

Correct Technique for Clamping Seat Post on Giant Bicycles

Giant bikes are equipped with a cam action seat post binder (see photo below). The seat post cam action binder works exactly like the traditional wheel cam action fastener. While a cam action binder looks like a long bolt with a lever on one end and a nut on the other, the binder uses an over-center cam action to firmly clamp the seat post.

Warning

Riding with an improperly tightened seat post can allow the saddle to turn or move and cause you to lose control and fall. Therefore:

1. **Make sure you know how to correctly clamp your seat post.**
2. **Understand and apply the correct technique for clamping you seat post.**
3. **Before you ride the bike, first check that the seat post is securely clamped.**

The action of the cam squeezes the seat collar around the seat post to hold the seat post securely in place. The amount of clamping force is controlled by the tension adjusting nut. Turning the tension adjusting nut clockwise while keeping the cam lever from rotating increases clamping force; turning it counterclockwise while keeping the cam lever from rotating reduces clamping force. Less than half a turn of the tension adjusting nut can make the difference between safe and unsafe clamping force.

Warning

The full force of the cam action is needed to clamp the seat post securely. Holding the nut with one hand and turning the lever like a wing nut with the other hand until everything is as tight as you can get it will not clamp the seat post safely.

Warning

If you can fully close the cam lever without wrapping your fingers around the seat post or a frame tube for leverage, and the lever does not leave a clear imprint in the palm of your hand, the tension is insufficient. Open the lever; turn the tension adjusting nut clockwise a quarter turn; then try again.

If you have any questions, do not hesitate to send a note to bikeshare@anl.gov and somebody will be available for a practical demonstration.

[Adapted from *Giant* Bicycle Owner's Manual (version 9.0)]

