



GRIT Freedom Chair

Houston Arboretum's User Manual

Created using the GRIT Freedom Chair
Assembly Guide and User Manual

HOUSTON
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NATURE CENTER

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Back Support Pad

Easy-Push Lever Drive

Optional Trail Handles

Parking Brakes for Safe Transfers

Rugged Mountain Bike Wheels

Big Front Wheel Handles Obstacles

Adjustable Footplate

Safety

Seatbelt must be worn at all times

Helmets are recommended

Tipping is possible, even with the anti-tip bars in place

Trails

- This all-terrain chair provides access to the majority of the Houston Arboretum's trails.
- Most trails are relatively flat, with small slopes. The trail surfaces includes mulch, decomposed granite, grates pavement, and boardwalks.
- The Ravine Trail is an advanced trail with steeper slopes, steps, and trail obstacles. **The GRIT chair is NOT allowed to be used on the steps of the Ravine Trail.**



Levers

Getting Started:

- Remove the levers from their storage position.
- Rotate the coupling so they are facing forward and insert the levers into the couplings.
- Rotate the levers so that the brake bar is over the wheel.

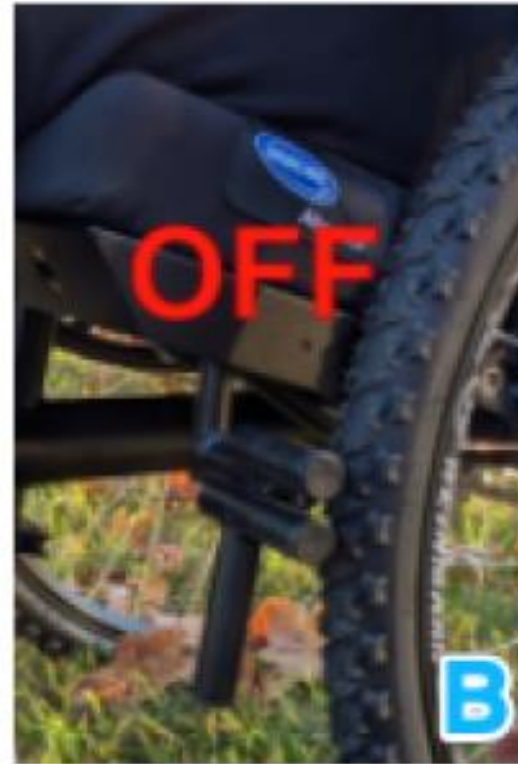
When Finished:

- Push the levers forward away from your body.
- Rotate the levers towards yourself.
- Remove the levers from the couplings and return them to the storage position.

Parking Brakes

Apply both brakes, not just one side.

Engage parking brakes when transferring in and out of chair.



Images courtesy www.gogrit.us

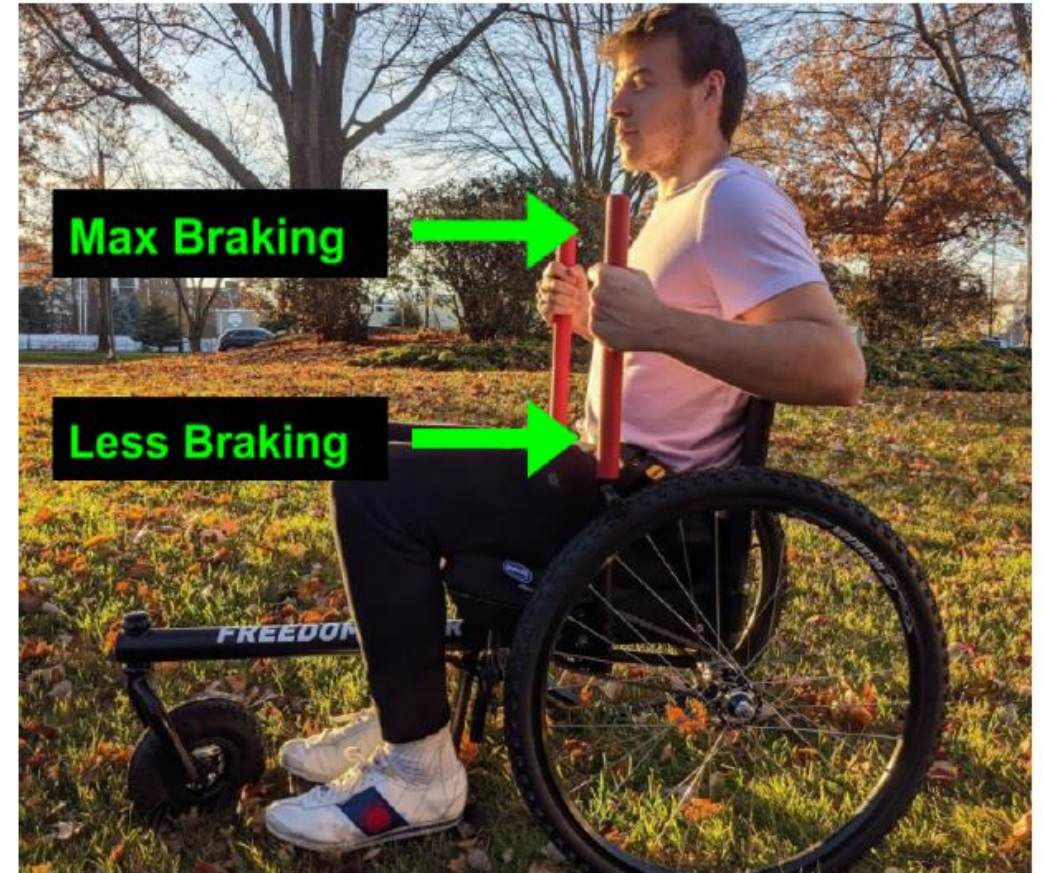
- a) Push down on the parking brake to disengage.
- b) Parking brake in the off position. Chair can move.
- c) Pull up on the parking brake lever to engage.
- d) Parking brake in the on position. Chair is stopped.

Braking

Pull back on the levers to engage the brakes. Brakes are engaged when they come into contact with tire. This is called a hill-hold brake.



Images courtesy www.gogrit.us



Note: Pulling backward on the top of the levers provides more braking force, which is especially useful when the wheels are wet.

Riding

The GRIT chair is designed to prevent you from rolling backwards downhill. Thus, the chair will only go in a forward movement when the levers are in place.

Practice riding on a smooth surface prior to heading out on trails.

There are push handles available for people who prefer to be pushed rather than self-propel. (See picture on right)

Trekking with a companion is optimal to assist the rider if needed.



King of the Hill

Grabbing the tops of the levers gives you a lot of torque, making it **easier to overcome obstacles**. Use this on rough terrain or steep areas.

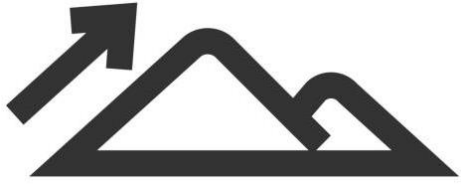


Win the Race

Grabbing the bottoms of the levers lets you **cruise efficiently and move faster** on sidewalks, bike paths, and roads. Use this grip with long strokes.



Uphill



Short, alternating strokes

Zigzag, rather than going straight up

Slow, steady pace

Lean forward, if possible

Downhill



Pull back on levers to engage brakes

Avoid going straight down

Lean back, if possible

Curbs

Go straight off the curb – not at an angle

Turning

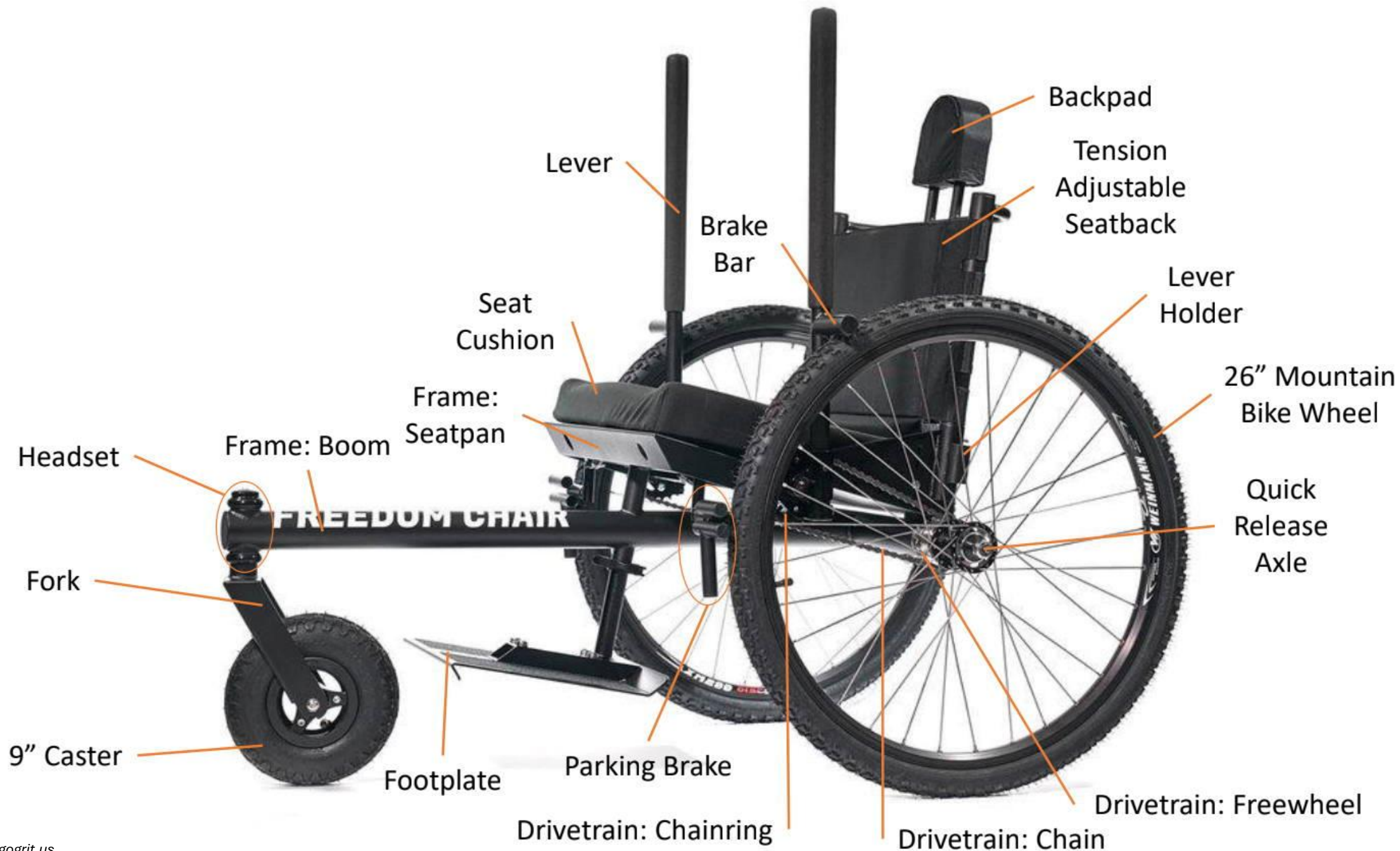
This is similar to turning a rowboat. Apply the brake to the wheel closest to the direction you want to turn in and push with the opposite lever.



a) To turn right, apply the brake with the right lever and push the left lever forward.



b) To turn left, apply the brake with the left lever and push the right lever forward.



Maintenance

Recommended 45 PSI for all tires

Keep chains clean and free of dirt and gravel

Make sure chains are greased and tighten if necessary

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