

## Front Load Stem Installation



### Tools Needed

- Grease
- Allen Wrench
- Open/Closed end wrench
- Adjustable wrench

*Note: Tools needed will vary depending on the style of headset compression cap and bolt being used.*

### Removing the Handlebars

- Loosen and remove the clamping bolts holding the face plate on the top of the stem.
- Lay the handlebars on a workbench or on the floor away from the bike so that they are not in the way.



### Removing the old stem

- Loosen the pinch bolts that are holding the stem tight, but do not remove them.

***These instructions are to be used as a guide only. Improperly installed parts may lead to severe injury or harm. We strongly recommend that a properly trained bike mechanic handle all installations, adjustments and repairs on your bike. As always...Ride Safe!***

## Front Load Stem Installation

- Loosen and remove the headset compression bolt and cap.

*Note: Headset compression bolts and caps vary. Some styles require an allen wrench, some require a ratchet and some require a closed/open end wrench or an adjustable wrench.*



- Slide the old stem upwards to remove it from the fork steerer tube.

### Installing the new stem

- Loosen the pinch bolts and slide the new stem down onto the fork steerer tube.



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### Add or remove headset spacers

- You should have approximately  $\frac{1}{4}$  of an inch from the top of the fork steerer tube and the top of the stem opening.
- If you have more than  $\frac{1}{4}$  of an inch, if possible, remove one or more of the extra headset spacers.
- If you have less than  $\frac{1}{4}$  of an inch, add one or more headset spacers.

*Note: Headset spacers come in different sizes.*

- Thread the headset compression bolt and cap back into the top of the fork steerer tube.
- Tighten the compression bolt so that the headset cap makes contact with the top of the stem.



### Adjusting the Headset

- Spin the forks and stem to determine how much the headset needs to be adjusted.
- If the headset has play in it, you'll need to tighten the compression bolt/cap. If the headset is too hard to spin, you'll need to loosen the compression bolt/cap. You may need to spin them a few times until you have it adjusted.
- Slightly tighten the pinch bolts but do not fully tighten them yet.

*Note: Do not over-tighten the compression bolt/cap! You can damage the fork and/or the headset bearings.*

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### Installing the Handlebars

- Loosen and remove the clamping bolts holding the face plate on the top or front of the stem.



- Apply a little grease to the threads of the bolts before threading them back into the stem.
- Place the handlebars in the stem
- Use the knurling (the rough area) on the handlebars to help center them in the stem.

- Place the face plate back on and start threading the bolts into the stem body.
- Tighten the stem clamp bolts in a cross pattern. Be careful not to over tighten the bolts, as you can crush the bars or strip the threads in the stem. Loose stem bolts can also strip the bars clamp area.
- As you are tightening the bolts, the gap between the face plate and stem body needs to be the same all of the way around.



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- Looking from the side of the bike, align the handlebars to run parallel with the forks.

### Aligning the Stem

- Looking down over the handlebars and stem, align the stem with the front tire. The stem should be parallel to the tire.
- Tighten both of the pinch bolts.



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