

INTO THE RIDE #63

Not-So-Superman and Quick Release Seat Kits for B-Bikes

by Randy Schlitter



Many high racers feature handle bars that place your arms in the “superman” position. While this may be good for aerodynamics, it is not so great for ergonomics and handling. One solution is to offer a range of handlebars in all sorts of widths and lengths. This is tedious for the buyer, since it may mean buying several bars until hitting upon the perfect fit. The solution we propose is an adjustable bar, similar to the 3-Way Chopper bar. The chopper bar now comes standard on many of our bikes, and continues to be a popular item, since it works on so many LWB bents, despite the brand name.

The new bar is called the HR 3way, and like the 3-Way Chopper bar, has the same flexibility in adjustments. The grips rotate and move in and out as much as 2.5”. The third adjustment is rotation on the riser, and the fourth adjustment can be accomplished by moving the riser up or down. With this amount of adjustment it opens up great potential for the High racer recumbent. Gone is the traditional problem of making tight slow turns, while pedaling. With the HR 3way you can adjust the grips to swing out a bit, offering leg clearance in the turn.

During my test rides with this new bar I kept an open mind, but first started with a traditional adjustment, with the grips tucked in close. I found that if I moved the grip fully aft it would clear my legs in a turn, even while pedaling. The turns were tight also, to the point of getting some heel overlap.

The second surprise was if I moved the grips forward, making the over length less, I could still clear my legs if I rotated the grips out only a bit more than the typical fixed bars. The turns again could be made so tight while pedaling that the bar was no longer an issue.

This worked out great in the downtown traffic, where a lot of start and stops are needed. Not having to worry about bar interference in traffic made riding the F5 even more fun. I think the key aspect of the bar is allowing you to reach the bars with a not-so-superman pose. Having the elbows significantly more bent than with fixed bars means both hands can be on the grips even in the deepest turns.



The photo on the left shows the leg clearance with the grips all the way aft and rotated out a bit. The right photo shows the bar in the forward position and grips rotated even more.



Making tight turns while pedaling is possible and easily done with the HR 3way.



With 2.5" of adjustment range the HR 3way can accommodate a wide range of riders.

The construction of the HR 3way uses a 1" tube for the "U" part, meaning most computers, lights, and other bar mounted items will fit nice and snug. The bars will not come with the fancy laser etched scale, or the sleek black finish. Instead we are going green. We are using distressed material from our aircraft manufacture. This is tubing with mostly cosmetic imperfection, but otherwise structurally

sound. Going green also means less green needed to buy the bars. The actual finish is satin anodized silver. To order your slightly distressed, hand-bent and machined HR 3ways just call your dealer or go to [ShopRANS](#).

Buy HR 3Way Handlebars Today!

Quick Release Seat kits For B-bikes

A couple of ITR's featured our innovations into seat mountings, and we are happy to announce the kits to convert the Bacchetta Euro mesh and standard seat are in stock. The feedback has been good; owners are saying the kit is easy to install and lives up to the concept of a quick way to attach and detach your seat. As mentioned we will be also developing a way for this system to retro to M-5 like seats. No time line has been assigned, but we will post here or on our featured products page when it happens.



Convert your B-bent to a QR seat system...available at [ShopRANS](#).

Until next time stay safe, and stay into the ride!

INTO THE RIDE