

Adjusting Track:

Tools:

- string
 - 1 m (tape) ruler
 - 11 mm spanner
 - 13 mm spanner
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- Set handlebars straight, Use string to hold them parallel to the cross tube.
 - Loosen lock nuts on the left track rod. (One is a left-hand thread!)
 - Turn track rod until wheel is parallel with frame. (Measure from rim to frame on front and back of wheel)
 - Tighten lock nuts carefully.
 - Check that the wheel is still parallel to the frame.
 - Loosen lock nuts on other track rod.
 - Turn track rod until wheel is parallel with the left wheel. (Measure from rim to rim on front and back of wheels)
 - Tighten lock nuts carefully.
 - Check that the wheels are still parallel.
 - Acceptable error is between 0 - 2 mm closer at the front than the back.