LAMERE
BICYCLES ELECTRIC

Congratulations! You are the proud owner of a LaMere Cycles Electric Bicycle. This document is intended to help you become more familiar with your LaMere eBike and to squeeze the most fun and function out of it as you can. It's all about having fun, right? Please read this manual in its entirety and if you still have questions you may contact us or stop by your local bike shop for assistance.

Links for set-up guides and general online documents can be found at the end of this document.

The basic bicycle setups we will address are tire pressure, suspension, saddle height and assist profiles. This guide is organized in order of priority.

Tire Pressure:

Setting tire pressure is step one to preparing to go for a ride. Tire pressure should be checked prior to each ride. By checking the pressure we don't mean squeezing the tire and saying “yep, there is air in there”. What we mean is measuring the pressure using a precise tire pressure gauge; the desired tire pressure depending on different terrain conditions. E-bikes are heavier than traditional bicycles and there-fore can require a bit more air pressure than the equivalent tire on a traditional or lighter bicycle. The goal here is to have enough pressure so you don’t strike the rim against the ground but not too much that the tire has no give and bounces off of terrain. The tire should conform to the riding terrain. More surface area equals more grip but be cautious of rim strikes.

For example: JP Lamere is riding his eSummit equipped with 26x4.6 tires on his favorite local MTB trail. JP weighs roughly 175lbs. JP’s optimal tire pressure 4 to 8psi. The lower range of tire pressure for fresh snow and sandy conditions and 8psi for hard pack terrain.

Try a pressure on the higher end and go ride your favorite trail. Ride it again at a little lower pressure if you felt the tires didn't stick to the terrain. Play around with the pressure to find the sweet spot and above all else, have fun. Fun is why we build bicycles.

Suspension:

Suspension on a bicycle is awesome and performs best when it is set up for a specific rider. You wouldn't drive a new car without adjusting the seat position, steering wheel tilt, and mirrors, would you? We feel the same about suspension. To get the best experience out of your bicycle

it needs to be adjusted to the rider's weight including riding gear, center of mass position on the bike, and the intended use.

We recommend 20-25% sag on the rear shock and 25-30% for the front suspension. Links to specific suspension manufacturers are listed at the bottom. Rebound damping will need to be adjusted based on air pressure used to reach the desired sag.

A link for a general understanding of suspension set up can be found at the end of this document. Be sure to see the brand and model specific suspension set up guides for best results as they do vary. Starting with the suspension component manufacturers set up guide first is recommended. Fine tuning can be done after a baseline set up has been established.

Saddle Height:

Your LaMere eBike is equipped with a dropper seatpost. Using a lever on the handlebar, the saddle will lower by body weight to allow for more clearance between you and the bicycle when navigating over terrain or mounting and dismounting the bicycle. The post is connected to a cable at the base of the post. Care must be taken when adjusting the seat post height. All saddle heights need to be set when the dropper post is in its fully extended position.
This procedure is best performed with a third hand. Ask a friend for assistance. Apply the lever with no weight on the saddle to extend the post to its full length.

To raise the saddle height we will first loosen the seat post collar. As you pull up on the post you will need to guide an equal distance of housing into the frame at the front of the bicycle. When desired saddle height is reached the seat post collar can be tightened to torque The torque spec should not exceed 5 N-m (newton meters) or 45 in-lbs (inch pounds). For lowering the saddle height we will follow the same procedure but pull housing out of the front of the frame as we are pushing the post down.

Maintaining pressure on the handlebar mounted lever while pushing or pulling the housing from the frame will ensure the housing stays seated in the base of the post.

You may find spiral wrap has been used to organize the cables and housing at the front of the bicycle. This spiral wrap will need to be removed when pushing or pulling housing from the frame. Re-install spiral wrap and go ride your bike!

Shimano Assist Profiles:

Your new Shimano powered electric fat bike comes with two preset riding profiles which are customizable by the rider. These profiles can be accessed by pressing the button on the display. Navigating through the display menu can be done with the assist switch on the left side of the handlebar.

1. Eco

    a. Eco profile is set with lower settings to favor battery range. Eco mode is better for riding on soft surfaces like sand and snow as well.
2. RAGE
    a. RAGE mode is set with everything turned up to 11. (Spinal Tap reference) All the settings are set to max for ultimate speed and motor output. This profile will use far more battery than Eco mode.
3. Custom
    a. You may set up your own profile in lieu of the preset Eco or Rage profile. See links to customizing your own profiles through the Shimano Etube App. The app can be downloaded through your cellular device app store.

Battery Management:

Please read the Shimano battery manual included with the manuals or follow the link at the end of this document for a digital format.

Links:

Shimano App
https://www.youtube.com/watch?v=zPmwlV17KUo
Shimano Battery Management
https://si.shimano.com/en/um/7K10A
Suspension Set up:
General sag and rebound
https://www.gmbn.com/video/how-to-set-your-suspension-up-in-10-minutes-mtb-suspension-set-up-basics
Rockshox
https://www.sram.com/globalassets/document-hierarchy/tuning-manuals/suspension-setup-and-tuning-guide-english.pdf
Fox
https://www.ridefox.com/dl/bike/605-00-164-FLOAT-DPS-Tuning-Guide-white-revA.pdf
Manitou
https://hayesbicycle.zendesk.com/hc/en-us/articles/17493380200087-Mastodon-Gen-3-Setup-Guides
EXT
https://extremeshox.com/support/