



FRAMESET

ASSEMBLY GUIDE

TRUE GRIT

LaufCycling.com



Congratulations on your True Grit Frameset!

We understand you are in a hurry to go riding a.s.a.p. - but please take a deep breath and read this installation guide first.

Remember, there is no shame in taking your bike to a local bike shop for assembling, maintenance and bike fitting. If you have the tools and skills to perform it yourself you'll find some basic tricks and tips below.

Steerer

The steerer extends about 72mm up from the included headset. On our complete builds, this equals 35mm of spacers.

Bottom Bracket

The True Grit needs a threaded BSA 68mm bottom bracket.
For 1x drivetrains, just follow the instructions from the manufacturer.
For 2x drivetrains (eTap is the only one that fits), you need to add 2.5mm of spacers, behind the bottom bracket on each side (5mm in total). After that follow the instructions from the manufacturer. Please note that you need a longer spindle between the crank arms than usually. It needs to be 134mm long.

Front Derailleur

Included is a braze-on mount for the front derailleur. Follow the instruction from the manufacturer for set-up of the front derailleur.



eTap

Please see the two following links to adjust the eTap.

[SRAM eTap Guide](#)

[SRAM eTap Youtube Video](#)

Wheels & Tires

The True Grit is designed for 700c wheels with up to 45mm wide tires. However, you can fit in 27.5" wheels with up to 47mm wide tires.

Note: When using eTap you are limited to 40mm 700c tires, because of the battery.

Front Wheel:

The front wheel needs to have a 15mm hub for 100mm axle length. Please follow the torque number on the front axle's head.

Rear Wheel:

The rear wheel needs to have a 12mm hub for 142mm axle length. Please follow the torque number on the rear axle's head.

Handlebar & Stem

We fit a 40cm wide bar on the small frame, 42cm wide on the medium frame and 44cm wide on the large frame. You can of course choose whatever width you prefer.

The steerer is 1 1/8" in diameter, so the stem needs to fit that.

Seatpost

The seatpost diameter needs to be 27.2mm in diameter.

Please note that you may need to shorten the seatpost depending on the frame size.

Small frame: max seatpost length 310mm

Medium frame: max seatpost length 330mm

Large frame: max seatpost length 350mm

Note: Make sure not to overtighten the seatpost clamp. Tighten to 5 Nm with a 4mm hex.



Cable Lengths

We suggest various cable lengths depending on the frame size.
The front brake hose is made to accommodate up to 35mm of spacers beneath the stem.

Rider Weight	Rear derailleur	Rear Brake	Front Brake
Large Frame	1800 mm / 70.9"	1550 mm / 61.0"	900 mm / 35.4"
Medium Frame	1770 mm / 69.7"	1500 mm / 59.1"	870 mm / 34.2"
Small Frame	1740 mm / 68.5"	1450 mm / 57.1"	840 mm / 33.1"

Tire Pressure

Tools needed:

Pump and air pressure gauge or a pump with an air pressure gauge.

Tire pressure plays a big role in comfort and performance of your bike. Below is a table that team Lauf has established based on their experience and does not necessarily agree with the tire manufacturer. The table applies to 700c x 40mm tires and is only for reference.

Rider Weight	Paved Surface	Mixed Surface	Full Gravel Surface
Sub 75kg / 165 lbs	45-55 psi / 3.1-3.8 bar	35-45 psi / 2.4-3.1 bar	30-40 psi / 2.0-2.8 bar
75-90kg / 165-198 lbs	55-65 psi / 3.8-4.5 bar	45-55 psi / 3.1-3.8 bar	35-45 psi / 2.4-3.1 bar
Over 90kg / 198 lbs	65-75 psi / 3.8-5.2 bar	55-65 psi / 3.1-3.8 bar	40-50 psi / 2.8-3.4 bar

Bike Packing

Going on an adventure? If you decide to use frame bags, saddle bags or any other bags that are strapped on the bike please make sure you protect the frame/fork/seatpost/handlebar with a frame protector or just simply a packing tape. Make sure to cover all areas where the bags can touch the bicycle.



Maintenance

For each ride make sure there's no play in the headset, the handlebar is firm, the hub thru-axles are tight, the brakes are working properly, cables don't rub frame/fork and the chain is clean and lubed. Always pay attention if you hear or feel something new as your bike might need some love and care.

To check if there is play in the headset you lock the front brake with one hand, place the fingers of your other hand where the headset cup and frame meet, move the bike back and forth and check if you can feel any play. If there is play you loosen the two stem clamp bolts with a 4 mm hex/allen key (don't remove them), tighten the top cap with a 6 mm hex/allen key until there is no play (don't overtighten), make sure the stem is aligned to the front wheel and tighten the two stem clamp bolts again (5 Nm).

In case you crash please examine frame, fork, seatpost and handlebar for any visible cracks as well as making sure everything is aligned and tightened properly.