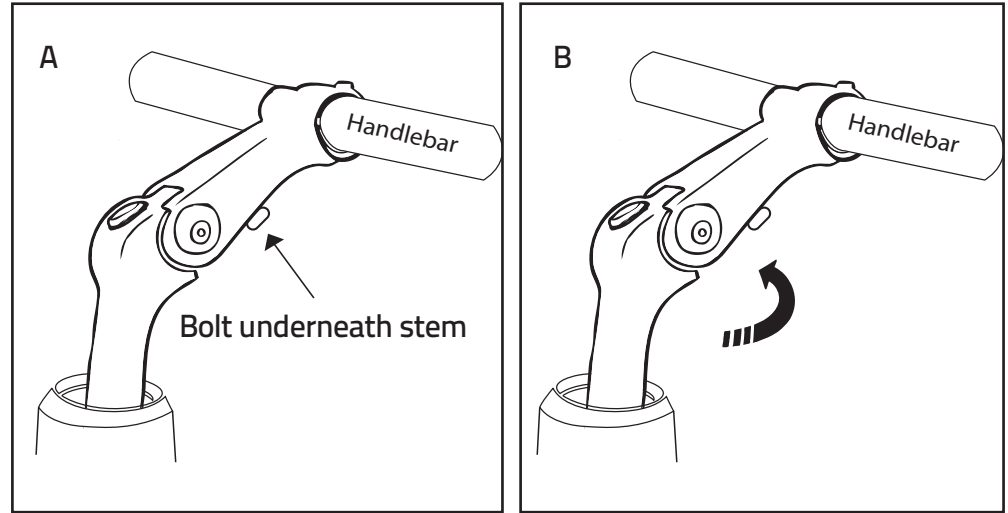


NORTHROCK®

Rotating Quill Stem:

a) Using a 5mm allen wrench, loosen bolt underneath stem and rotate stem to favorable riding position. Tighten bolt securely. Do not over-tighten. Before riding check to make sure stem is securely positioned by pressing down on the stem.

b) Note: Do not touch the bolts on the side of the quill stem, they do not rotate the stem.



How to adjust the height of you quill stem

a) Using a 6mm allen wrench, loosen stem bolt. Note: you may have to remove the protective plastic plug at the end of the stem.

b) Raise or lower stem to desired riding position, NOTE: minimum insertion line on stem must be hidden within the headtube of the bicycle.

c) Align the stem so it is in line with the front fork and/or tire.

d) Tighten stem bolt securely with a 6mm allen wrench. NOTE: Do not over-tighten. Over tightening the stem bolt or headset assembly may cause damage to the bicycle and/or injury to the rider.

f) Re- Install the plug (may not apply).

g) Recheck stem position to ensure that stem and front wheel are in line.

h) Before riding check to make sure stem is securely positioned by pressing down on the stem.

