove old brake shoes and install the new shoes in the brake arm. Tighten the brake shoe clamp bolt.

**Chain**

Clean the chain at least every six months, more often if you have been riding your tryke over sand and dirt, or through water and mud.

You do not have to remove the chain for cleaning. You may clean the chain with an environmentally safe chain cleaning product and brush. If you use a solvent (such as kerosene) then remove the chain (with a chain rivet tool) and immerse it in the solvent to avoid spilling/staining, particularly on the tires or brake shoes.

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**Before riding your tryke, always check that it is in proper working order. Check that all quick release lock levers, nuts and bolts are properly tightened, and that tires are properly inflated.**
Maintenance Schedule
Follow this maintenance schedule to keep your AmTryke in safe operating condition.

<table>
<thead>
<tr>
<th>PART</th>
<th>TO DO LIST</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>All handlebar bolts</td>
<td>Check tightness</td>
<td>Every 4 months</td>
</tr>
<tr>
<td>Brake cables</td>
<td>Check for slack, frayed cable</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Brake arms</td>
<td>Check mounting bolt tightness</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Brake levers</td>
<td>Check tightness on handlebars</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Brake shoes</td>
<td>Inspect for wear, alignment</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Chain</td>
<td>Check for wear, clean, relube or tension</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Pedals</td>
<td>Check tightness</td>
<td>Every 9 months</td>
</tr>
<tr>
<td>Rear axle nuts</td>
<td>Check tightness</td>
<td>Every 4 months</td>
</tr>
<tr>
<td>Tires</td>
<td>Check tire pressure</td>
<td>Weekly</td>
</tr>
<tr>
<td>Wheel alignment</td>
<td>Check wheels for out of trueness</td>
<td>Every 6 months</td>
</tr>
<tr>
<td>Seat post</td>
<td>Check tightness of levers</td>
<td>Weekly</td>
</tr>
<tr>
<td>Seat</td>
<td>Check tightness</td>
<td>Monthly</td>
</tr>
</tbody>
</table>
Warranty

All AmTrykes come with a three-year residential warranty and one-year institutional warranty. The warranty begins with the date of purchase by the consumer. Address all warranty questions to AmTryke LLC, P.O. Box 5127, High Point, NC 27262; 1-800-838-1845.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS OR LIMITED WARRANTY APPLICABLE TO AMTRYKE LLC. THE LIMITED WARRANTY SET FORTH HEREIN MAY NOT BE EXTENDED, ENLARGED OR OTHERWISE MODIFIED BY ANY AMTRYKE DEALER, AGENT OR EMPLOYEE, AND AMTRYKE DOES NOT ASSUME ANY LIABILITY OR MAKE ANY WARRANTY EXCEPT AS STATED IN THIS LIMITED WARRANTY.

PARTS: AmTryke will repair or replace, at its option, defective parts for this tryke at no charge, for a period of one year after the date of original purchase. Parts subject to normal wear and tear, including tires, tubes, seat, pedals and handgrips are not covered by this one year period. Parts subject to normal wear and tear, found to be defective by the purchaser within 30 days of purchase, including tires, tubes, seat, pedals and grips, will be replaced by AmTryke at no charge. This warranty does not include dealer service charges for parts replacement or shipping charges to or from AmTryke.

FRAME: All AmTryke frames and forks are guaranteed to be free from defects in materials and workmanship for a period of three years from the date of original purchase. A frame or fork found defective in materials or workmanship will be repaired or replaced at AmTryke’s option.

Useful Information

AmTryke LLC, owned and operated by National AMBUCS Inc., a national nonprofit service organization, was established in 1994. It is dedicated to creating mobility and independence for people with disabilities.

AMBUCS has provided over 16,000 AmTrykes to riders across the United States. AMBUCS chapters fundraise and provide trykes for people with financial need. Riders must be evaluated by a physical or occupational therapist to be eligible.

AmTryke Therapeutic Tricycle Program

The AmTryke Therapeutic Tricycle Program is about abilities, not disabilities. The program’s goal is to provide people with disabilities the opportunity to ride bikes. AmTryke has designed a wide range of models suitable for many diagnoses at low cost.

AmTryke builds foot and hand trykes, and combination hand/foot driven trykes. To ensure a proper fit, AmTrykes can be adapted in many ways, including frame size, type of seat, trunk and leg support. As a therapeutic tricycle, AmTrykes help children improve motor skills and provide strength
training. They are fun to ride and offer the opportunity for inclusive play. For adults, AmTrykes provide a new form of mobility, exercise and freedom to explore the community.

For therapists the trykes provide an age appropriate, safe, dynamic modality for improving balance, coordination and strength. The trykes can build endurance, self-confidence and provide another form of self-mobility aside from the assistive device that the person may routinely use (i.e., wheelchair, crutches, walker). The multiple adjustments and accessories of the trykes make them a valuable addition to the medical therapy units’ repertoire of therapeutic devices.

For parents and families the use of AmTryke fulfills the need of every child to have a bike. All children deserve a chance to have a bike just like their siblings and friends. Given a safe, stable platform, many riders, not previously considered, can ride just like their peers. AmTrykes are designed to look like bikes, not medical equipment, and to be age appropriate.

The AmTryke Road Trip brings the equipment to rehabs, clinics and therapy centers. Training or in-services are offered to teach therapists about the AmTryke program. These are often combined with bike days so families can bring their riders and receive free evaluations for AmTrykes.

Donations

National AMBUCS Inc. supports the AmTryke Therapeutic Tricycle Program through charitable contributions. Please help another child have the same joy your child is experiencing by becoming a Friend of AMBUCS. Your contribution of $25 or more will be used with other donations to buy a child on our Wish List an AmTryke. All contributions are tax deductible. For more information, contact:

AMBUCS Resource Center
P.O. Box 5127
High Point, NC 27262
1-888-AMTRYKE, Ext. 113
ambucs@ambucs.org
www.ambucs.org

Returns and Refunds

No goods may be returned for credit without prior authorization from AmTryke and items must be sent back within 30 days. AmTryke will not be responsible for errors on size or other specifications when you order by telephone.

If you need to return merchandise for exchange or credit, disassemble the item and pack it carefully in the original container to protect it from damage, and insure the shipment. Credit cannot be issued if merchandise is damaged in
return. Claims for damages or shortages must be made within five days of receiving the merchandise.

**Please note:** If there is extensive damage to an item upon delivery, call AMBUCS Resource Center at 1-888-268-7953 ext. 114, 8:30a.m.-5p.m. EST Monday – Friday.

The address for UPS, FEDEX is:

**AMBUCS Resource Center**
4285 Regency Drive
Greensboro NC 27410

After inspecting the returned merchandise, we will reimburse the purchase price of the item, less original shipping costs. You can expect a refund in the same form of payment originally used for purchase within 30 business days of our receiving the items. A restocking fee of $50.00 is charged for returned goods. You will be refunded the shipping cost if the return is a result of our error. For any questions, call us at 1-888-AMTRYKE or send email to amtryke@ambucs.org.
AmTryke Sizing Charts

Refer to the following charts for guidance on appropriate sizes for AmTrykes and helmets. See Rider’s measurements on the next page for guidance on how the length is measured.

http://www.ambucs.org/?s=sizing+chart

Tools

Refer to the photo below to identify different tools:

Questions or Concerns Regarding your Build? No problem! Please Contact Derek Shaw, AmTryke Technical and Customer Support Coordinator @ 1-800-838-1845 x114 or dereks@ambucs.org