

Rideworks use angular contact bearings in our BB's of this type, angular contact (A/C) bearings require some preload,

The torque numbers for A/C bearings should be 12-26 inch lbs, or 1.2 - 3 Nm. This is roughly twice the normal radial bearing torque numbers.

This can be achieved by the torque ring or torque nut on a Shimano or similar crank system, or with a light (0.4 mm) wave washer completely flattened after the cranks are torqued onto the spindle to manufacturer specifications

NDS

DS

Measure Shell Width
68 or 73 shell


68mm Shell - use 2 x 2.5mm NDS Spacer and 1 x 2.5mm DS Spacer

73mm - SHELL 1 x 2.5mm DS Spacer ONLY

98.5

Over seals when installed

Install Tool:
ParkTool BBT-79 or similar.
Apply a small amount of grease to threads before install.

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