

# ADAPTIVE SPORTS PARTNERS

of the NORTH COUNTRY

*Rooted in the community, reaching out to all - all disabilities, all sports, all seasons*



## The GREENSPEED ANURA

### Description - What makes this bike unique?



Tagged the “frog” in a naming contest, the Greenspeed Anura is a user friendly recumbent trike that is very stable, easy to mount, easy to shift, effortless to steer, and has a powerful braking system. The upright seat allows for good road visibility, and its comfort reduces sores and back pain. The wheel in front provides a feeling of greater protection when riding in traffic. The Anura can actually be faster than an upright bike; our volunteers will need to stay in shape to keep up with some participants. An additional adaptive advantage is that two Anuras can be linked together so that a volunteer and participant can partner-up when needed. It is also convenient to store between rides.

### Who Can Benefit?

The Greenspeed Anura is ergonomically designed to be a great choice for older riders and people with a variety of disabilities. This bike was designed with input from dealers as well as riders with disabilities. Customers requested a bike that is easy to enter and exit and with a higher viewing position, adjustable seat angle, efficient mechanical disk brakes all around, and easy maneuverability. The company fulfilled these requests and more. The bike is a good choice for people with issues with back pain, balance problems, or poor coordination. The recumbent design eliminates sore wrists and numb hands and makes the trike advantageous to people with greater lower body strength than upper body strength. It is designed to accommodate people up to 300 pounds. The acquisition of a second trike, used in a tandem arrangement, will accommodate an even wider range of disabilities including participants who lack strength or are not able to pedal independently.



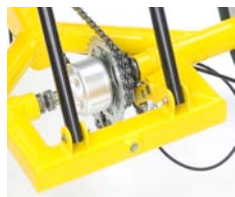
### How Does it Operate?

The ergonomic placement of the handlebars, and the attention paid to the steering geometry make the Anura effortless to steer. The three wheel disc brakes give very powerful braking. The right hand

lever operates the two rear brakes, and the left hand lever operates the front brake. For gentle braking, like slowing for a corner, either lever may be used, as this will allow the other hand to be used for signaling. It is recommended that riders get into the habit of using both hands, as both are required for emergency braking.



The combination of the Schlumpf speed drive & eight speed bar shifter allows two speed shifting while stationary or under way and easy shifting while riding. The Anura gears are designed to match the rider's efforts to the conditions, making it easier and more enjoyable to ride. The low gears make it easier to pedal uphill without having to push too hard, and the higher gears enable you to



go faster downhill and with the wind, without having to pedal too fast. The gear lever on the top of the right hand handlebar operates the rear derailleurs which changes the chain on the eight rear sprockets (cogs). Pulling it back will move the chain to the large cogs, providing a lower gear & making the trike easier to push. Pushing the lever forward moves the chain to the smaller cogs to go faster. The chain will only change cogs while moving, so it is recommended that the rider move the lever back before stopping so that the trike will be in a low gear when the rider starts off again.



The Anura is fitted with a differential which balances the drive to both rear wheels; this enables it to turn easily in both directions, and track in a straight line up steep hills. The Anura is designed to go through a standard doorway and park vertically, taking up little space.

The Anura is built with an attachment point for coupling a trailer or another FROG. Special hitches are available from a Greenspeed dealer. Additional attachments include front and rear fenders, rear luggage rack, and a trunk for carrying capacity.

### Personal Story

Meet Anya. She is a regular participant in a variety of ASPNC sports. Although she has tried other bikes, the Greenspeed is by far her favorite. This young woman likes to be out in front and the easy peddling gives her an advantage. If you are biking on the Franconia Notch Biking Trail you might hear her "whoo, hoo" as she speeds along.



***Please help us in purchasing and maintaining the Greenspeed Anura Bike and training volunteers to use this valuable piece of equipment.***