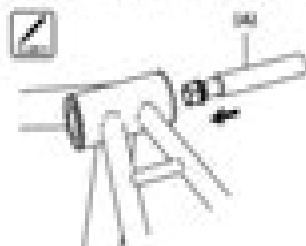


Removal

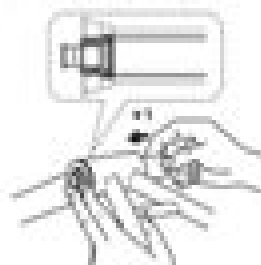
When removing the bottom bracket, use T5 48P10.

1. Insert the removal tool into the bottom bracket.



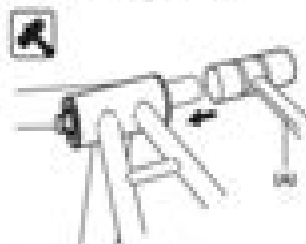
(A) T5 48P10

2. As shown in the illustration, hold down the flap with your fingers and push it in from the opposite side (when pushed in, the flap opens).



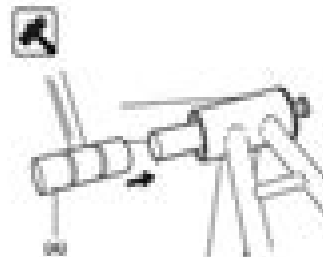
※ While holding down the flap at the end of the removal tool, push the tool in from the other side until it locks in place.

3. Tap the removal tool with a plastic mallet until the end of the bottom bracket protrudes.



(A) Plastic mallet

4. Tap the opposite end of the bottom bracket in the same way and remove it.



(A) Plastic mallet

NOTE

Do not leave the sprockets as they can be damaged during removal.

1. Hook a chain breaker wrench as in the illustration, and then turn the key counter-clockwise.



(A) Chain breaker wrench

4. Turn the breaker wrench until the claw on the stopper plate crosses the claw on the B body.



(A) Chain breaker wrench

5. Insert the breaker wrench. If it is difficult to insert the breaker wrench, push it in by moving it slightly.



(A) Chain breaker wrench

6. Hook the stopper plate on the stopper claw on the bracket body.

RP 4880 RP 4880 RP 4750



(A) Stopper claw

NOTE

Apply sufficient grease to the B side seal before installation.

RP 4880

Hook the stopper plate onto the stopper claw on the bracket body, insert the B side seal while applying pressure, and then insert the B side stop ring using the press. Be careful not to be confused with the groove for the B side stop ring.



※ Stop ring press

(A) Stopper claw

(B) Groove for the B ring

(C) Groove for the stop ring

NOTE

Apply sufficient grease to the B side seal before installation.

Trek Bicycle Repair Manual

Debbie Bishop, Tim Bishop



Trek Bicycle Repair Manual:

Bicycle Repair Manual Chris Sidwells, 2017-07-18 From regular maintenance for optimum performance to emergency repairs this illustrated guide is the perfect handbook for beginners and experienced cyclists alike The Bike Repair Manual is packed with insightful information on the anatomy and functioning of all types of bikes road racing mountain hybrid BMX and children s Step by step sequences show you how to carry out repairs from vital servicing to improving your bike s performance both on and off road Learn how to maintain the main elements such as brakes drivetrain and steering as well as the complex components including hub gears hydraulic brakes and suspension forks Detailed chapters cover everything from the correct safe way to set up your bike and the must have kit for successful repairs to troubleshooters for keeping your bike in top form Featuring easy to follow photographic tutorials and handy add ons such as a step locator and toolbox Bike Repair Manual is the essential guide for every cyclist

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targeting waste minimisation Closing the loop for waste fishing nets by transferring them to a resource could be a solution for preventing discharge at sea exploring this opportunity is at the core of this book [North Carolina's Outer Banks](#) Karen Bachman, **One Last Great Thing** John Burke,2012-11-13 A powerful honest and inspiring tribute to the incredible life of Richard Burke the founder of Trek Bicycle Corporation written by his son John Richard Burke known to many as The Big Guy was a legend With his friend Bevil Hogg he founded the Trek Bicycle Corporation in 1976 and then went on to establish the company as one of the leading bicycle companies in the world He was a man who called his son John his best friend Indeed they did many great things together ran the Boston Marathon followed the Tour de France throughout France and later ran Trek together In March 2008 he passed away after complications of heart surgery The Big Guy touched people s lives in countless ways and his passing was deeply emotional for many Now John current president of Trek Bicycle has written a powerful tribute to the incredible life his father led and the ways in which he was an inspiring businessman leader and person Taking readers deep into the history of Trek John shares how his father taught trained and instilled in him the confidence and desire to be a leader A portrait of a great man the book culminates with John telling his father on his deathbed of their twenty greatest moments together This is an intimate portrayal of a father son relationship filled with poignant experiences and lessons on how to get the most out of life *Bicycle Touring How-To* Debbie Bishop,Tim Bishop,2013-05-01 Discover the secrets of a successful bicycle tour Bicycle Touring How To is all about learning how to bicycle tour from the ground up and quickly because that s just what authors Tim and Debbie Bishop did when they ventured across America after marrying How To contains tips on equipment security pre and post trip logistics the daily routine technology and much more You ll even learn how much a tour can cost and how to reduce expenses Includes a sample packing list and trip costs as well as website addresses of an illustrative trip journal maps and logs What are you waiting for It s time for a grand adventure

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