

# SST ORYG™

## Cable Installation & Adjustment

### IMPORTANT

**Cable installation and adjustment should only be done by a qualified bicycle mechanic**

Refer to illustration on back for description of parts

#### UPPER CABLE:

1. First connect the barrel end of the upper cable to the rear brake lever. Make sure the long cable casing is on top of the short cable casing; otherwise, the upper cable will have a twist in it.  
**NOTE:** The barrel end is the end of the upper cable that connects to the brake lever. The axis of the barrel end on the SST upper cable is precisely aligned with the split cables. If the barrel end is installed 180 degrees (half turn) out of position, the upper cable will have a twist that could decrease the cable's life and performance.
2. Route the upper cable through the handlebars (below the crossbar) with the short cable casing on the same side as the rear brake lever. This allows the upper cable to be shorter and less intrusive.
3. Connect the upper cable to the upper plate by passing the football ends of the upper cable through the threaded holes in the upper plate and connecting them to the Oryg bearing.
4. Screw the adjusting barrels into the upper plate. Don't tighten the locknuts at this time.

#### LOWER CABLE:

1. Slide the single cable casing through the cable guide on the frame.
2. Connect the lower cable to the lower plate by passing the football ends of the lower cable through the threaded holes in the lower plate and connecting them to the Oryg bearing.
3. Screw the adjusting barrels into the lower plate. Don't tighten the locknuts at this time.
4. If necessary, measure and cut the single cable casing to the correct length for you bike.
5. Connect the lower cable to the rear brake. Don't adjust the rear brake at this time.  
**NOTE:** Check to make sure all 11 cable casing ends on the upper and lower cables are seated correctly, and that the spring tension of the rear brake is pulling the Oryg bearing down.

#### ADJUSTMENT:

1. Screw the cable adjuster on the brake lever and the cable adjuster located on the cable splitter of the upper cable all the way in.
2. Set the bearing position for maximum travel with the adjusting barrels in the upper plate. Screw them in (or out) until the bearing is as far down as it can go without resting on the lower plate or the adjusting barrels screwed into the lower plate.
3. Use the adjusting barrels that are screwed into the upper plate to make the bearing parallel to the upper plate. Use a wrench to tighten the locknut on the left adjusting barrel of the upper cable. Leave the right one loose.
4. Screw the adjusting barrels on the lower cable into (or out of) the lower plate until they are as close to the bearing as they can get without touching the bearing.
5. Screw the cable adjuster located on the cable splitter of the upper cable out until all the slack is removed from the upper cable. Now screw the adjusting barrel out one more turn to raise the bearing an additional 1mm away from the lower plate.  
**CAUTION:** Don't screw the cable adjuster located on the cable splitter of the upper cable out more than 8mm. If more adjustment is needed, use the cable adjuster that is screwed into the rear brake lever.
6. Check for bearing flop by placing the handlebars in the normal riding position, then quickly rotating the handlebars back and forth (about 1/8 turn). Perform the following steps to eliminate bearing flop.  
**NOTE:** The Oryg bearing should never be allowed to rest on the lower plate or the adjusting barrels screwed into the lower plate.
  - a) Screw the adjusting barrels on the lower cable out of (or into) the lower plate until the bearing flop is eliminated (checking bearing flop is described in step 6).
  - b) Tighten the locknut of the left adjusting barrel on the lower cable.
  - c) Rotate the handlebars 180 degrees and re-check for bearing flop. If there is any bearing flop, use the loose adjusting barrels on the upper and lower cables to remove it.
  - d) Repeat steps (6a) and (6c) until the handlebars can be rotated 360 degrees without any bearing flop.
  - e) Tighten the loose locknuts and re-check for bearing flop by rotating the handlebars 360 degrees.
7. Finish adjusting the rear brakes.

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## Cable Installation & Adjustment Illustration

