



TRUE GRIT
ASSEMBLY GUIDE

LaufCycling.com



Congratulations on your True Grit!

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.

Wheels

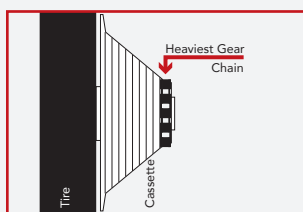
Tools needed:

6 mm hex/allen key.

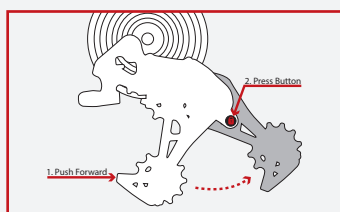
Installing Rear wheel:

Make sure the rear derailleur is in the heaviest gear **(F1)**. Push the cage forward and lock it in place with the cagelock button **(F2)**. Remember to unlock the cage by pushing it further forward and release it **(F3)**. Lightly grease the thru-axle. Place the wheel into the hub guides and install the thru-axle. Tighten the axle with a 6 mm hex/allen key with a torque wrench to 12 Nm.

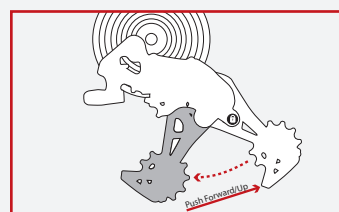
F1



F2



F3



Installing Front wheel:

Lightly grease the thru axle before installing it into the fork and hub. Place the wheel into the fork hub guides and install the thru-axle through the hub mounts on the fork. Tighten the axle with a 6 mm hex/allen key with a torque wrench to 12 Nm. It is highly important to tighten the through axle properly to achieve good lateral rigidity of the fork.



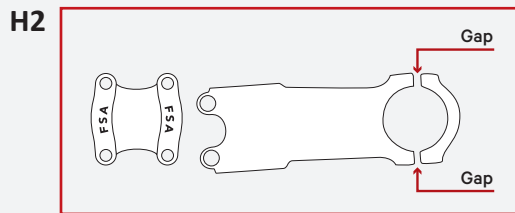
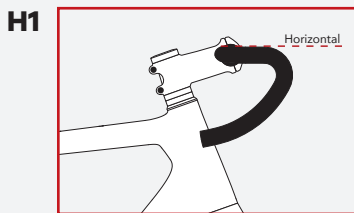
Handlebar

Tools needed:

Torque wrench with a 4mm hex/allen key.

Installation:

A good rule of thumb is to align the handlebar such that the top of the handlebar is parallel to the ground **(H1)**. Install all the bolts and tighten them all lightly. Then go round and tighten each bolt more and more until you reach 5 Nm. The faceplate should not touch the stem anywhere. There should be a gap between the faceplate top and bottom of the stem **(H2)**.



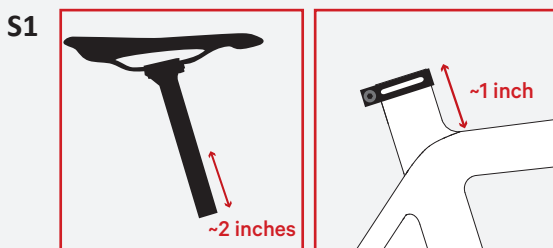
Seatpost

Tools needed:

Torque wrench with a 4mm hex/allen key.

Installation:

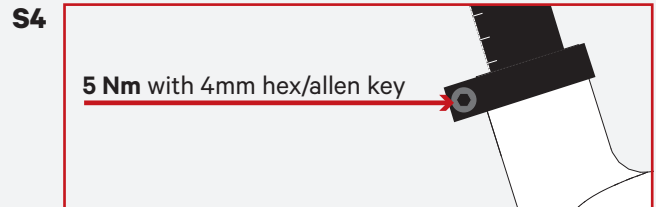
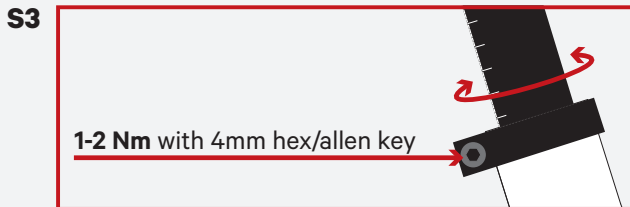
Apply carbon assembly paste generously to friction area, both on seatpost and inside seat tube **(S1)**.



Set the approx. seat height. A good rule of thumb is to adjust the height such that when you sit in the saddle and put your heels on the pedals your knee should be straight. Ensure the minimum insertion length indication on the Seatpost Shaft (MINIMUM INSERTION) is below the top of seat tube **(S2)**.



Semi tighten the seatpost clamp to approx 1-2 Nm and TWIST AROUND BACK AND FORTH a few times this roughens the super smooth surface of the post **(S3)**.
Tighten to 5 Nm **(S4)**.



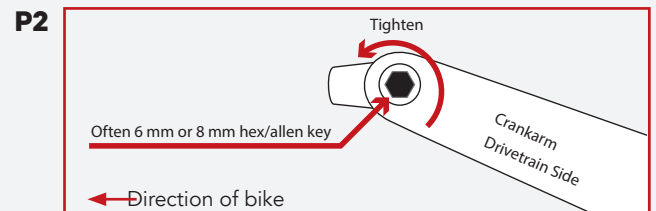
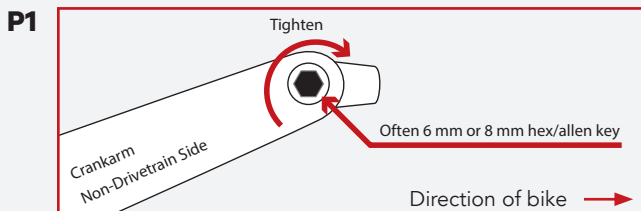
Pedals

Tools needed:

Depends on pedals of choice. Often 6 mm or 8 mm hex/allen key.

Installation:

Lightly grease the threads of the pedals. Turn pedal wrench clockwise to tighten the pedals **(P1)** when standing on the drivetrain side of the bike (or counter-clockwise when standing on the non-drivetrain side of the bike, **(P2)**). Please follow the pedal manufacturers torque recommendations.



eTap

Please see the two following links to adjust the eTap.

[SRAM eTap Guide](#)

[SRAM eTap Youtube Video](#)



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

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.

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.