

Quick-Release 101



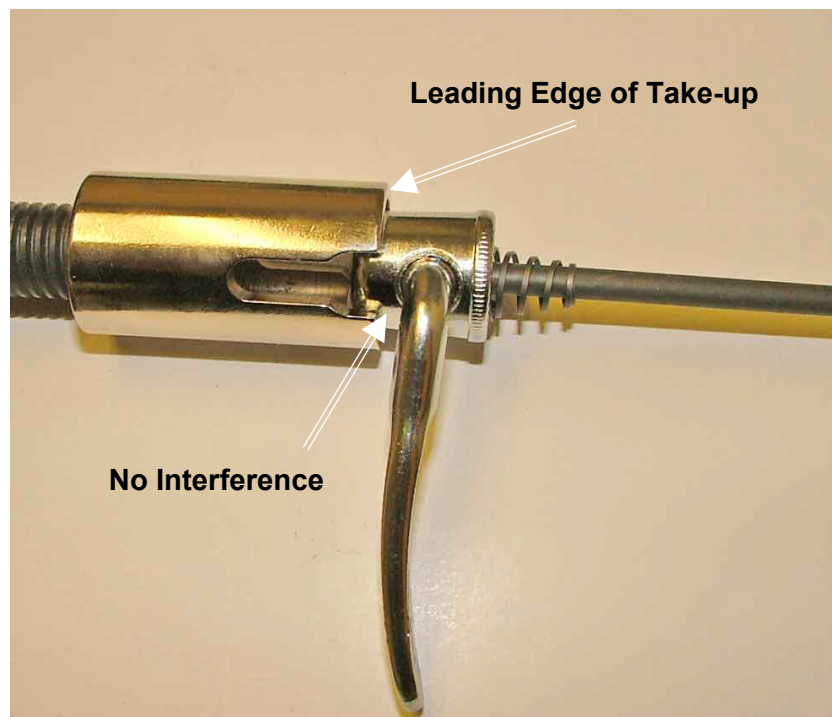
This is the quick-release we ship with CompuTrainer. Most quick-releases shipping today with bike will have levers on the side or on the end and some may even be very large where they meet the body of the quick-release. Our quick-release is a tried and true training stand quick-release almost any bike shop should carry.



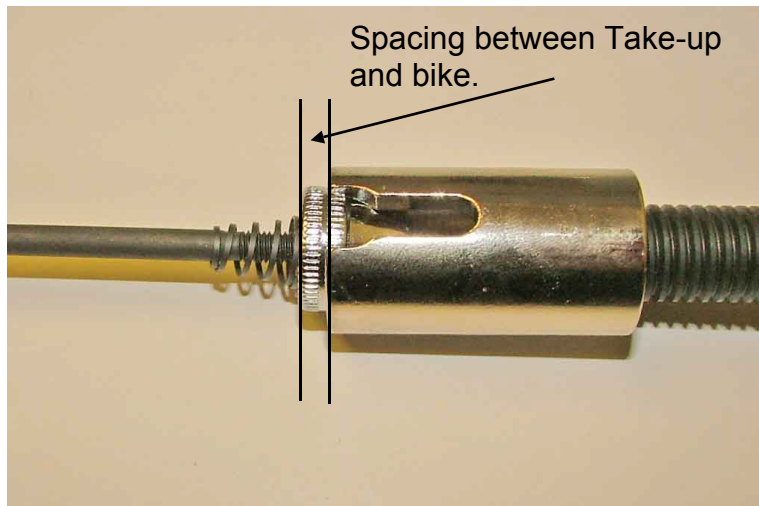
This end can be rounded or squared off, but it should not be plastic (as many are) and should not have finger indents to act as like a thumb-screw. It should be round and symmetrical.



This is the lever end close-up. This lever should not interfere with end of our take-ups. Our take-ups are tapered inside, so the quick-release can drop inside them somewhat, but if the quick-release has odd non-symmetrical ends, then this lever may get in the way.



A close-up of the lever into our take-up. The slot is there to allow some quick-releases to be used (as long as it fits into the slot and doesn't hit, or bottom out). There should be no contact with the lever and the leading edge of the take-up.



Make sure the threaded end of the quick-release isn't so small that our take-up can contact the bike frame drop-out. The end of our take-up should only contact the quick-release and never the bike frame. If it does, this end of the quick-release is too small for the inside diameter of our take-up. Essentially, you should always see some portion of the quick-release between our take-up and the bike drop-out.



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