EDGWARE

NEO-RETRO · PREMIUM DIRECT-TO-CONSUMER

OWNER'S MANUAL & ASSEMBLY GUIDE

MILE 0

THE FLAGSHIP GRAVEL MACHINE

4130 DOUBLE-BUTTED CHROMOLY · MICROSHIFT SWORD 10-SPEED · DROP BAR

DESIGNED IN NEW JERSEY · GLOBAL PREMIUM COMPONENTS

INTRODUCTION

Welcome to the Mile 0

Thank you for choosing the Edgware Bikes Mile 0. Every Mile 0 is built around a 4130 double-butted chromoly frame, sleeved alloy wheels and a complete Microshift Sword 10-speed drivetrain — no mixed-and-matched components, no shortcuts. It is designed, finished and quality-checked to our premium direct-to-consumer standard, and shipped from New Jersey.

This manual contains the information you need to assemble, operate and maintain your bicycle safely. It has been prepared to meet the instruction and labeling requirements of the U.S. Consumer Product Safety Commission (16 CFR §1512.19).

> **READ BEFORE YOUR FIRST RIDE**
>
> Read this entire manual before assembling or riding your Mile 0. Incorrect assembly, adjustment, or use can result in serious injury or death. If any assembly step is beyond your ability, take the bicycle to a qualified bicycle mechanic. Bicycling involves inherent risks; ride responsibly and always wear a properly fitted, approved helmet.

What's In the Box

Your Mile 0 ships partially assembled in premium protective packaging. Inside you will find:

- Bicycle frame with fork, drivetrain, brakes and cockpit pre-assembled
- Front wheel (packaged separately) with sleeved rim
- Seatpost and saddle
- Pedals (pair)
- **Tools & accessories:** 2–24 N·m torque wrench, spare silent disc rotor, and touch-up paint pen
- Reflectors and mounting hardware (front, rear, and wheel)
- This Owner's Manual & Assembly Guide

> **HELMET NOT INCLUDED**
>
> This bicycle does **not** include a helmet. Always wear an approved bicycle helmet that fits properly and meets U.S. CPSC, ASTM, or Snell standards.

CONTENTS

Table of Contents

1 Safety First — Read Before Riding

2 Know Your Bicycle

3 Assembly Instructions

4 Frame Sizing & Standover Clearance

5 Operations & Safety Instructions

6 Pre-Ride Safety Check

7 Maintenance & Care

8 Small Parts & Choking Hazard

9 Identification & Labeling

10 Specifications

11 Warranty, Support & Compliance

This manual is prepared in accordance with 16 CFR §1512.19 (Instructions and labeling) and reflects the U.S. Consumer Product Safety Commission requirements for bicycles. Please retain it for future reference.

SECTION 1

Safety First — Read Before Riding

Bicycling is a rewarding activity, but it carries inherent risks. The following warnings and instructions reduce those risks. Failure to follow them may result in serious injury or death.

GENERAL SAFETY WARNINGS

- **Always wear a helmet.** A properly fitted, approved bicycle helmet is the single most important piece of safety equipment.
- **Know your limits.** Ride within your skill level and the capability of the bicycle and its components.
- **Obey traffic laws.** Bicycles are vehicles. Follow all local traffic regulations, signals and signs.
- **Be visible.** Wear bright or reflective clothing and ensure your reflectors are properly mounted.
- **Do not modify.** Do not alter the frame, fork, or any safety-critical component. Use only approved, compatible replacement parts.
- **Check before every ride.** Perform the Pre-Ride Safety Check in Section 6.

Rider Limits & Intended Use

The Mile 0 is designed as an adult all-road / gravel bicycle for paved and well-maintained unpaved roads and light gravel paths. It is not intended for downhill racing, jumping, stunting, or extreme off-road use.

PARAMETER	LIMIT
Maximum total weight (rider + cargo)	300 lb (136 kg)
Minimum rider age	Adult (16 years and older recommended)
Intended surface	Paved roads, hardpack and light gravel

The minimum rider size is determined by standover clearance — see Section 4. A minimum of 1 inch (25.4 mm) of clearance between the top tube and the rider's crotch is required.

CHOKING HAZARD — SMALL PARTS

This product and its packaging contain small parts, hardware, and fasteners. Keep all small parts, packaging materials, and accessories out of the reach of children under 3 years of age to prevent choking or ingestion. See Section 8.

SECTION 2

Know Your Bicycle



FIGURE 1 — MILE 0 SIDE VIEW

COMPONENT	DESCRIPTION
Stem & steerer	Secures the fork to the frame; connects to the handlebar
Drop handlebar	Provides three hand positions; houses brake levers and shifters
Saddle & seatpost	Supports the rider; height adjustable
Crankset & chainring	Transfers pedaling force to the drivetrain
Wheels	Sleeved alloy rims with 700C tires
Disc brakes	Mechanical (cable-actuated) disc brakes, front and rear

Drivetrain (Microshift Sword 10-Speed)

The Mile 0 uses a complete Microshift Sword 10-speed drivetrain. The left shifter operates the front derailleur (if fitted) and the right shifter operates the 10-speed rear derailleur. A complete, matched drivetrain means smoother,

more precise shifting out of the box — no mixed brands.

SECTION 3

Assembly Instructions

Your Mile 0 ships partially assembled. Complete assembly typically takes about 10 minutes. If you are not confident completing any step, take the bicycle to a qualified mechanic before riding.

Tools Required

TOOL	USE
2–24 N·m Pro torque wrench (included)	All torque-critical fasteners — use for every bolt in this section
4 mm, 5 mm, 6 mm hex (Allen) keys (included)	Stem, seatpost, brake, accessory bolts
15 mm pedal wrench or 6/8 mm hex	Pedal installation
Bicycle grease	Pedal and seatpost threads

A list of tools is also printed on the outside of the shipping carton, as required.

Step 1 — Unbox & Inspect

- Remove all packaging carefully. Keep small parts contained.
- Inspect the frame, fork, wheels, and components for shipping damage. Do not ride a damaged bicycle.
- Check that all parts listed in "What's In the Box" are present.

Step 2 — Install the Front Wheel

1. Open the front thru-axle by turning it counter-clockwise and remove it.
2. Align the rotor between the brake pads, then seat the wheel fully into the fork dropouts.
3. Insert the thru-axle through the fork and hub, then tighten to **10–12 N·m**.
4. Spin the wheel to confirm it turns freely and does not rub the brake pads.

Step 3 — Set the Handlebar & Stem

1. Align the handlebar so the brake levers and shifters are level and comfortable.
2. Tighten the stem faceplate bolts evenly to **5–6 N·m**.
3. Confirm the stem is straight with the front wheel and tighten the steerer clamp bolts to **5–6 N·m**.

Step 4 — Install the Seatpost & Saddle

1. Lightly grease the seatpost, insert it into the frame, and set the saddle level.
2. Set the height so that you can touch the ground comfortably (see Section 4).
3. Do **not** raise the seatpost beyond the "minimum insertion" line on the post.
4. Tighten the seatpost clamp to **5–6 N·m** and the saddle rail bolts to **6–8 N·m**.

Step 5 — Install the Pedals

1. Identify the left and right pedals: they are marked "L" and "R". The left pedal has a reverse (left-hand) thread.
2. Lightly grease the threads. Install the right pedal clockwise and the left pedal counter-clockwise.
3. Tighten both pedals to **35–40 N·m**.

Step 6 — Verify Assembly

After assembly, perform the full Pre-Ride Safety Check in Section 6 before riding.

SECTION 3 (CONTINUED)

Torque Specifications

Use the included 2–24 N·m torque wrench on every fastener. Over- or under-tightening can cause component failure and serious injury.

FASTENER	TORQUE (N·M)
Stem steerer clamp bolts	5–6
Stem faceplate bolts	5–6
Seatpost clamp	5–6
Saddle rail clamp bolts	6–8
Brake caliper mounting bolts	6–8
Disc rotor bolts	6 (center-lock: 40)
Thru-axles	10–12
Crank arm bolts	12–14
Pedals	35–40

SPARE SILENT DISC & TOUCH-UP PAINT

Your Mile 0 includes a spare silent disc rotor (protect against shipping/warp damage) and a touch-up paint pen for small frame scratches. Keep the spare rotor stored flat; touch up chips promptly to protect the chromoly finish.

SECTION 4

Frame Sizing & Standover Clearance

Selecting the correct frame size is critical to safety. The Mile 0 must be sized so that you have **no less than 1 inch (25.4 mm) of clearance** between the top tube and your crotch when standing flat-footed over the bicycle.

How to Measure Your Inseam (Method of Measurement)

1. Stand with your back against a wall, feet about 6 inches (15 cm) apart, in the shoes you ride in.

2. Place a book between your legs, spine up, and raise it firmly into your crotch to simulate the saddle.
3. Mark the wall at the top of the book's spine, then measure from the floor to the mark. This is your inseam (leg length).

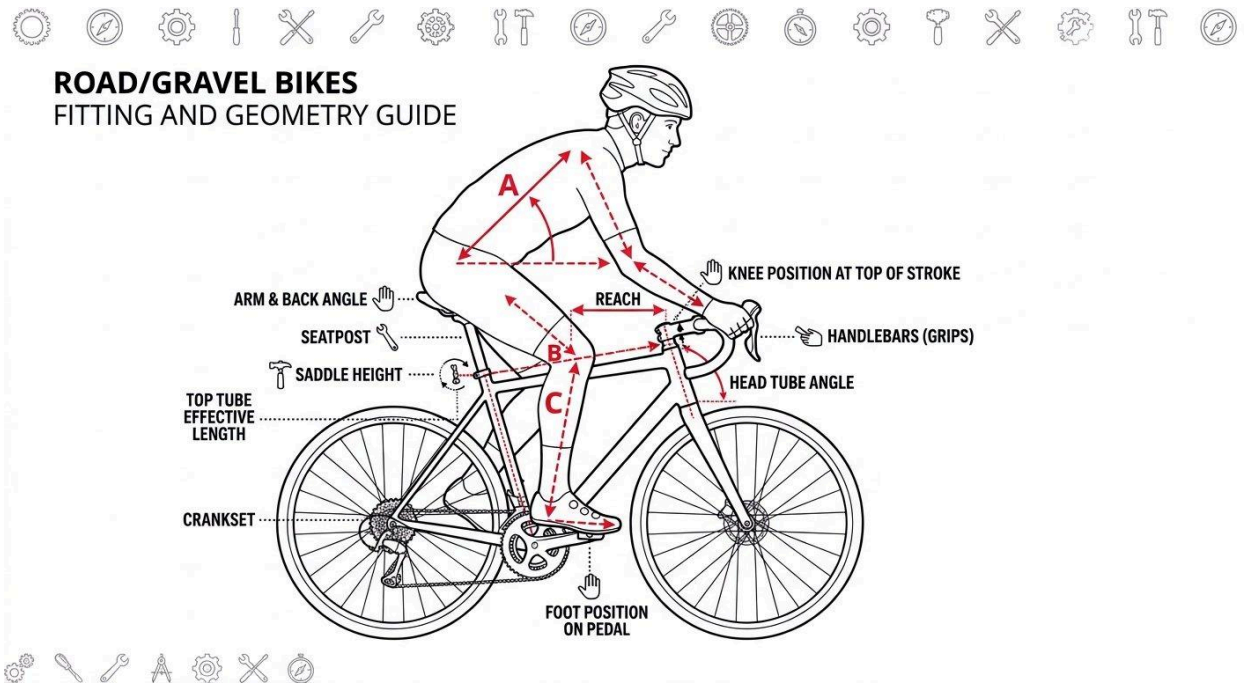


FIGURE 2 — FRAME SIZING & GEOMETRY REFERENCE

Size Guide

FRAME SIZE	RIDER HEIGHT
Small (S)	165–175 cm · 5'5"–5'9"
Medium (M)	175–185 cm · 5'9"–6'1"
Large (L)	183–193 cm · 6'0"–6'4"

A step-through ("girl's style") frame, if offered, is sized using the same clearance rule based on the corresponding standard frame. Confirm the actual standover height printed on the carton before riding.

SECTION 5

Operations & Safety Instructions

Brakes

The Mile 0 is fitted with mechanical (cable-actuated) disc brakes. Squeeze the brake levers gradually to slow or stop. The **left lever** operates the front brake; the **right lever** operates the rear brake.

- Apply both brakes together for controlled stopping; avoid grabbing the front brake only at high speed.
- Brake earlier and with less force in wet conditions — stopping distances increase significantly.
- Before every ride, squeeze each lever firmly and confirm the brakes hold and the wheels stop.

Gears (Microshift Sword 10-Speed)

- Shift only while pedaling forward; do not shift under full load.
- Shift one gear at a time and ease pedal pressure slightly during the shift.
- Select a low (easier) gear before climbs and a high (faster) gear on descents.
- Avoid extreme chain angles (largest chainring with largest cog, or vice versa).

> **WET WEATHER CAUTION**
>
> Riding in rain or on wet surfaces greatly reduces tire traction and braking performance. Slow down, brake early and gently, avoid metal surfaces, painted lines and leaves, and increase your following distance. Dry your brakes by applying them lightly after riding through water.

> **NIGHT-TIME OPERATION CAUTION**
>
> Riding at dusk, at night, or in low visibility is dangerous and increases the risk of collision. If you must ride at night, always use a white front light and a red rear light (as required by law), wear reflective clothing, keep all reflectors clean and correctly mounted, and ride slowly on familiar, well-lit roads. Never assume drivers can see you.

Safe On- and Off-Road Operation

- **On-road:** Ride in the direction of traffic, obey all signals, signal turns, and stay alert for opening doors and turning vehicles.
- **Off-road / gravel:** Lower tire pressure slightly for traction and comfort (see Section 7), stand slightly on rough descents, and keep your weight centered. Loose gravel, sand and ruts reduce control — slow down.
- **Avoid uneven or rough terrain** beyond the bicycle's intended use. The Mile 0 is not intended for jumps, drops, or extreme terrain.

- Do not ride under the influence of alcohol or drugs, or while distracted.

Reflectors & Visibility

Your Mile 0 includes front, rear, and wheel reflectors. Keep them clean and properly mounted at all times. Reflectors are required equipment in most states and are an essential safety aid at night.

SECTION 6

Pre-Ride Safety Check

Perform this check before every ride. If anything fails, correct it or take the bicycle to a mechanic before riding.

- [ ] **Wheels & tires:** Tires inflated to the pressure on the sidewall; no cuts or bulges; wheels spin true; thru-axles tight.
- [ ] **Brakes:** Levers firm; pads contact rotors; front and rear both stop the wheel.
- [ ] **Drivetrain:** Chain clean and lubricated; shifts through all gears smoothly.
- [ ] **Handlebar & stem:** Stem straight with the front wheel; all bolts tight; bar does not slip.
- [ ] **Saddle & seatpost:** Saddle level and tight; seatpost above the minimum-insertion line.
- [ ] **Pedals & cranks:** Pedals tight; crank arms have no play.
- [ ] **Reflectors:** Clean, secure, and correctly positioned.
- [ ] **Fasteners:** No loose, missing, or damaged bolts anywhere on the bicycle.

> **DO NOT RIDE IF…**
>
> Any component is loose, cracked, bent, or worn; brakes do not stop the wheels; the chain skips; the wheels wobble; or you hear unusual noises. Take the bicycle to a qualified mechanic.

SECTION 7

Maintenance & Care

Regular maintenance keeps your Mile 0 safe, fast, and long-lasting. Perform the following at the intervals indicated. If any procedure is beyond your capability, have it performed by a qualified bicycle mechanic.

Maintenance Items

ITEM	WHAT TO DO	INTERVAL
Brakes	Check pad wear, rotor condition, and lever feel; bed-in and adjust as needed	Every ride / monthly
Control cables & housing	Inspect for fraying, corrosion, and smooth actuation; lubricate or replace	Monthly
Bearing adjustments	Check headset, bottom bracket, and hub bearings for play or roughness	Every 3 months
Wheel adjustments	Check for true, spoke tension, and rim wear; true if needed	Monthly
Lubrication	Lubricate the chain and moving parts with bicycle-specific lubricant	Every 100 mi / monthly
Reflectors	Clean lenses; check mounts are secure	Every ride
Tires & inflation	Check pressure, tread, and sidewalls for wear or damage	Every ride
Handlebar & seat adjustments	Confirm alignment and that all bolts are at the specified torque	Monthly

Tire Inflation

Inflate tires to the pressure marked on the tire sidewall. For the Mile 0's 700C gravel tires, a typical range is **40–60 PSI (2.8–4.1 bar)**. Lower pressure improves off-road traction; higher pressure reduces rolling resistance on pavement. Never exceed the maximum pressure printed on the sidewall.

Cleaning & Storage

- Wash with mild soap and water; avoid high-pressure sprays directed at bearings.
- Dry thoroughly and re-lubricate the chain after washing.
- Store indoors, dry, and out of direct sunlight. Touch up paint chips promptly.

WHERE TO GET SERVICE

Many maintenance procedures (bearing overhaul, wheel truing, brake and cable adjustment) require special tools and skill. If any procedure is beyond your capability, take your Mile 0 to a qualified bicycle mechanic. Contact support (Section 11) for help finding a shop near you.

SECTION 8

Small Parts & Choking Hazard

WARNING — CHOKING HAZARD

This bicycle and its accessories contain small parts and hardware that may present a choking hazard. Keep all small parts, fasteners, tools, spare parts, and packaging materials out of the reach of children under 3 years of age. Do not allow small children to play with loose hardware. Dispose of all packaging materials safely and promptly.

When assembling your bicycle:

- Keep all small parts in a tray or container so they cannot roll away or be swallowed.
- Immediately dispose of or recycle plastic bags, zip ties, foam, and desiccant packs — these are a suffocation and choking risk to children.
- After assembly, double-check that no loose hardware remains on the floor.

SECTION 9

Identification & Labeling

Your Mile 0 carries a permanent identification marking on the frame, as required by 16 CFR §1512.19(e). This marking:

- Identifies the manufacturer / brand (Edgware Bikes); and
- Bears a code from which the **month and year of manufacture** can be identified.

Where to Find It

The frame marking and serial number are located on the **underside of the bottom bracket shell** (the cylindrical housing where the crank arms meet the frame). The marking is securely affixed and cannot be removed without being defaced or destroyed.

Recording Your Bicycle

FIELD	VALUE
Model	Mile 0
Frame serial number	_____
Month / Year of manufacture	_____
Date of purchase	_____

Record your serial number for warranty claims and theft recovery. The serial number is the best way to identify your bicycle.

SECTION 10

Specifications

COMPONENT	MILE 0 SPECIFICATION
Frame	4130 double-butted chromoly steel, gravel geometry, multi-mount
Fork	4130 chromoly, disc-compatible
Handlebar	Drop bar
Drivetrain	Microshift Sword 10-speed (complete matched group)
Shifters	Microshift Sword 10-speed
Crankset	Microshift Sword, 42T chainring
Cassette	10-speed, 11–46T
Brakes	Mechanical (cable-actuated) disc brakes
Wheels	700C, sleeved alloy rims
Tires	700C gravel (recommended 40–60 PSI)
Saddle & seatpost	Alloy seatpost, premium saddle
Max total weight	300 lb (136 kg)

SECTION 11

Warranty, Support & Compliance

Warranty

Edgware Bikes warrants the Mile 0 frame against defects in materials and workmanship for the lifetime of the original owner, and all components against defects for one year from the date of purchase, subject to normal use and proper maintenance. The warranty does not cover normal wear, crash damage, abuse, or modification.

Support

For assembly help, warranty claims, or parts, contact the Edgware Bikes support team:

- Web: **www.edgwarebikes.com**
- Email: **support@edgwarebikes.com**
- Shipped from New Jersey · Global Premium Components

Compliance

This bicycle is designed to comply with U.S. Consumer Product Safety Commission (CPSC) requirements for bicycles under 16 CFR Part 1512. This manual is provided in accordance with 16 CFR §1512.19, including instructions for operation and safety, assembly, and maintenance, and the minimum leg-length / standover clearance requirement of no less than 1 inch (25.4 mm).

> **FINAL REMINDER**
>
> Always wear a helmet. Obey traffic laws. Ride within your limits. Keep this manual for future reference, and pass it along with the bicycle if you ever sell or transfer it.

Edgware Bikes · Mile 0 Owner's Manual · © 2026 Edgware Bikes. All rights reserved. Specifications subject to change without notice. 16 CFR §1512.19 compliance reference.