BDop Cycling Co.

www.bdopcycling.com

STEP 1: Put your bike in a bike stand (if possible). Tilt the front end down slightly and remove the front wheel.
STEP 2: Use an allen key to remove the TOP CAP and then the STEM BOLTS. <u>BE CAREFUL as the fork could drop down on its own.</u>
Remove any spacers and tap the fork out. Pop the bearings out of the frame and remove the crown race on the fork.
NOTE: You may need a tool to remove the crown race. If you can't do it yourself any bike shop should be able to do it for you.

STEP 3: Lay out the old headset parts and inspect. Look for any odd or uneven wear patterns as indications of possible mis-alignment or damage. Do a quick inspection of the fork and steerer tube as well.
Prepare the new headset for installation.

STEP 4: Slide on the Crown race.
The Crown race on our headset is split so **NO TOOLS ARE REQUIRED**. You can slide it on by hand.

Slide in the compression plug. Tighten it using a 6mm allen key. Make sure it is seated flush at the top of the steerer tube.

STEP 5: Slide on the lower bearing. Make sure it is oriented correctly.

STEP 6: Slide the fork into place and slide the top bearing into place. Check the orientation. Be careful not to let go of the fork as it may slide out.
STEP 7: Slide the collar onto the steerer tube. DO NOT tighten it. Orient the collar so the bolt is positioned as shown.

STEP 8: Slide on the cover and any spacers you want. Be sure to orient the hole on the cover with the bolt on the collar.
STEP 9: Install the stem and top cap. Tighten the top cap with a 5mm allen key until there is no play in the headset.
Tighten your stem bolts to spec. This is typically 3~5Nm. DO NOT over tighten the stem bolts as you could damage the fork steerer tube!
STEP 10: Using a 3mm allen key snug down the Collar Bolt to 4Nm. It does NOT need to be gorilla tight. The edges of the collar are chamfered to avoid any possible damage to the steerer but over tightening the collar could cause damage similar to over tightening the stem bolts.

Check that there is no play in the headset. Turn the bars from side to side to check for binding.

STEP 11: Go for a ride!