ENGAGING COMMUNITIES WITH YOUR BLENDER BIKE

Oregon State University
Moore Family Center

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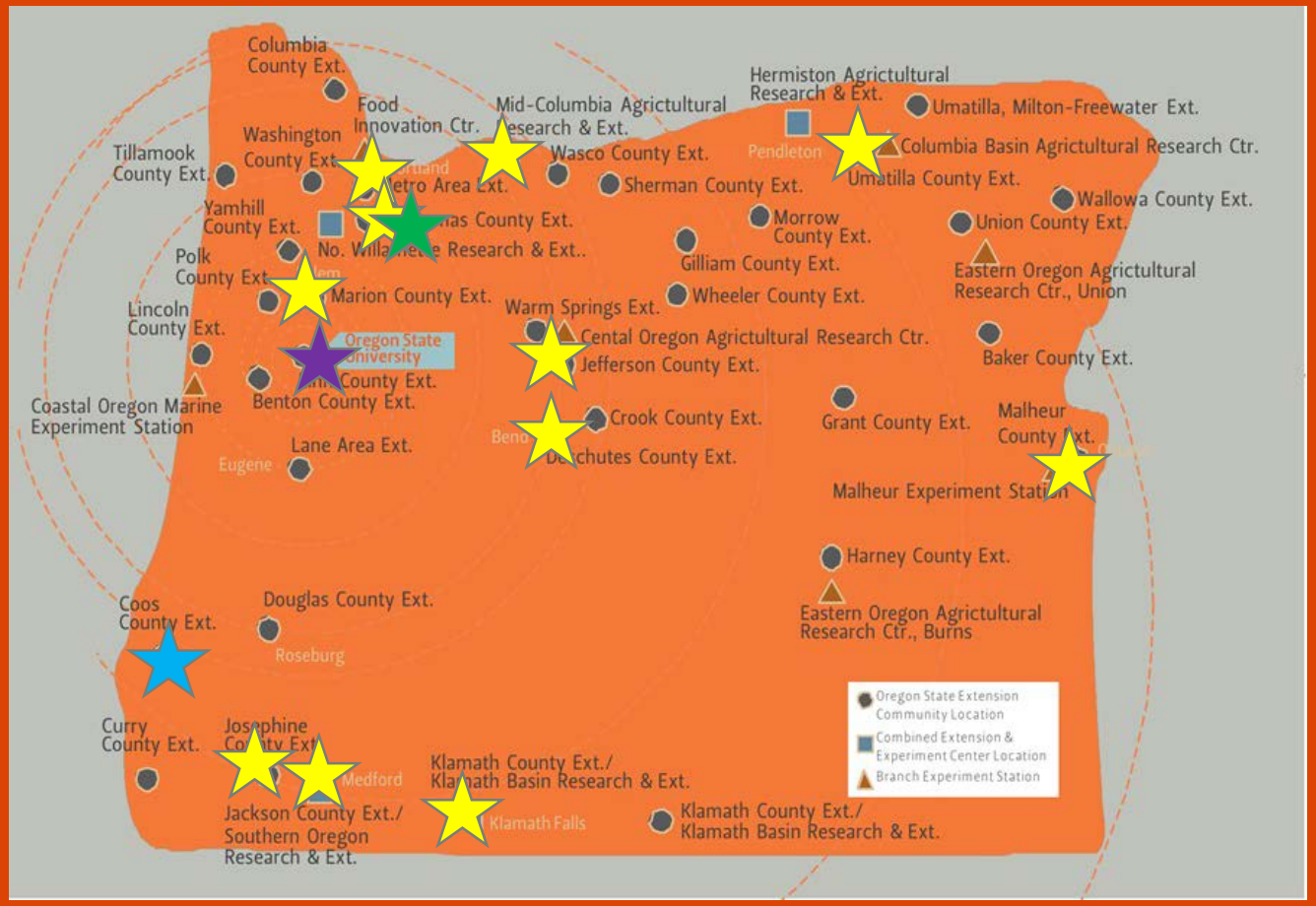
OSU Bike Locations

- 14 bikes are located around the state in Extension offices.
- Bikes have been funded through the Moore Family Center, County Extension Districts, Oregon Dairy Council, and USDA NIFA Grants



The Fender Blender Pro by Rock the Bike

- Blends in front of the rider allowing for social interaction while ensuring the best results
- Adult and kid friendly (kids 7 & older)

ROCK THE BIKE™

www.rockthebike.com

- Adjustable seat height and handlebars offer comfortable and easy grip position
- As the seat is lowered the seat gets closer to the handlebars
- Bikes cost around $2,000+ plus shipping and extra parts

The Fender Blender Universal Stationary Kit by Rock the Bike

- For use with child size bike 20 inch wheel or adult size bike 24-29 inch wheel
- Blender sits behind the rider
- Cost about $600+ for the kit.

- Must order bike separately – choose one with adjustable seat

ROCK THE BIKE™

www.rockthebike.com

Transporting the Bike

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What kind of vehicle should I use?

- Most larger SUVs, minivans and pickup trucks will carry a single Pro frame in the back with no disassembly required.
- Smaller cars and SUVs may require small adjustments or disassembly (lowering the handlebars, dropping the saddle, or removing the crossbar).
- 2 people are required to safely load / unload the bike!

In-Car Transport

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- Most cars and smaller SUVs will require some disassembly to fit the bike.
- Carefully tip the bike on its side and remove the bottom crossbar with a 6 mm hex key.
- Don’t forget to take the hex key with you to your event to reassemble!

Using a Bike Rack

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- Any car will work if you're using a regular bike rack.
- Use appropriate straps to secure the bike to the rack.
- A weatherproof bike cover is recommended.

*Note the **towel** wrapped around the end of the crossbar to keep it from scratching the bumper*

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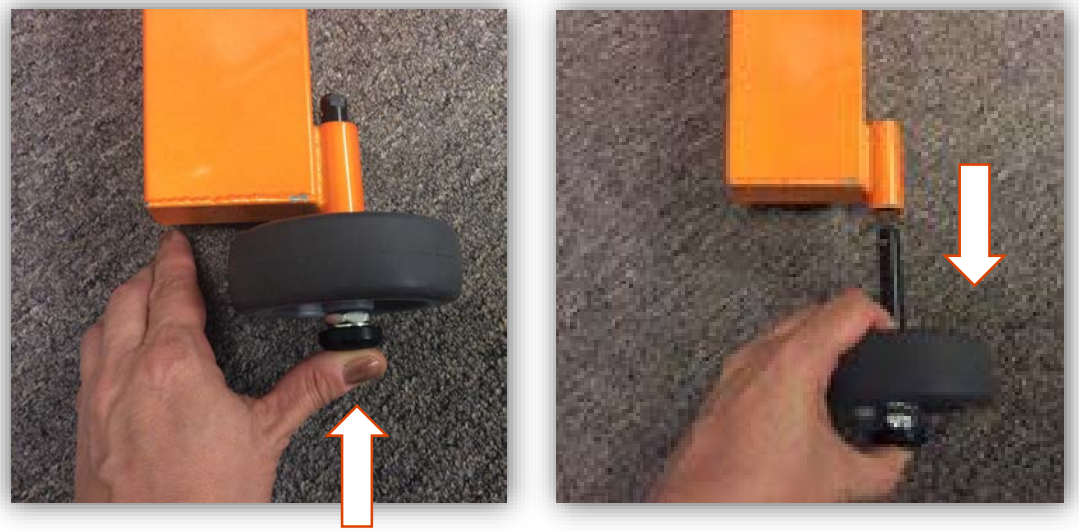
Transport Wheels

- Two heavy duty rubber wheels and quick-release axles make transporting the blender bike fast and easy.
- The wheels pivot down to contact the ground when the rear is lifted up off the ground to about waist height (see bottom left).

Easy to remove via a press and pull motion



Bike Preparation

Blender Bike Kit

- Totebag
- User Manual
- Portable tire pump
- Fold up hex key set
- (to disassemble if transporting in car)
- Gloves (if chain comes off)
- Transport wheels
- Door stop
- Bungee cords
  (to secure bike during transport)
- Bike cover
  (if using a bike rack to transport)

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Prior to Event

- Pump up the front tire to 60–70 PSI.
- Check the blender roller/tire traction and adjust as necessary (see next slide).
- Watch this video about how to properly align the roller to the tire:
- https://www.youtube.com/watch?v=3DwN9C0yGBs

Test for good traction by squeezing the roller axle between your thumb and forefinger, then slowly turning the tire with your other hand. Good traction is present when it is very difficult or impossible to cause the roller to slip while squeezing.

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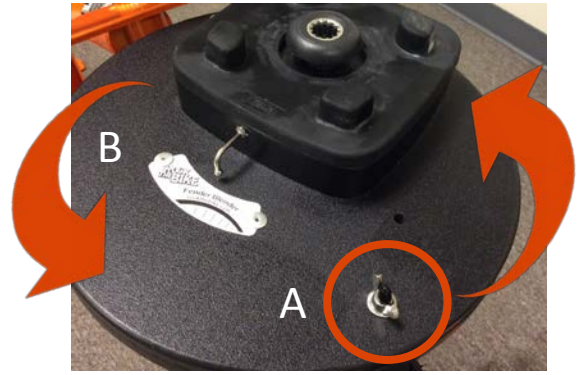
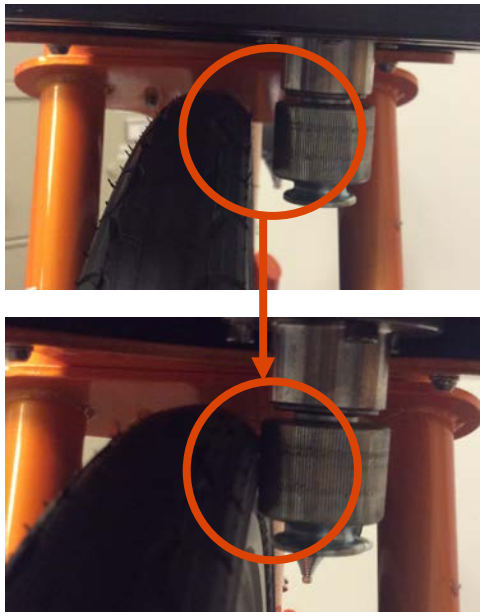
Adjusting the blender base

1. Loosen the two wingnuts (A) on the upper platter by one or two turns, and turn the platter counter-clockwise (B) so the roller is slightly touching the tire.
2. Check your alignment to make sure the roller is directly over the axle.
3. If the roller is not aligned, adjust it using the hex keys.
4. Turn the platter until the roller is firmly against the tire, then lock the wingnuts while keeping pressure on the roller. But not too tight!





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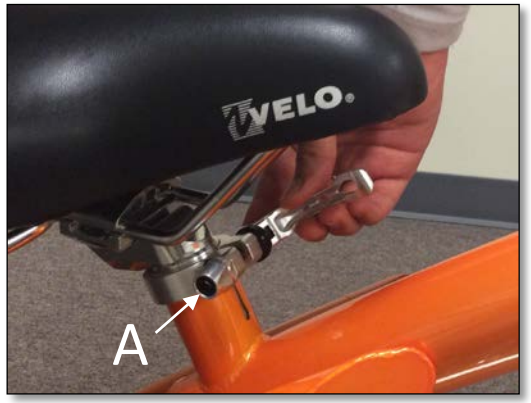
Adjusting the seat

1. Open the seat post lever
2. Gently pull up or push down on the seat to appropriate height.
3. Close the lever.



Note: If the seat post moves or slides, adjust the collar by tightening the bolt (A) with a 4mm hex key.

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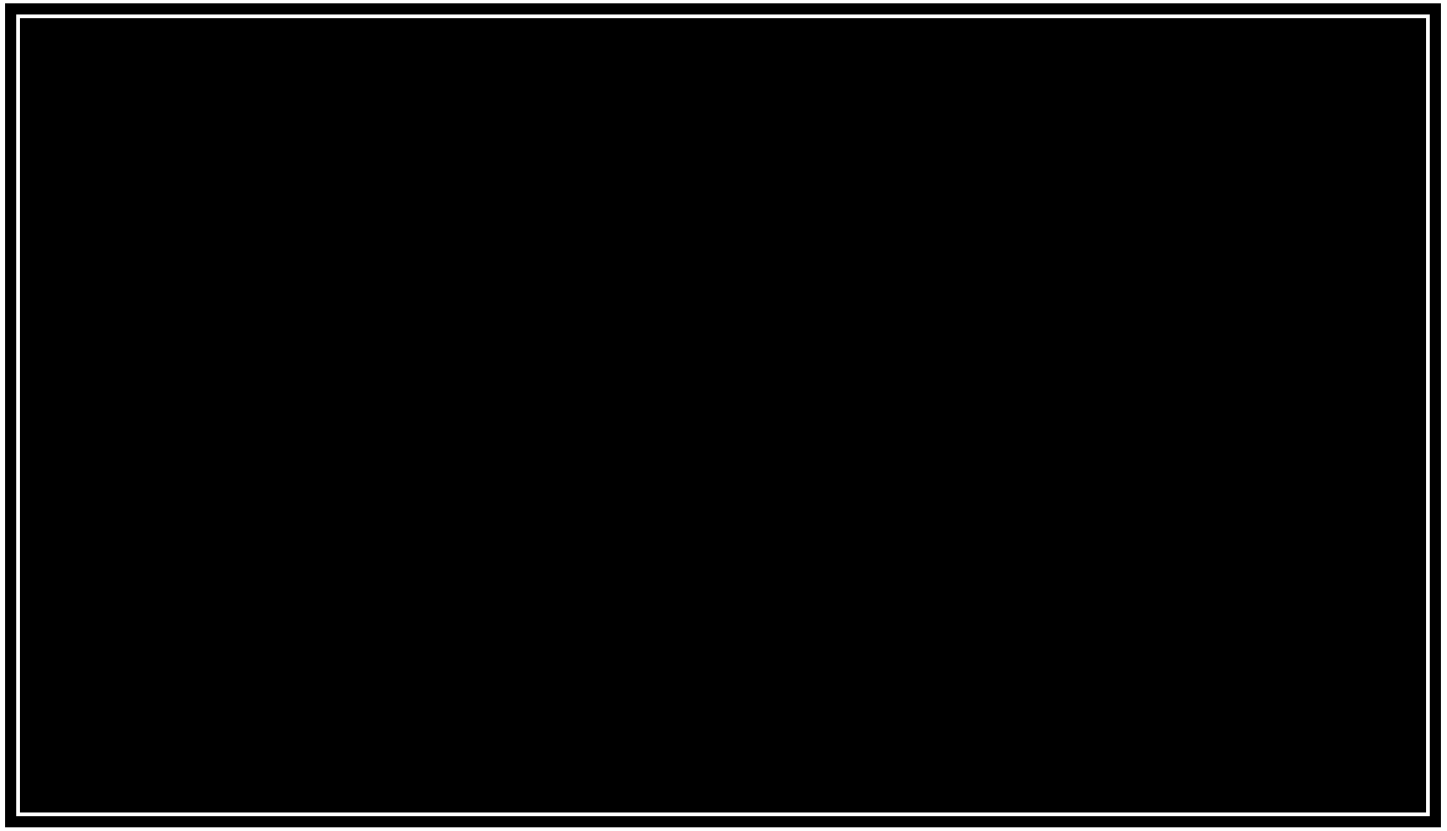
Video: Seat Adjustment Tips



https://youtu.be/JJfh6tsMxho

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Blender Attachment

1. Regularly tighten the “Star Drive” with a 5/64 hex key.

2. Use the black strap to hold the blender in place by bringing the strap over the top of the lid and attaching the hook to the pin.

Note: the strap will help keep the blender unit steady but is not strong enough to hold it in place if the bike sways from side to side or tips.

Safety

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Safety and Liability

- ONLY OSU staff who are trained in using the Blender Bikes should take them to events.
- Volunteers who have signed an OSU liability waiver may assist OSU Staff at events with the blender bikes.
- We DO NOT recommend allowing outside groups or volunteers to “Check Out” the bike.

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Safety

- Children should be supervised when using the bike. Blender Bike Pro is for ages 7 and up.
- Never leave bikes unattended! They are expensive to replace if stolen and unattended bikes could be misused causing injury.
- Avoid contact with moving parts on the frame / chain! This includes, but is not limited to: fingers / hands, hair, clothing, and shoelaces.
- Never operate the bike if the frame, wheel, blender base, or any other parts appear to be damaged.
- Call Fender Bender Pro Tech Support at 1-888-354-2453 for assistance.

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Safety Tips

- Have riders check their shoelaces and any loose clothing BEFORE riding the bike.
- ALWAYS have a bike monitor to ensure safe pedaling.
- Use cones or tape to section off the bike area.
- Never leave bikes unattended.
- Do NOT allow young children around bikes.

Troubleshooting

Troubleshooting

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Bike is not blending:

- Check tire air pressure. Fill tire 60 to 70 PSI using the tire's Schrader valve (common valve for bicycles and cars).
- Check roller axle traction. See previous slide to adjust the roller axle.
- Check ingredients in blender. Frozen berries or ice can get stuck in blades.

Chain falls off chain ring:

- Chain should be taught along its lower section, or it could slip off under heavy pedaling. See slide 31 to adjust chain tension.

Seat angle slips out of adjustment:

- Seat should be level when viewed from the side, and have no play in the under-seat-clamp. Using a 6mm hex key, loosen the upwards facing bolt in the under-seat-clamp, adjust the seat to level and firmly re-tighten the bolt.

Chain Adjustment

1. Check chain tension by rotating the pedals backwards a few turns.
2. If there is a lose or tight spot, loosen the skewer (A) and move the wheel so that the chain is taut without causing a tight spot in the chain rotation.

Recipes

Blender Bike Smoothie Kit

- Totebag
- Vitamix blender
- Towels
- Gloves
- Rubber spatula
- Liquid measuring cups
- Sample cups

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Food Hero Smoothie Recipes

- Banana Berry
- Watermelon Cooler
- Un-beet-able Berry
- Melon Cooler
- Peach Yogurt
- Popeye Power
- Blueberry Tofu

Visit www.FoodHero.org for more recipe ideas

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Blender Bike Grains Kit

- Totebag
- Grain blender container
- Gloves
- Measuring cup(s)
- Container for flour
- Resealable bags (with labels)
- Recipes using 1-1.5 cups whole grain flour
- Pastry brush or spray air

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Whole Grain Recipes Ideas

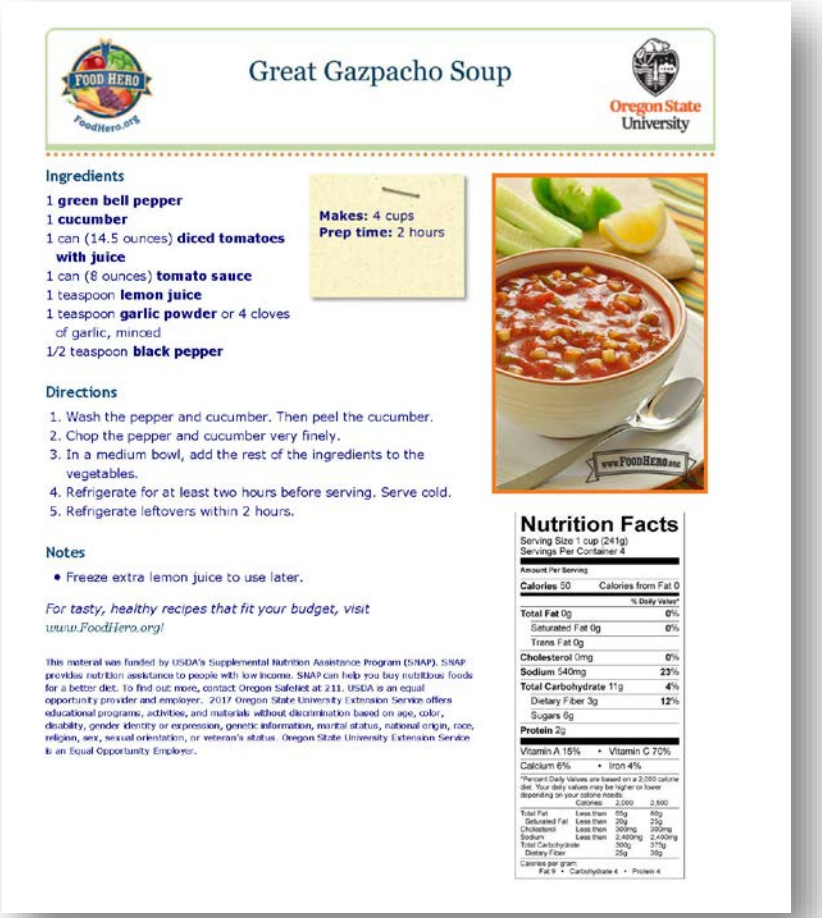
These recipes call for small amounts of flour – perfect to grind and bag up for participants. Try buckwheat, spelt or oat groats.

- Whole Wheat Blueberry Muffins
- Banana Pancakes
- No-yeast Pizza Crust
- Whole Wheat Yogurt Rolls
- Cherry Oat Crumble

Visit www.FoodHero.org for more recipe ideas

More Recipe Ideas!

- Gazpacho
- Salsa
- Nut Butter
- Pesto
- Hummus
- And…



Great Gazpacho Soup

Oregon State University

Ingredients

1 **green bell pepper**
1 **cucumber**
1 can (14.5 ounces) **diced tomatoes with juice**
1 can (8 ounces) **tomato sauce**
1 teaspoon **lemon juice**
1 teaspoon **garlic powder** or 4 cloves of garlic, minced
1/2 teaspoon **black pepper**

Makes: 4 cups
Prep time: 2 hours

Directions

1. Wash the pepper and cucumber. Then peel the cucumber.
2. Chop the pepper and cucumber very finely.
3. In a medium bowl, add the rest of the ingredients to the vegetables.
4. Refrigerate for at least two hours before serving. Serve cold.
5. Refrigerate leftovers within 2 hours.

Notes

- Freeze extra lemon juice to use later.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 4

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 15% • Vitamin C 70%	
Calcium 6% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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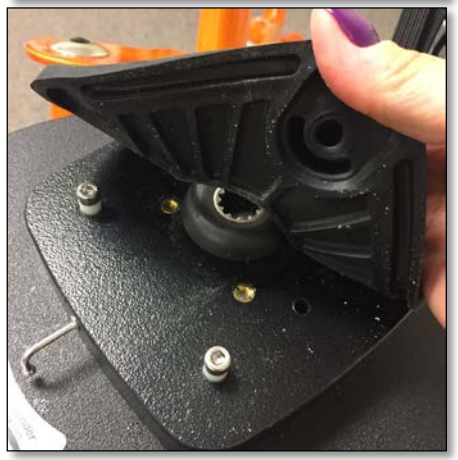
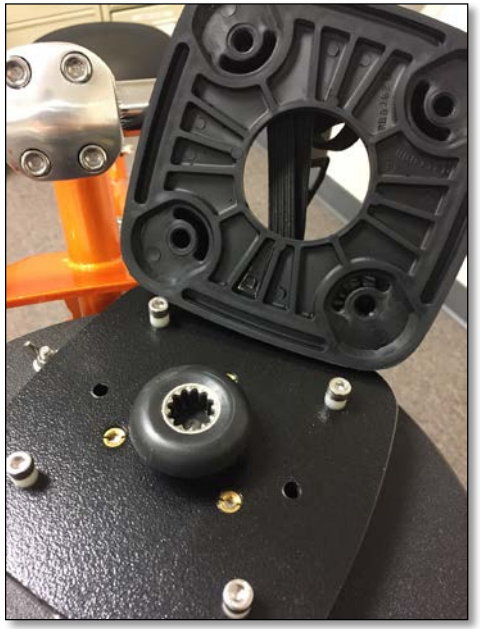
Cleaning

Cleaning: Base

1. On the blender base, pull up on a corner (A) of the sound reduction pad to remove.
2. Wash it by hand with liquid dish soap and warm water, or in the top rack of your dishwasher.
3. Dry completely.
4. To reattach, align the holes with the pins and press down until all four snap into place.





Clean and ready to be reattached

Cleaning: Bike

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1. Wipe the frame and blender base with a sponge or cloth using soap and water, or a non-toxic all-purpose cleaner.
2. Dry with a clean rag *immediately* after washing to avoid rust.
3. Wrap blender strap around the handle bar and secure as pictured at right.

Cleaning: Blender Pitcher

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The blender pitcher can be handwashed using liquid dish soap or placed on the top rack in a dishwasher.

<u>At event location:</u>

1. Add 1 cup (240ml) of hot water and a drop of liquid dish soap to the blender jar.
2. Place the lid tightly on the jar.
3. Place the jar on the blender base and secure with the Bungee Cord.
4. “Pulse” for 1-2 minutes on the bike.
5. Rinse well.

Sanitizing: Blender Pitcher

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How to sanitize the pitcher:

1. Fill the blender jar with hot water.
2. Add 1-2 teaspoons (5-10ml) of liquid chlorine bleach to the jar.
3. Stir for 10 seconds. Let mixture stand in jar for 5 minutes.
4. Empty water/bleach mixture. Turn jar upside down on dish rack until dry.

Cleaning: Vitamix Pitcher

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- After each use, rinse the container thoroughly with warm water—not hot.
- Place 1-2 drops of dish soap in the container and fill halfway with warm water.
- Gently wash the interior, being careful of the blades.
- Pour contents out and rinse thoroughly.
- Turn the container upside down and let air dry.

The manufacturer DOES NOT recommended placing the container or lid into the dishwasher as this may harm its components.

Deep Cleaning: Vitamix Pitcher

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For a **deep clean** or to **remove stains**, perform the following steps monthly or as needed:

- Place 4 cups of cool water and 4 cups of white vinegar into the container and let it soak for about four hours. Pour contents out and rinse thoroughly then follow the cleaning instructions above.
- More tips on how to clean and care for the **Vitamix** pitcher: https://www.vitamix.com/Owners-Resources/Product-Support/FAQs/Care-and-Maintenance

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Cleaning Tips & Cautions

- Do not use stiff-bristled brushes or abrasive cloths or pads to clean the jar. This will dull or scratch the surface.
- Avoid submerging blender jars for longer than 5 minutes as it may reduce jar life and result in water penetrating the lower jar seals. After cleaning, store the jar upright.
- BLENDER JAR (NOT Vitamix) is dishwasher safe on top rack only.
- Do not expose your jar to temperatures over 176°F (80°C). Ingredient temperatures should not exceed 115°F (46°C).

Please note that boiling water is too hot for the jar and should never be used.

More Resources

Manufacturer's User Manual

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http://rockthebike.com/wp-content/uploads/2018/05/RockTheBike_FBProHP_UserManual.pdf

For more assistance, contact Fender Bender Pro Tech Support at 1-888-354-2453.

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More Event Ideas

- Rock the Bike YouTube Channel https://www.youtube.com/user/rockthebike/videos
- Food Hero Event Resources – https://www.foodhero.org/community-toolkit
- Additional Recipe Ideas - https://rockthebike.com/recipes/
- OSU Moore Family Center –
- https://health.oregonstate.edu/moore-center

Other Moore Family Center Resources

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- Hand Crank Grain Grinders
- Whole Grain ID Kits
- Donated Products from Bob's Red Mill*

*see quarterly donation email from Jenny Rudolph – Do not contact the company directly!

OSU Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health
Created by C. Hansen and A. Nguyen, OSU Dietetic Interns 2018
Updated by Jenny Rudolph and Erin Devlin, 2019

Oregon State University