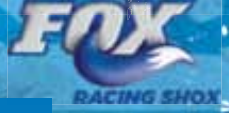


THE SUSPENSION SPECIALIST



- ★ Professional Service and Suspension Set-up
- ★ Official Distributor of Fox Racing Shox
- ★ After Market Sales
- ★ Mobile Service Van
- ★ Consulting

Tel: +27 (0)83 4026049 Email: hilton@haywardsuspension.co.za



HOW TO Fit your front wheel

During the last couple months I have come across many bikes where the front wheel and fork have been fitted incorrectly. This can have disastrous effect on the front suspension action.

Firstly never over tighten the lower triple clamp bolts. Fork outer tubes are fairly thin and triple clamps these days are made pretty rigid. During fork action the inner tube sliding bush must pass through the area of the outer tube clamped under the lower triple clamp. Many people tend to tighten these bolts too tight thus distorting the outer tube directly under the clamps. This can cause the outer tube to distort and interfere with the fork action and can even damage fork bushes. Always use a torque wrench when tightening these bolts. I recommend tightening them to 13Nm to

be safe, anything over 17Nm is unnecessarily tight and can cause problems with fork action. Some manuals may recommend tighter, but believe me 17Nm is plenty tight enough and we have tested a lot with this and we see clear results of the disadvantages of over tightening.

[NOW HOW TO FIT YOUR FRONT WHEEL CORRECTLY IN ORDER TO HAVE PERFECT FORK ACTION]

- 1 Refit front wheel axle and wheel with both fork foot pinch bolts loosened completely
- 2 Screw on axle nut (disc side) and tighten. If axle turns then slightly tighten non disc side fork foot temporarily to hold axle.
- 3 Tighten front axle nut.
- 4 Now loosen completely non disc side pinch bolts on fork foot.
- 5 Tighten disc side fork foot pinch bolts and torque axle nut to correct torque.
- 6 Make sure that non disc side fork foot with bolt can slide easily along axle a millimetre or two. Tap a flat

screwdriver into slit on fork foot if foot does not slide easily from side to side along axle.

7 Face bike and hold front wheel between your knees and twist bars from side to side so that the fork foot settles in its natural position on the axle.

8 Now once you are sure the fork has settled in its natural position on the axle with no lateral force, tighten the crimp bolts on the non disc side fork foot. By doing this you make sure that the front forks can move in and out freely without any misalignment or bending due to unnecessary lateral force disturbing their action and causing any unwanted friction. The Golden rule is always tighten non disc side fork foot pinch bolts last making sure fork is aligned perfectly on the wheel axle.

I know this may be very devious to some of you but I assure you I find more than a few bikes where this has been overlooked and the forks perform terribly and fork bushes are damaged due to bad fitting of front wheels.