

Moved By Bikes Longboard Racks with SUP Lower Bars



Moved By Bikes Longboard Racks with our SUP Lower Bar Sets provide an effective way to transport your SUP with your beach cruiser bicycle. Moved By Bikes Longboard Racks with SUP Lower Bars feature our tool free quick release on the bars, and the frame mounting makes them super stable to ride even with your SUP. The mounting hardware is extremely versatile, making it possible to mount to just about any bike you may have around. The front rack bar mounts to your head tube, while the rear rack bar can mount either to your seatpost or rear rack. The 6" cradles provide ample width and depth to carry your SUP board up to about 25lbs total weight.



PRO TIP #1

Do it right the first time – click over to the Longboard Racks with SUP Lower Bars page at movedbybikes.com for a short video on Longboard Rack installation and using the racks with your SUP.

SUP's are large and can be difficult to carry especially the first time you do it. Be sure the board is strapped in well, and not exceeding the recommended weight limit of 25lbs. To get the best board strapping, pull your bungee cords or straps from the bar eyelet, up over the SUP board rail, and over to the bike frame to take up slack in the straps and lock your board in.



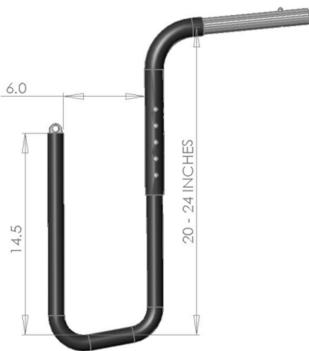
PRO TIP #2

We recommend removing all of the rubber covers on the head tube mount when using the racks with SUPs. The rubber covers compromise the clamping ability of the clamp, and can allow it to walk around the frame head tube over time. The covers work with regular boards but most SUPs are too heavy to work without having direct metal to metal clamping on the frame.

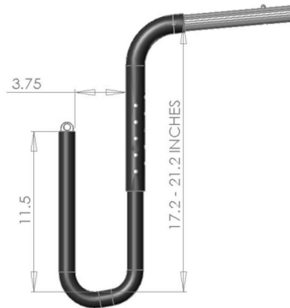


Detailed installation and use instructions are included within each of the two boxes in this kit. The image to the right shows a typical installation of the Longboard Racks with the SUP Lower Bars on a typical beach cruiser. If your bike has a rear rack, you can use the rack mounting location in place of the seatpost or heat tube mount.

Start by completing a thorough installation of the Longboard Racks to your bike using the Longboard Rack Instructions. Then refer to the SUP Lower Bar Set Instructions for details on using the SUP Lower Bars with the Longboard Rack to carry your SUP, including detailed strapping recommendations to ensure steady riding with larger SUP Boards.



SUP LOWER BAR



STANDARD LOWER BAR

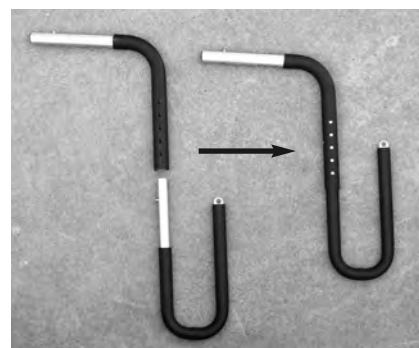
When you aren't using your SUP or Paddleboard, you can swap the bars to the standard bars for use with your regular longboard or shortboard. While you can use the SUP bars with your thinner boards, the boards will be held more securely in the regular bars since they are sized to properly fit more typical boards that are 2-3 inches thick.

Riding with a heavy board, off center from a bicycle, takes some getting used to. For your first ride find a straight stretch of road or pathway, with little traffic, and consider starting with one foot on a pedal, hands on handlebar, and pushing off the ground as if you were on a kick scooter. This will let you calibrate your balance with the extra weight off center. If you find that the handlebar wants to wobble, firm your grip on the bars and lean forward a bit. These racks are not recommended for fast or aggressive riding of any kind, take it easy and enjoy the ride to your paddle.



ASSEMBLE THE TUBES AND INSTALL THEM INTO THE MOUNTS

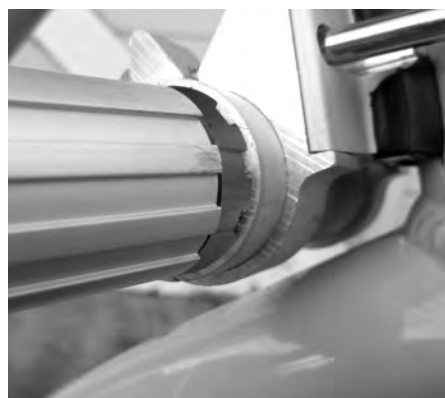
1. The racks tubes come in the box in two pieces. Assemble the U shaped lower tube into the foam covered end of the L-shaped upper tube.



2. There are 5 height settings that the pins can be aligned with. In the beginning, we recommend starting with the middle adjustment hole. To use the top two holes, you will need to remove some foam from the lower tube.



3. Install the rack tubes into the mounted tubes by aligning the splines and sliding them into the mounts. Slide them in until the push button locks in the hole in the mounted tube. That's all there is to it, you're ready to drop in your board.



LOADING YOUR BOARD

With the bars in place, you are ready to drop in your board and head to the beach. If you are going far you may want to secure your board with bungee cords or webbing straps. These are readily available and can be attached via the eyelets at the end of the rack arms.



Try it on your seat stays



...on other parts of your rack



...or on your moped!



Moved By Bikes Longboard Racks

Congratulations on your purchase of the best longboard rack on the planet! Moved By Bikes Longboard Racks feature our unique tool free quick release on the bars, and the frame mounting makes them super stable to ride even with your longboard. They work great with shortboards too, and even some lighter SUPs. The mounting hardware is extremely versatile, making it possible to mount to just about any bike you may have around. The front rack bar mounts to your front head tube, while the rear rack bar can mount either to your seatpost or rear rack/carrier.

PRO TIP #1

Do it right the first time—click over to the surfboard rack page at movedbybikes.com for a short video on proper installation.

SUPs and large boards: The racks have been optimized for 20lb longboards. Many people use the racks to carry their Stand Up Paddle Boards (SUPs). If you are considering this we recommend reviewing the information on our site about limitations of using the product with SUPs. For heavier boards, extra care should be taken to ensure a robust installation to the bike frame, including the removal of all rubber covers. Other primary factors include handlebar clearance and clearance inside the rack bars. The latter can be resolved by bending the bars open slightly by hand.

USE THIS PRODUCT SAFELY

Riding a bicycle is an inherently dangerous activity. Carrying surfboards further increases your risk of injury and should be done with the greatest of care. Be sure that you maintain your bicycle and check bolts on the racks as well, as they may loosen up over time. Always ride under control, be alert, and follow the rules of the road. The racks are not intended for aggressive riding of any kind.

QUICK AND EASY MOUNTING TO YOUR BIKE

See the following pages for quick and easy installation instructions. The racks are designed to attach to a wide variety of bicycle types, with the primary mounting point



being the front head tube for the front surfboard rack, and the rear cargo rack or rear seat post for the rear surfboard rack. We do not recommend installing on carbon fiber or lightweight aluminum racing frames as the clamps may crush the frame.

TOOLS

The primary tools needed for installation are a 10mm wrench and an Allen key set with 3 and 5mm keys included. Some installations may require U-bolts to be trimmed with a saw or other cutting tool.

PRO TIP #2

Stainless nuts and bolts are prone to galling. To prevent this, use a common stainless steel anti-seize on the threads during assembly



www.movedbybikes.com

PATENTS PENDING



www.movedbybikes.com

INSTALL MOUNT COMPONENTS ON YOUR BICYCLE

The front mount installs on your head tube, the rear mount can be installed either on your seat post or your rear rack.



You can also check out our install video at www.movedbybikes.com

FRONT HEAD TUBE INSTALLATION

1. Identify the head tube assembly and remove the U-bolt (remove the nuts).
2. Loop the U-bolt around your head tube. There are three sizes. Use the smallest that fits.



3. Place the saddle on the head tube. Loosen the set screw. Leave the rubber cover on to protect paint, or remove it for better clamping.



4. Replace the tube clamps on the U-bolt.



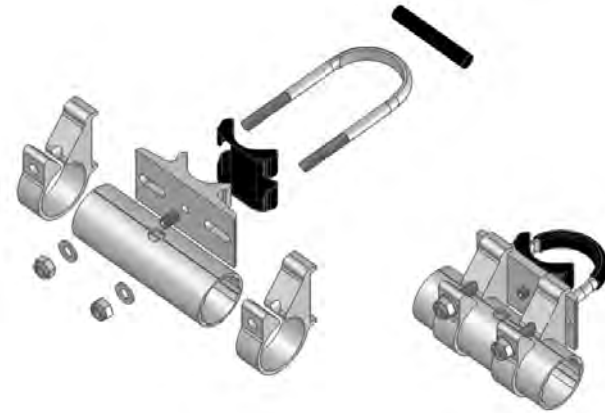
5. Slide the mounted tube into the tube clamps.



6. Reinstall the washers and nuts and tighten with a 10mm wrench.



HEAD TUBE or SEAT POST MOUNT COMPONENTS

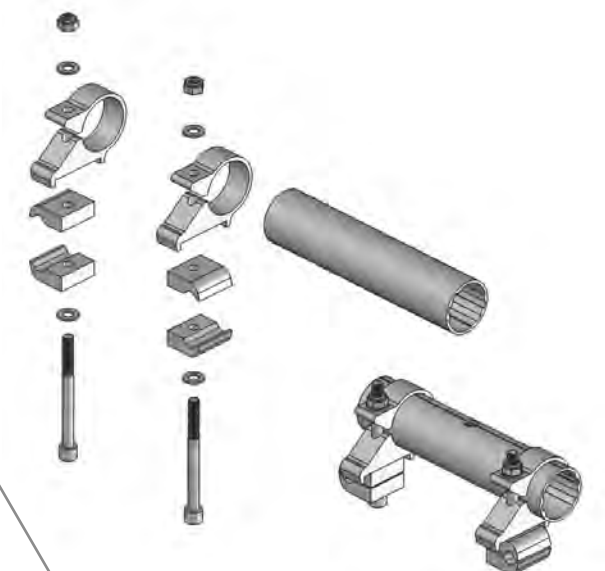


SEAT POST INSTALLATION

1. Loosen and remove the four 5mm bolts on the seatpost clamp. Place the clamp around the post and reinstall/tighten the bolts.
2. Tighten the set screw to prevent rotation of the mount on your post. Use the rear facing 5mm bolts to adjust the rotation angle of the mounted tube.



REAR RACK MOUNT COMPONENTS



REAR RACK INSTALLATION

For best results mount the rear rack mount as close as possible to the strongest vertical bar of the rear rack. The tube can also be mounted to vertical bars (at the front of the rack), or just about any flat surface.



1. Loosen the hardware enough to slip the clamps over the rack rails.
2. Partially tighten the hardware to keep the tube clamp in place.
3. Slide the mounted tube back into the tube clamps.
4. Center and align the mounted tube.
5. Finish tightening the hardware.

- **Not advisable for use with older cantilever-style front brakes**
- If your frame has a head badge, we recommend removing it for best clamp function
- **After installation, check handlebar rotation to ensure that cable housing will not catch on mounted tube assembly or rack.**
- On some frames, it is possible to clamp to the back side of the head tube. This is particularly helpful if you have a front basket.

(instructions continued on back page)

Moved by Bikes SUP Lower Bar Set



Congratulations on your purchase of the best Stand Up Paddleboard (SUP) carrying rack on the planet! Moved By Bikes Longboard Racks, when paired with these SUP Lower Bar Sets, are uniquely capable of handling larger SUPs. With these bars, you can easily swap out your lower U shaped bars to carry thicker SUPs including inflatable SUPs up to 6" thick (typical).



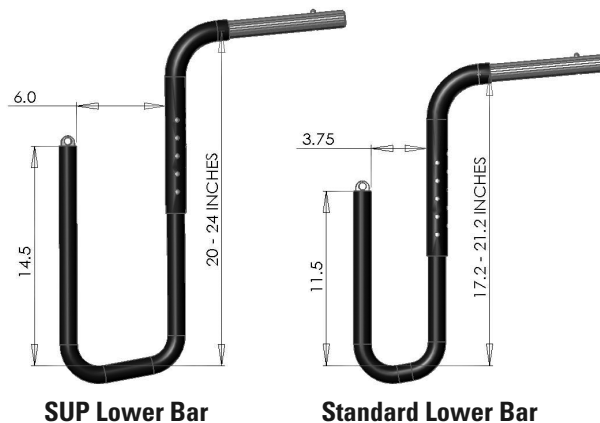
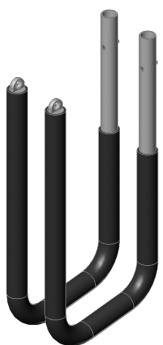
USE THIS PRODUCT SAFELY

Riding a bicycle is an inherently dangerous activity. Carrying surfboards and large SUPs in particular greatly increases your risk of injury and should be done with the greatest of care. Be sure that you maintain your bicycle and check bolts on the racks as well, as they may loosen up over time. Always ride under control, be alert, and follow the rules of the road. The racks are not intended for aggressive riding of any kind.

QUICK AND EASY SUBSTITUTION TO YOUR LONGBOARD RACKS

Be sure to follow the Longboard Rack installation instructions (or videos) to ensure a proper installation of your MBB Longboard Rack. These SUP Lower Bars simply plug into your longboard rack bars, replacing the lower U shaped portion with a larger cradle, capable of handling thicker and wider boards, including inflatable SUPs.

CONTENTS OF THIS BAR SET



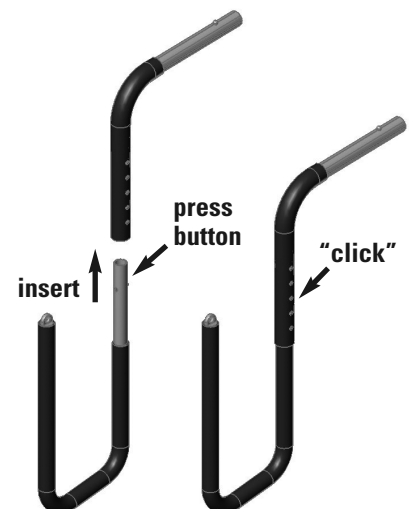
MBB Longboard Racks were optimized for carrying 20-lb longboards, but we have found them to be effective for carrying SUPs weighing up to about 25 lbs when extra care is taken to ensure a robust installation.

- Follow the installation instructions closely, including using anti-seize on all U-bolts and hardware.
- For heavier boards, we recommend removing all rubber covers from the mounts.
- Check to make sure you have adequate handlebar clearance for wider boards.

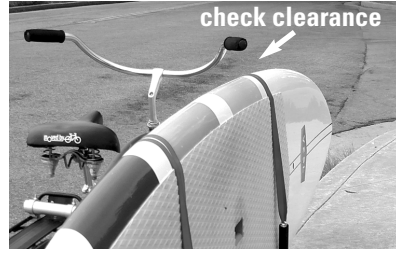
If your board is heavier than 25 lbs, we do not recommend using our racks to carry it. Additionally, lighter or less experienced riders may have trouble carrying heavier boards with this style of rack.

TOOLS

No tools are needed to swap these bars into your existing MBB longboard Rack.



REVIEW INSTALLATION OF YOUR LONGBOARD RACKS TO ENSURE COMPATIBILITY



1. Check all bolts and fasteners on your Longboard Rack installation. We recommend removal of all rubber covers when using the racks with heavier SUP boards. This includes removal of the rubber saddle cover, and the rubber sleeves on the U bolts. This ensures the best possible clamping of the racks to your frame.
2. Check to be sure you will have adequate handlebar clearance. Generally this means that you can only install the racks on bikes with high rise beach cruiser style handlebars.
3. Check the weight of your SUP. If it is over 25 lbs, we do not recommend using it with these racks.

SWAP OUT YOUR BARS



4. Push the button on the side of the lower shaped bars to release them from the upper bars. You may need to push them in with a fingernail or screwdriver to release them (because of the foam).
5. Slide the new, larger bars in until they click into place. That's it. There are five height settings. To access the top two you will need to trim some foam from the lower bars.

LOAD YOUR BOARD



6. With the bars installed, you are ready to drop your board in and head to the beach! With larger SUP boards, we always recommend strapping your board into the racks. This makes it more stable and easier to ride. Set your straps or bungee cords so the top of the board is pulled in to the frame for the best possible securement. Straps and bungee cords are not included in the bar set, but are readily available at hardware stores.

