



STEERING

GLIDEFLEX STEM

Steerer Clamp:

1.0in 1.125in

Riser Tube O.D.:

1.0in 1.125in

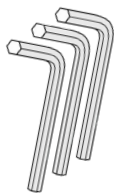


INSTALLATION AND ASSEMBLY

GlideFlex stems are designed for recumbent bikes with Above Seat Steering. The Steerer Clamp attaches to the steerer tube and the folding Stem Riser inserts inside a steering mast. If you have a threaded headset, you will need a threaded to threadless adapter (sold separately). GlideFlex stems are available with steerer clamps in either the 1" (25.4mm) or 1-1/8" (28.6mm) threadless fork steerer tube sizes. The clamp size on the stem must match the fork steerer size. The GlideFlex stem requires between 0.875" and 1.05" (22 to 27mm) of steer tube above the headset for proper clamping. The stem riser is made for handlebar masts with an inside diameter of either 1.0" (25.4mm) or 1-1/8" (28.6mm). Installation involves removing your old stem, inserting new GlideFlex stem, and adjusting and tightening the clamp. Let's get started!

Tools Required

4mm Allen wrench
5mm Allen wrench



1. Remove Existing Stem

Remove from the fork and handlebar mast.

2. Measure Steerer Tube

Measure the amount of steerer tube sticking up past the headset. If the amount is less than 0.875" (22mm) we recommend you do not use the GlideFlex stem, as it may not be possible to adequately grip the steerer. If the amount is greater than 1.05" (27mm), you must either shorten the steerer to get 1" of stickout, or use spacers to get the required 0.875" to 1.05" (22 to 27mm).

3. Install the Stem over Steerer Tube

Install the threadless headset cap and tighten the bearing preload bolt according to the headset instructions. LIGHTLY tighten the steerer clamp bolts, as you will be adjusting and tightening them later.

4. Slide Handlebar Riser Down Over the Stem Riser

Lightly tighten the clamp on the handlebar riser.

5. Fold Handlebars Down and Align Riser with Front Tire

Tighten the steerer clamp bolts a bit, verify things are still lined up, and tighten the steerer clamp bolts firmly, but still hand tight (5-7Nm; 40-60 in lb).

6. Fold Handlebars Back Up and Set Height

The bottom of the handlebar riser must remain below the minimum insertion line marked on the Stem Riser tube. Align the handlebars square to the front wheel and tighten the riser.



ADJUSTING THE GLIDEFLEX STEM

The folding friction and the backstop may be adjusted to your riding position and tastes. To adjust the backstop, fold the handlebars forward and turn the backstop screw in or out with a 4mm Allen wrench. Turning the bolt in (clockwise) allows the handlebars to fold further back; turning the bolt out stops the handlebars from going as far back.

Do not turn the screw so far out that it contacts the top of the stem when folded back! The bolt must contact the sloping surface!

To adjust the folding friction, tighten or loosen the pivot bolt with a 5mm Allen wrench. Tightening the bolt will increase friction; loosening will decrease friction.

Do not loosen the bolt past the minimum friction point. If you do, retighten the bolt until you can feel the friction increase!

The friction adjustment should not need readjustment in normal use. Sometimes, rain will cause the friction to drop slightly, but things should go back to normal when dried out.



ENJOY YOUR NEW GLIDEFLEX STEM!

