

Clamp-On Cable Guides

for

1-1/8in (28.6mm) and 1-1/4in (31.7mm) Outside Diameter Handlebar Masts (Rans, TerraCycle, Bacchetta, others)

Introduction

These Clamp on Cable Guides are designed to control 4 cable housings and a computer wire on either 1-1/8" or 1-1/4" OD Recumbent Handlebar Mast. There are separate clamps for each size mast. In order to install these guides, your Mast must have a removable steerer clamp at the bottom. Most stems are made this way.

These guides are designed for continuous cable housing from the controls to the bike frame. Continuous housing is preferred on a handlebar mast—it's simpler, dirt and water can't get in, and there is less friction. With today's modern cable housings, it's the way to go. These guides help you keep everything in place and under control.

Tools Required

The following tools are required for installation:

- 3mm Allen wrench for the cable guides
- 5mm Allen wrench for the handlebar mast to folding stem/steerer clamp
- other tools may be required to adjust the headset preloading (if required)

Installation Instructions

Installation easiest with the bike on a workstand, but it's not required. Some bikes can get unruly when the front wheel isn't controlled, so you may want some way of preventing the wheel from flopping around while you work.

Remove the mast from the bike

Loosen the clamp that holds the mast to the fork, or if you have one, the folding stem. Slip the mast up and off the bike, then remove the clamp.

Put the cables into the Clamp-On Guides

Remove the bolts from the clamp on guides and slip the cable housings (and computer wire, if you have one) into one of the guides. Arrange the housing in the pockets of the guide in the order you'd like things to run. Slide the guide up the mast and reinstall its clamp bolt.



Repeat for the second guide. Make sure you get the

cable housings and the computer wire into the pockets in the same order.

Install onto folding stem or fork steerer tube

Reinstall the steerer/folding stem clamp at the bottom of the mast, making sure it's pushed on all the way. The clamp should have a lip and the lip should touch the end of the mast. Line up the slot in the clamp with the slot in the mast.

Reinstall the mast back on the bike. Align the handlebars to the front wheel and tighten the mast clamp. Tighten the clamp bolts alternately to 45-60 in-lb (5-6.7N-m) and check to make sure the mast doesn't rotate on the stem/fork. Be careful not to overtighten the bolts.

If your mast attaches directly to the fork steerer, now is the time to adjust the headset preload. Please refer to the bike manufacturer's instructions for this step; there are a variety of ways to do this.

Adjust the Clamp On Cable Guides

Once everything is back together, adjust the cable guides to get the best cable run. Since the guides clamp on, you are free to position them wherever you like- forwards, backwards, on the side, whatever. You can even spiral the cables around the mast if that's what is needed. Straight runs will have the least friction.



Be sure to check cable drape when turning the handlebars side to side, and if you have a folding stem, when folding the handlebars forward and back. When you've dialed things in, tighten the clamp bolts on the guides to 20in-lb (2.5 N-m, medium hand tight). No need to overtighten.

You're Done! Go forth and ride in style!

