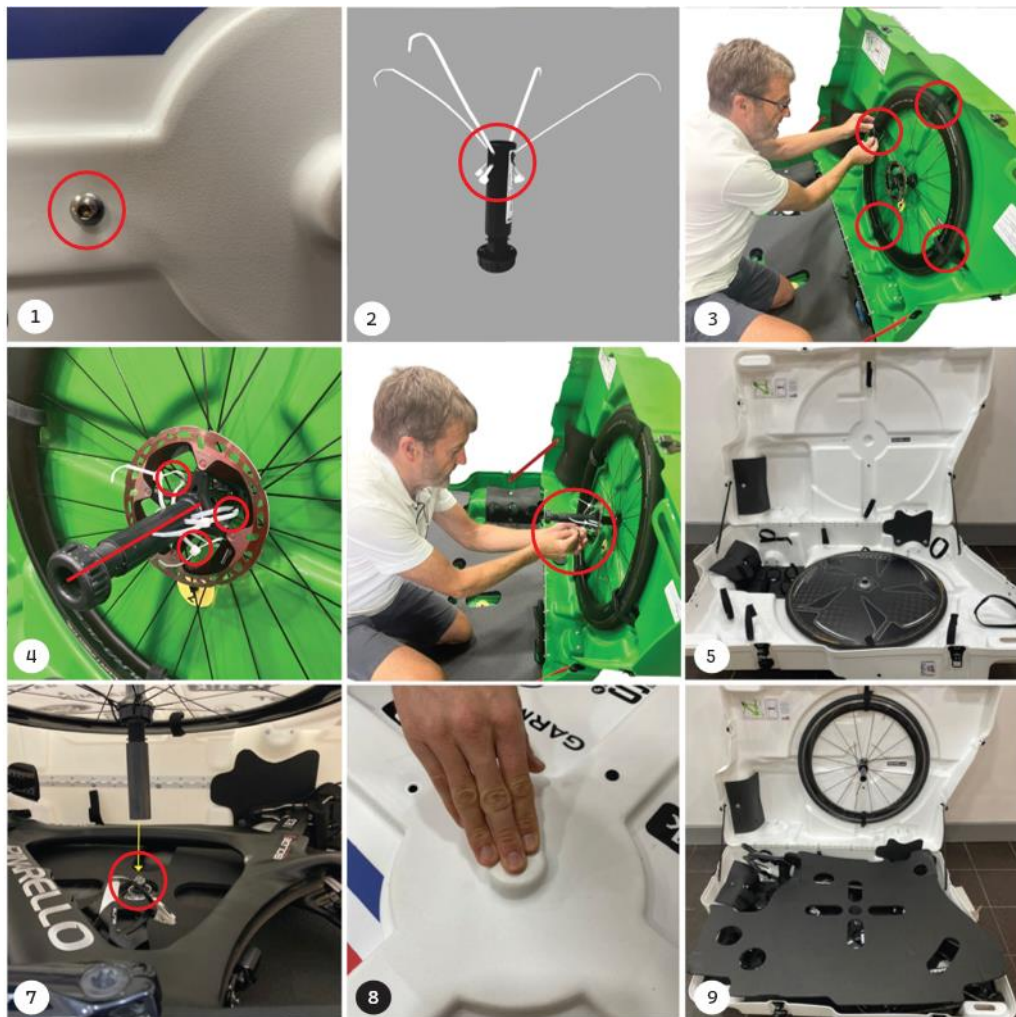


To view the video please visit

www.bikeboxalan.com/packing-your-bike-in-to-a-triathlon-easyfit



How to pack a solid disc wheel into a Triathlon/Road Easyfit

1. Remove both original anti-crush poles by unscrewing silver bolt from the outside of the box and save.

2. Attach 4 zip ties though the 8 holes in the anti-crush pole.

TIP Bend the end of the zip ties * at 10mm, 15mm and 25mm approximately to form a semi-circle (as illustrated) to facilitate passing the ties through the two 4mm diameter holes at the small end of the pole.

3. Now secure the front wheel into the lid of the box using the 4 Velcro straps. **IMPORTANT** the wheel must be accurately centralized.

4. Loosely attach the pole to the spokes, look from all angles to ensure that the pole sits perpendicular (square) to the wheel.

5. Place the Solid Rear Disc wheel in the bottom of bike box cassette (cogs) facing downwards. Cover with foam layer.

6. Secure the Bike frame on top of the foam. **IMPORTANT** make sure the handlebars are vertical so that they do not impede closure of the lid. Using all the straps as illustrated make sure that the bike cannot move from side to side or up and down.

7. Now perform a trial closure of the box, peering through the semi closed bike box and check for alignment with the disc wheel axel. Adjust by tightening the cable ties.

8. Fasten the clasps and perform a compression check with your hand. You should sense a 3mm to 5mm max gap between the pole and the lid of the bike box. If not adjust the pole accordingly. The total length of the pole should be **approximately 150mm**.

9. Next, place the second piece of foam over the bike frame. Finally use the black plastic plugs to fill the holes where the original anti-crush poles are located.

* **approx. 200mm × 4.8mm zip ties required**