

## Please check out a recumbent trike that is for sale

**This trike is in like new condition - ridden less than 10 miles.** The overall cost was over \$4,700 plus \$200 to the Airlines to bring the trike into Ecuador. **You can save over \$1700.** I will sell the trike for \$3,000. I am getting ready to leave Ecuador and my property near Malacatos is for sale; in the meantime I would like to sell the trike and some other things.

I could probably deliver this trike to most bus depots in the country of Ecuador. If you live in the USA, or another country, and would like to buy my trike, please contact me. If you have any questions or for more information please contact:

Patrick Henry

928-468-3295 (USA number)

095-929-5963 (Claro cell phone number) it will probably work with WhatsApp.

[JM1208@cablone.net](mailto:JM1208@cablone.net)



This is a very nice – like new – trike ridden less than 10 miles





The rear fender is installed, and it also comes with two brand-new fenders for the front tires – still in the package.



All three tires are 20 inch





The seat is adjustable to different heights and angles



This picture shows the pull-up handles for those people who have a hard time getting up and down. I do not usually have them on the trike because I do not need them.





Another picture showing the pull-up handles for those who need them.



Very good quality tires and showing the drum brakes





Of course you can make adjustments to the tension on the drum brakes.



It comes with the mirror, water bottle holder, reflector, chain guard, pull-up handles, and you can see the adjustments for the seat height and angles.





It comes with a locking park break to keep it from rolling on a hill.



The trike with the seat taken off getting ready to fold the trike.





A picture of the trike folded up, compact enough to put in the back of a small car.



It only takes a few minutes to fold or unfold the trike – no wrenches are necessary.





By looking at the pictures you can see the trike has high quality welding.



Just open or close this lever to rapidly fold the trike.





This picture shows the suspension which is also adjustable to different tensions.







Nine sprockets on the rear and three on the front make it a 27 speed.





You can also remove the tires and rims without wrenches.



Showing the model number and the professional welding.





The shifter to adjust the nine sprockets at the rear wheel.



This shifter adjusts the three sprockets at the front.





It even comes with a water bottle holder.

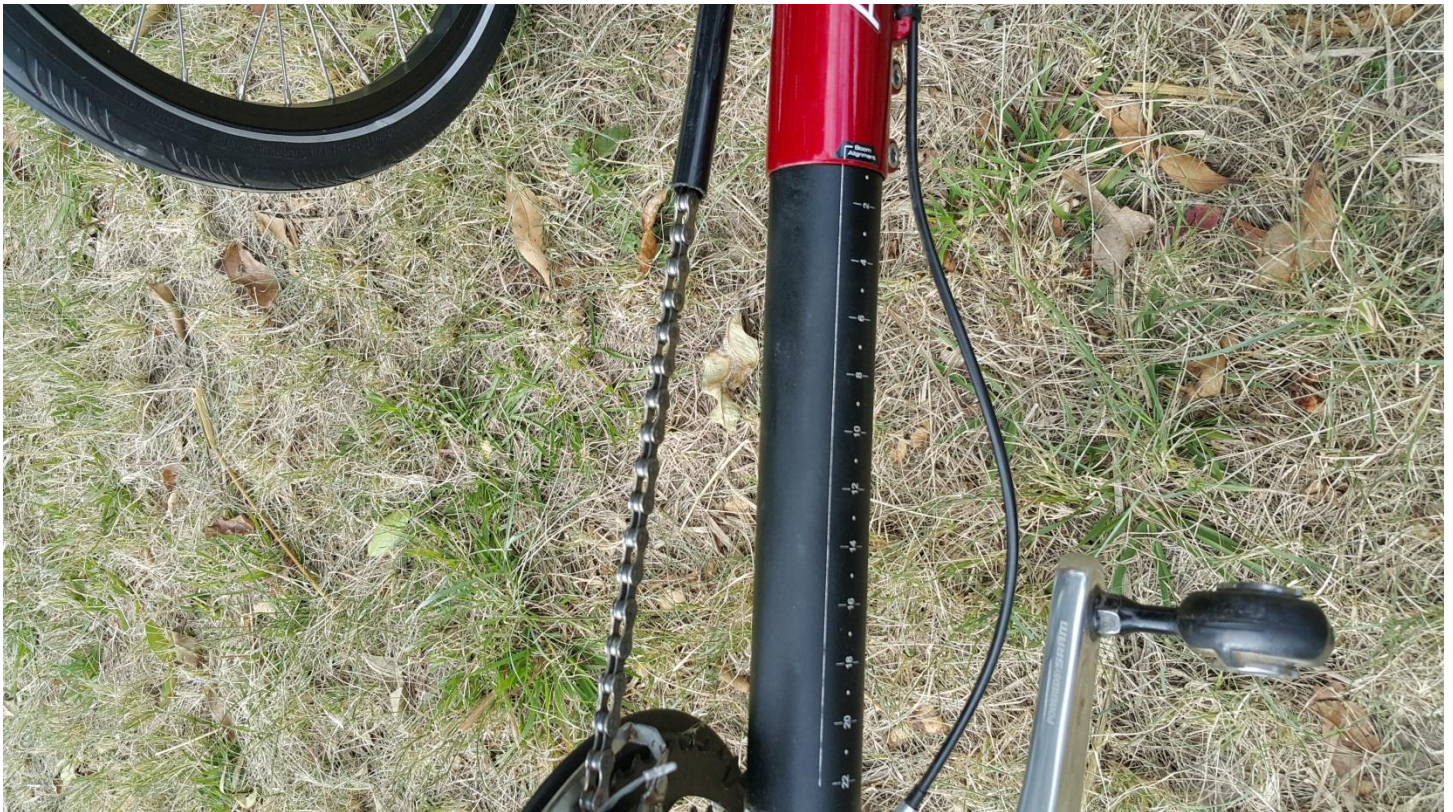


The handle bars, used for steering, are adjustable in and out for width and tilting forward or backward.





A good drum brake system on each of the front wheels.



It is also easy to adjust how far away the pedals are from the seat for people with different length of legs.





The trike has this chain guard on the front.







This shows how to adjust the handle bars in or out.







The seat can be adjusted to various heights and angles.



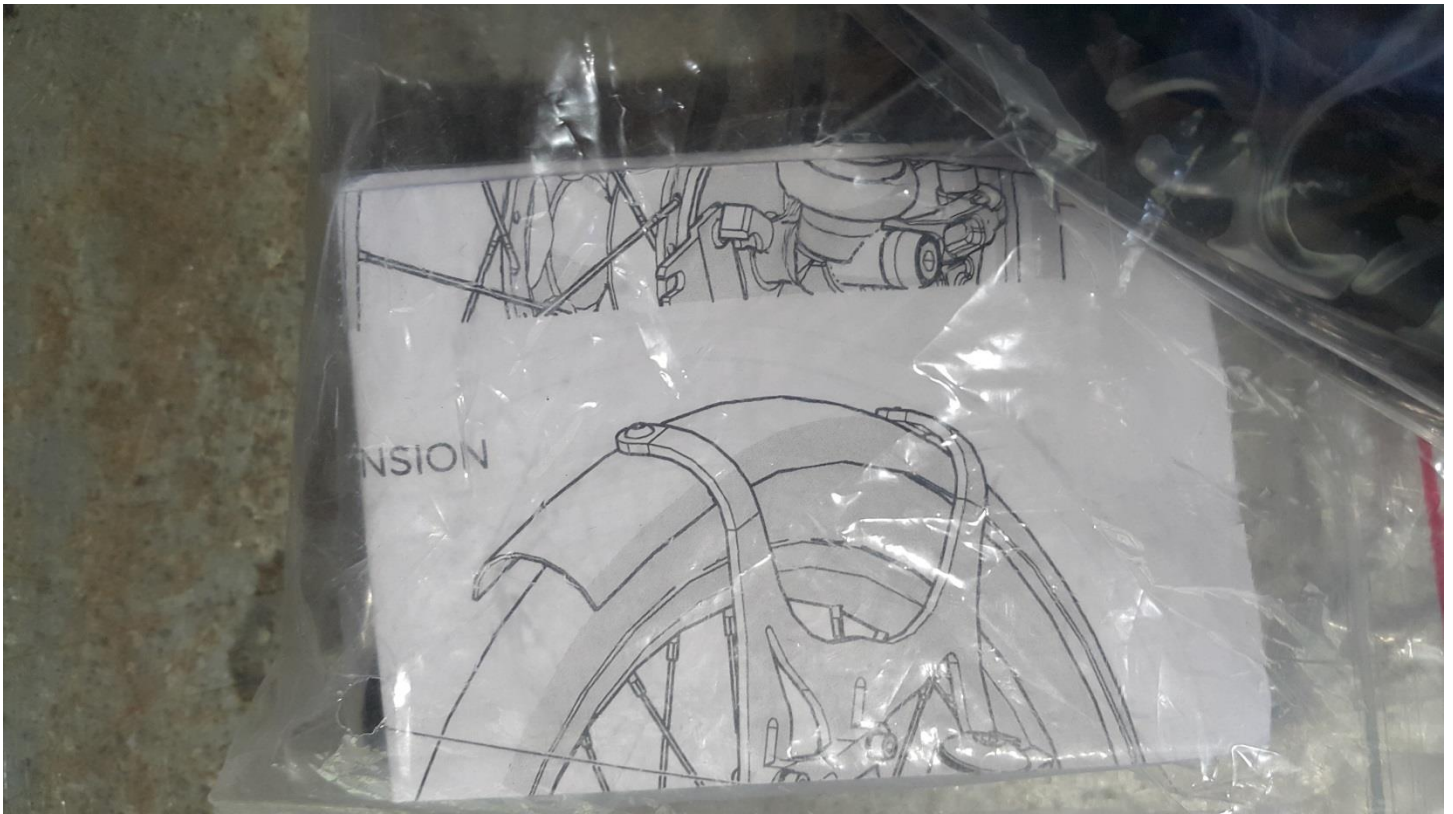


There is a zippered compartment on the back of the seat.



The trike comes with two brand-new front fenders still in the package.





The trike comes with two brand-new front fenders (mudguards) still in the package.





I will also include a very nice tire pump, with some patches to repair flat tires









### ICE Trike Adventure RS – Recumbent Folding Tricycle – Rear Suspension

Ride the world in comfort on a rear-suspension ICE Adventure RS.

The rear suspension is easily adjustable for different weight ratings and tune-able within each weight-range with a very clever design. The suspension uses a simple and durable high-tech elastomer, and it smooths out the vibrations of the road.

This very beautiful red colored Adventure-RS uses three 20 inch wheels with an extended gearing system. This innovative system gives you ultra-low gearing without sacrificing high-end for the downhill speeds. It uses a Capreo-compatible cassette interleaved with a standard cassette for an impressive 9-32 range. The 27 gears make for a very nice ride.

For local exercise or around-the-world touring, the ICE Adventure folding recumbent trike is ideal for exploring the trails or loading up for your next big adventure.

The Adventure-RS is built on an optimized ICE frame featuring Compact Flat Twist Fold, No Brake Steer, Rider Positioning System, wide range gears and rear suspension.

With a high riding position and upright seating position, the Adventure-RS gives excellent accessibility and a great view of the trail ahead. The seat can be adjusted to various heights and angles.

ICE Compact Flat Twist Fold  
ICE rear Road Response suspension  
Sturmey Archer drum brakes  
27 speed SRAM X7 drive train  
Avid V parking brake

The extras include:

Chain guard

Helping handles - helping handles for the Adventure make it super easy to sit and rise from the trike. A firm hand grip position and direct clamping to the cross axle of the trike increases confidence and reduces stress for those that may find getting on and off more difficult.

Light reflector

Rear mirror



Water bottle holder

Fender mudguards for all three wheels, although the 2 fender mudguards for the front wheels are still brand-new in the package and have not yet been installed on the trike.

Tire pump and patches

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## Health benefits of a recumbent trike

<https://hspersunite.org.au/recumbent-tricycle-for-hspers/>

Recumbent tricycle for HSPers

I use a recumbent 'tadpole' tricycle. I think three wheels are much better than two. I don't know if you have ever seen one. Most bike shops do not even carry them, or know little about them. Many of us are familiar with upright bicycles and upright tricycles but how many of us are familiar with the modern ultra low recumbent tricycles with two wheels facing forward?



David on his tricycle

Recumbent tricycles have the pedals out the front, three wheels, a full comfortable supportive reclined seat, and are very low to the ground. 'Tadpole' configuration has two wheels at the front and one wheel at the back. They are much more comfortable than a regular upright bike or upright trike.

Recumbents of any form were banned from push bike racing in 1935 by the International Cycling Federation but are currently making a strong comeback. Many Australian schools now race 3 wheel recumbents under a new association.

There is a big difference between what we learned about riding a bike as a child and learning to cycle efficiently as an adult. Many parents feel pride when their young child first learns to ride a bike. Learning to ride a bike has become a rite of passage for many children. It is often very difficult as adults living with HSP, especially when we can no longer ride a bike but our small children can.

HSPers can make good use of recumbent tricycles but we will never be as fast as many people who do not have HSP. I have found that I can travel faster than many youthful school leavers but not as fast as my regular cycling peers.

The key to good cycling technique on any cycle is to pedal your feet in 'circles', not in 'squares' and to have a proper 'fit' between your body and your cycle. Make sure it is properly set up for you. Much can be learned about cycling from the internet. Good cycling shoes can make a big difference.

Shoes that let you exercise your whole leg

Cycling shoes that clip onto special pedals let me exercise my whole leg not just part of it. I can both pull and push with my legs. Most bicycles are fitted with flat platform pedals that only allow you to push. People usually first learn to ride a bike with these flat pedals on it. The more serious rider clips their feet onto the pedals with cycling shoes and matching pedals. Proper cycling shoes are the key to exercising your whole leg.

There are two basic types of cycling shoes, 'mountain bike' and 'road' shoes. I find it very difficult to walk in road shoes due to the design of their pedal clips. I don't need any more wobble in my walk than HSP gives



me! I use mountain bike shoes and matching pedals. Mountain bike shoes can also be known as SPD shoes. These have the clip section indented in the outer sole of the shoe. I can walk in mountain bike shoes. They are 'walk-able' cycling shoes.

Mountain bike shoes clipped onto their pedals allow me to pull up with my feet as well as push down with my legs. Ordinary flat platform pedals do not allow me to pull up with my feet while cycling. I can use a far better cycling technique and spin the pedals at a much faster rate (higher cadence) using mountain bike shoes than flat platform pedals. Quickly spinning the pedals around also reduces the strain on the knees.

Another advantage of these shoes for HSPers is that my feet are kept in place while cycling by my shoes. Without them it is difficult for me to keep my feet in the right place due to my HSP.

#### Muscle exercise and development

I can exercise and develop all the different muscle groups in my legs, if I use mountain bike shoes with good cycling technique. Before I got my tricycle, my calf muscles were wasting away but now they get regular exercise and have developed some definition. My quadriceps at the front of my thighs are also 'bulking up'. The hamstring muscles in the back of my thighs are stretching and developing. The muscles in my shin used to lift my feet are also being exercised and developed. My bottom muscles (glutes) are toning up. The small muscles in my hips used to lift my entire leg are also becoming stronger and being developed. My cycling will not cure HSP but I can help what muscles I have to become stronger.

#### Other health benefits

There are several other health benefits for HSPers, when they regularly ride three wheel recumbents.

I do not get swelling in my ankles any more. There is a basic cycling technique called 'ankling'. 'Ankling' is where you bend your ankle to assist your pedaling. The regular bending of the ankle while pedaling assists pumping any fluids back up to my body. I can best use this technique while my feet are 'clipped in'.

The comfortable recumbent seat also helps develop and tone core trunk muscles making it easier to keep my balance while walking or while using a wheelchair.

Riding a recumbent is a fully supported exercise. If it gets too much I just stop and have a rest. I also get a good general cardio and aerobic workout that strengthens the heart, fully uses the lungs and diaphragm, loses weight, improves circulation, improves cognitive skills and is not as boring as a static exercise bike in front of the TV.

Balance can be an issue for HSPers. I do not have good enough balance to walk or ride a bicycle. With three wheels the tricycle stays upright. Without the need to balance, I can put further effort into my cognitive abilities of pedaling, steering, and braking.

There are improvements in my endurance and general fitness. I can ride a long way. I sit for most of my waking hours. It is easy for me to choose not to exercise. When I started to ride a recumbent tricycle, I could only travel 3.6km. Now that I am fitter, 50km is not difficult for me.

By riding my recumbent tricycle around, I'm improving my fitness and getting outside more often. I enjoy exercising this way.

My self-esteem has also improved by riding a recumbent trike. I get to participate in large cycling activities with many able bodied cyclists. These events are not races. Some activities are fund raisers for people with disabilities similar to HSP. They are good fun to join in. The largest one I have been in had 10,000 cyclists. I get kudos from other cyclists for simply turning up with a recumbent tricycle. They notice the unusual mode of transport, not that the rider operating it is disabled. They do not need to know I cannot go as fast as many of them or that I have HSP. No one needs to know I'm disabled when I am riding one of these. Some people who previously know of my disability cannot believe I can participate or ride at all.

I also appreciate being able to ride with my wife and family and friends. It is good to be able to do something outdoors together. They are often surprised how well I can keep up with them.

#### Going over hills

Using all the different muscle groups in my legs adds about 10% more power to my cycling. This does not sound like much extra power but it can be the difference between comfortably getting over the hills I may encounter or not. Fortunately, most recumbent trikes have very low gears. If the hill looks too steep, just change to a lower gear and ride up the hill at a slower pace. If you find the hills are still too big you could add an electric motor to your recumbent tricycle.



Three wheel recumbents are also known as Human Powered Vehicles (HPV). Human Powered Vehicles are a viable alternative to using a car in your local area. They can carry small loads and can easily travel many kilometres from home.

If you have not done any exercise recently, I would recommend you first see a GP and tell them what exercise you are about to do. You may wish to consult your physiotherapist or occupational therapist or other health professional. They are not likely to know about recumbent tricycles and HSP but they do know what exercise is good for you.

Difficulties, what difficulties? There are no difficulties here!

The most difficult aspect of a recumbent tricycle is simply getting in and out of them. They are often very low to the ground. I use my arms a lot for this. A low wall or a shallow hole in the ground or a post to hang on to means I have no difficulty getting in or out of them, once I learned how. If there are none of these supports around, I lock the brakes and use the front wheels to push myself up or to sit back down again easily.

If I am unfortunate enough to get a flat tyre while riding, I simply get off and quickly fix it. I carry all the necessary equipment. The vast majority of times I never get a flat tyre. Some tyres are made so tough they almost never get a puncture. Recumbent trikes are less likely to get flats than bicycles.

If I have a crash, I'd much rather be on a recumbent than an upright bicycle or tricycle. At one time I crashed my recumbent trike at 51km/h. I was not injured and suffered only minor bruising. Being so low to the ground meant I did not have far to fall; also I crashed feet first. I'd rather crash feet first than head first. On a upright bike I would have gone over the handlebars head first. This crash did not hurt me much. Not all crashes are this good. Some crashes are quite injurious. I do not recommend crashing.

Many recumbents can quickly be folded in half and fit easily into a small car. It can be an advantage to get a recumbent tricycle that folds. I can easily get mine into a small car and drive to the start of a ride.

The two wheels in front 'tadpole' style means they can steer and brake very well; often better than a two wheel bike. They are so low to the ground that they are very stable going around corners. Nor do I need to 'unclip' my foot every time I stop at traffic lights. I simply watch my two wheeled peers try to unclip their feet in time before they fall over.

Medical equipment or an expensive indulgence?

Recumbent tricycles have many health benefits and can be seen as medical equipment for HSPers. They can also be very expensive. They are at least twice as expensive as the equivalent quality two wheel bike. Don't let the expense put you off. Think of these tricycles as a piece of medical equipment for your HSP rather than an expensive indulgence. Learn to ride with good cycling technique, use mountain bike or 'SPD' cycling shoes, and most of all have fun.

David Moller  
Western Australia  
September 2013

### The Advantages of a Trike

The three main styles of adult tricycles vary drastically from the trike you rode as a child. An upright trike keeps your body in a similar position as its two-wheeled cousins, but the recumbent tadpole and delta offer a entirely new way to enjoy a ride. The recumbent cycling position feels more like sitting in a lounge chair than riding a bicycle. Although trike styles offer similar benefits, the recumbent versions are most comfortable.

### Trike Riding

A trike is simply a bicycle that has three wheels instead of two. This additional wheel changes the look, feel, and ride of the trike, which takes some getting used to. An upright trike rides, pedals, and steers like a two-wheeled bike, but it is heavier and less maneuverable. Recumbent trikes have pedals that sit in front of your body and don't have a handlebar.

### Increased Stability

The trike's third wheel provides greater stability than a bicycle, making it easier for you to keep your balance. This means you could crawl slowly up a hill without falling over, for example. If you hit loose gravel while riding the trike, you might just spin instead of losing control and falling over. Compared to a bicycle, a



trike could be better for you, particularly if you have poor balance or a condition that prohibits you from riding an upright bike safely and comfortably.

### Comfort

Tadpole and delta trikes utilize a seat that distributes your weight across a large area. Greater weight distribution decreases the pressure you might otherwise feel in your bottom when you sit on the smaller seat found on upright bikes. Since your butt will feel more comfortable, you will be able to ride longer without pain and fatigue. You could potentially burn more calories if you feel more comfortable and ride longer as a result.

### Exercise

Riding a trike is an enjoyable way to exercise. On an upright trike, your legs and arms do most of the work. However, when your legs sit out in front of you on the recumbent versions, you use more of your hamstrings and your core muscles when you pedal. Instead of propping your bike on a kickstand and standing next to it when you get tired, you can take a break while remaining in your seat.

As you get more fit, you can also amp up your trike workout. Head to a hilly area for uphill cycling to increase your calorie burn, or simply add "sprints" to your cycle to get your heart pumping.

Recumbent bikes and recumbent trikes are both good choices for people who need the back support that an upright bike doesn't offer. Recumbent trikes outsell recumbent bikes, especially with the older crowd. More than 75 percent of the two biggest trike manufacturers' customers are over 50, according to the AARP Bulletin. Both recumbent bikes and trikes will give you a cardio workout, though the recumbent position is less intense than that of an upright bike.

The many reasons recumbent cycles are preferred over traditional uprights include the following:

Spreading your body weight over a much larger area than on a conventional bike explains "recumbent comfort".

A much more comfortable seat means less back, neck, shoulder, and posterior pain compared to a conventional bike.

No wrist pain from bearing your weight.

Smaller frontal area means better aerodynamics which have allowed recumbents to set every bicycle speed record.

The heads up position lets you enjoy the scenery instead of the grit on the road.

In the event of an accident, there is a shorter distance to fall and the rider will fall feet first instead of head first.

The high seat back allows you to leverage more pedal power by pushing with your back against the seat. Human power is maximized under these conditions.

The feet up position is more physiologically efficient because the body can circulate blood more effectively, providing more oxygen to the muscles.

They are virtually impossible to flip forward (endo).

### Why ride trikes?

We prefer trikes because they have all of the recumbent advantages mentioned above plus the following three-wheeled benefits:

Stability – loose gravel, sand, ice, tire blowouts, etc. will not send a trike crashing to the ground.

Ride during the winter – hitting a patch of ice is fun on a trike.

Do you have trouble balancing? No problem with a trike.

No need to drop a foot off the pedal in tight turns to protect against wipeouts

Leaning into the turns makes cornering on a trike fun. They handle like a sports car or go-cart – you can even brake-steer on a TerraTrike.

Pull up to a stop and never put your foot down on the road

No wasted energy balancing the trike on those slow steep climbs – this is the reason that trikes are better climbers than two-wheeled recumbents.

More respect from motorists, they slow down and give you a wider berth when passing – primarily out of sheer curiosity.

Easier to track a straight line on the side of a road – no need for wobble room during a steep climb in traffic.

No need for a kickstand or leaning post.

Less road friction/tire scrub from a rider's side-to-side balance shift (wobble).



Instant celebrity status – you may be the first person in your neighborhood with a trike – people will know who you are.

Great platform for attaching fairings and accessories.

### **Benefit #1 of Recumbent Trikes: Safety**

Because you're lower to the ground and obviously more stable, you don't have to worry about falling off your bike and getting hurt. The stability factor is so important, especially as we get older. Before when riding on bike trails, I was always nervous of squirrels darting out, or objects on the road that could cause me to fall. On my recumbent trike, I never have that fear of falling. I've also ridden on wet roads and trails on my trike and didn't have the worry of slipping.

Surprisingly, I find motorists generally allow me more room on the road than they did when I was on my upright bike. Motorists have no trouble at all seeing me. In fact I am more visible because I look unusual and that grabs their attention. I still prefer riding on bike trails though, when possible.

### **Benefit #2 of Recumbent Trikes: Comfort, Comfort, Comfort**

There's a good reason recumbent trikes have been called recliners on wheels. They are ridiculously comfortable. When I first started riding with a group of recumbent riders, I was still riding my upright two-wheel bike. I noticed when we came to rest areas that I desperately needed to stop and stretch, yet my fellow recumbent cyclists seemed quite comfortable. They had none of the neck, shoulder, and wrist discomfort that I had. They were able to ride long distances quite comfortably, while I was pretty much done after 45 minutes of riding.

Many recumbent cyclists also find they have less stress placed on their joints. I've talked to many riders who actually are unable to walk comfortably or ride an upright bike because of knee or hip pain, yet they find their recumbent trikes quite comfortable.

### **Benefit #3 of Recumbent Trikes: No Skills Required**

Perhaps you never learned to ride a two-wheeler – I know many people who haven't. Good news – with a recumbent trike, you don't need to learn since there's no balancing involved! You can ride a recumbent trike at any age and any weight, even if you've never ridden a bike before.

I also love the fact that I can wear clipless pedals on my trike. Not being the most coordinated person, I was never able to master clipless pedals on my upright bike, but on my recumbent trike it's a breeze. I'm able to get a smoother spin with the clipless pedals.

### **Benefit #4 of Recumbent Trikes: No Special Clothing Required**

I don't need special uncomfortable padded bike shorts or spandex tops, as I did on my upright bike. I can wear regular loose fitting shorts and tee-shirts or tops on my trike. If you ride long distances, or ride intensely, you may want to wear shirts with wicking ability for sweat. Also, like any bike, you need a helmet, and I recommend clipless pedals or some other foot restraint system.

### **Benefit #5 of Recumbent Trikes: Recumbent Trikes are a Fun Way to Get Lots of Exercise**

Yes, it's true. I was surprised too! Riding a recumbent bike is fun! They can be fast if you choose (especially downhill), and they are fun around corners. Of course, you don't need to ride fast, but the option is there if you choose. I had only seen people going very slowly on recumbent trikes, and thought they were built only for slow rides. Not true! In fact, I ride with a group that is always on the lookout for the fastest, sleekest trike models. Many of the seventy and eighty-year-old cyclists can leave me in the dust!

While you are having fun riding a recumbent trike, you can also be getting a fabulous, low-impact aerobic workout. You can burn lots of calories depending on how long or intensely you ride; or you can go at a comfortable pace and just get a good workout. Because you're outside enjoying nature and having fun, you may not even realize you're exercising. Because of the reclined position, I definitely feel I get a better leg workout. I also ride much longer because of the comfort factor, so I end up burning more calories.

### **Benefit #6 of Recumbent Trikes: Social Experience**



If you find a group to ride with, recumbent trike riding can be a wonderful social experience. You get to ride with friends and hopefully enjoy coffee or lunch together afterwards. If by chance there aren't any recumbent bike groups in your area, perhaps a bike club would allow you to ride with them, or you can even start your own club.

Many people who haven't ridden recumbent bikes will stop to chat to learn about your trike, so you'll meet even more people.

#### **Benefit #7 of Recumbent Trikes: Storage**

Recumbent trikes have plenty of storage capability. I have two large bike bags on either side of my trike which allows me to carry essential bike emergency supplies and other items. I'm easily able to carry enough water, supplies and even additional clothing if needed.