

# LOOSE-BALL HEADSET OVERHAUL & ADJUSTMENT CHECKLIST

*Not all steps apply to all bikes.*

*Torques are minimum recommended in absence of manufacturer specifications.*

Check-off items done to specification. Mark items with "NA" when not applicable, or "X" when problems could not be repaired and/or are in need of further attention.

Fork column greased.

Cups greased and balls installed.

Seals installed.

Fork installed in head tube and adjustable race assembly installed.

Washers and brackets (if any) installed.

Stem and top cap (threadless headset), or locknut (threaded headset) installed.

## EXISTING CONDITIONS

Stem height marked or recorded.

Headset inspected for brinelling (loose headset tightened first).

## DISASSEMBLY, CLEANING, AND INSPECTION

Front wheel removed (overhaul only).

Front brake detached from fork (overhaul only).

Stem removed from fork (overhaul only).

Headset disassembled (overhaul only).

Headset races cleaned (overhaul only).

Fork column and head tube cleaned (overhaul only).

## INSPECTIONS (OVERHAUL ONLY)

Adjustable race inspected for brinelling dents, irregular wear, and loose pressed bearing race.

Pressed cups and cones inspected for loose fit or incomplete installation.

Pressed cups and cones inspected for brinelling dents, irregular wear, cracks, and loose pressed races.

Fork column inspected for bends, cracks, and damaged threads.

## HEADTUBE AND FORK PREPARATIONS (all optional at additional charge)

Head tube reamed and faced.

Fork-crown diameter milled and crown-race seat faced.

Fork threads chased.

Fork column length shortened.

## ASSEMBLY AND LUBRICATION (OVERHAUL ONLY)

Pressed cones and cups repressed as necessary.

## ADJUSTMENT

Headset adjusted to loosest setting with no free play.

Threaded-headset locknut secured to 300in-lbs.

Quill-stem shaft, wedge, and bolt greased, then installed to original depth of insertion (or minimum insert mark, whichever is lower), aligned perpendicular to fork, and secured to 170in-lbs (steel bolts only). **OR** Threadless-stem bolts greased and installed, stem and top cap installed, and stem aligned perpendicular to fork.

Threadless-stem-binder bolts secured to 50in-lbs (double bolts) or 120in-lbs (single bolt).

## POST-ADJUSTMENT

Wheel mounted in proper alignment and security (front axle nuts 180in-lbs.

**OR** Q.R. skewer set so force is required through out the last 90° of closure and base of lever ends up parallel to dropout.

Brake-pivot studs (if any) greased, Loctite 242 applied to mounting threads (except nylock nuts or bolts), & calipers mounted (70in-lbs for sidepulls, 25in-lbs for others).

Brake pads centered to less than .5mm difference (as best as wheel-true condition allows)

MECHANIC'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_