

Nomad Seasonal Maintenance

(Recommended every 6-12 months, depending on riding frequency and conditions. Perform this procedure after the winter or if your bike is creaking/popping.)

Tools Required:

- 4mm allen wrenches (2)
- 5mm allen wrenches (2)
- 6mm allen wrench
- plastic mallet
- punch set (maybe)
- 242 Loc-tite
- Rock "N" Roll Super-Coat grease
- crank and bb removal tools

Step 1: Read the Instructions!

- It's the right thing to do, so just go ahead and do it. Understand what you are about to encounter. Remove rear wheel, crankset, and BB (only if you have an external bearing bb) from the frame. Clean off the major dirt so you don't contaminate grease or Loc-tite later on.

Step 2: Separate the Swingarm from the Upper Link

- a) Loosen the seatstay end bolts (either M6 or chainring bolts) using your 5mm allen
- b) Loosen the upper link through axle cap 3-4 turns using your 8mm allen.

(Fig. 1)



Fig. 1

- c) Tap the loosened cap with a mallet to break the through axle free.
- d) Remove the cap and tap through axle out of the frame. This will allow you to pull the seatstay ends off of the link.

(Fig. 2)



Fig. 2

Step 3: Remove the Lower Link

- a) Grab your 5mm allen wrenches. Turn counterclockwise until one of the bolts comes out. Re-install the removed bolt all the way without its cap, and tap it until it comes out using a punch or long 5mm allen wrench.
- b) Repeat for other pivot axle. Pull the lower link out once both axles are removed. Clean the bearings and link.

(Fig. 3)



Fig. 3

Step 4: Prep for Re-Assembly

- Clean the pivot axles and scrape off dried Loc-tite from the bolts. Coat all of the pivot axles with your Super Coat Grease, or another high quality, sticky, slick grease.

Step 5: Assemble the Lower Pivot

- a) Install the lower link into the swingarm, and slide a greased pivot axle through.
- b) Apply Loc-tite 242 to the bolt, and tighten to 115 in/lbs.
- c) Repeat to install the lower link to the front triangle.
- d) Once the bolts are properly torqued, check the bearings for smooth operation and side-side play.
(Fig. 4)



Fig. 4

Step 6: Remove the Upper Link Shaft

- Grab your 5mm allen wrenches. Turn counterclockwise until one of the bolts comes out. Re-install the removed bolt all the way without its cap, and tap it until it comes out using a punch or long 5mm allen wrench.
- b) Clean the pivot axles and scrape off dried Loc-tite from the bolts. Coat all of the pivot axles with your Super Coat Grease, or another high quality, sticky, slick grease.
- c) Install greased pivot axle and apply Loc-tite 242 to the bolt threads. Torque to 115 in/lbs.
(Fig. 5)



Fig. 5

Step 7: Attach the Seatstay Ends to the Upper Link

- a) Make sure the bearing spacer is centered in between the bearings, and install the greased through axle through the link and seatstay ends.
- b) Grease the aluminum bolt/cap and thread it into the through axle.
- c) Torque to 40 in/lbs.
- d) Apply Loc-tite 242 to the pinch bolts in the seatstay ends, and torque to 70 in/lbs.
(Fig. 6)



Fig. 6

Step 8: Check Pivot Axles for Proper Function

- a) There is a possibility that your pivot axles may be a little too long for your slightly worn links. This is a test to make sure your axles are short enough to properly clamp everything.
- b) Make sure all the bolts are torqued to spec. using two allen wrenches (one on each side).
- c) Take one allen wrench and try to turn each of the pivot axles and shock axles clockwise.
- d) If any of these axles spin, tighten the bolts more and try again. If you have an axle where the bolts are very tight, but the axle spins when turned, the bolts are bottomed out on the ends of the axle.
- e) Remove any spinning pivot axles and shorten 1-2mm using a file or grinder. Install and re-test.

Bonus: Changing the Dropout

- a) Remove the two bolts using a fresh 6mm (or 5mm, depending on vintage) allen wrench.
- b) Once the bolts are removed, separate the seatstay from the dropout laterally while twisting and pulling on the dropout.
- c) You may have to tap the dropout off towards the back of the bike.
- d) To install the new dropout, apply Loc-tite 242 to the bolts and interface between frame and dropout. This Loc-tite will eliminate any creaking or movement.
- e) Torque bolts to 110 in/lbs.
(Fig. 7)

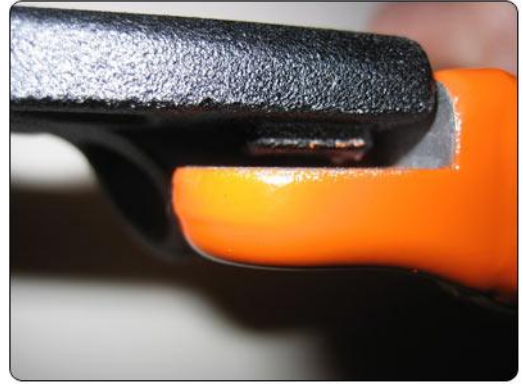


Fig. 7