

NORCO CRR

INTEGRATED SEAT POST CUTTING INSTRUCTIONS



Congratulations on your purchase of a new Norco CRR with an Integrated Seat Post (ISP). Now that you've bought your dream ride, it's time to fit it exactly to you!

Step 1 – Required Items

Get organized and get all your tools ready. You'll need the following items (FIG 1.1):

1. Tape measure
2. Level
3. Pen and paper
4. Vinyl electrical tape
5. Face mask, eye protection and gloves
6. Cutting guide (Park SG-7 Oversized Adjustable Saw Guide)
7. Hacksaw with new fine-tooth (32 tooth/inch) blade
8. Flat smooth hand file



FIG 1.1

Step 2 – Measure Ideal Saddle Height

Measure your ideal saddle height. The easiest way is to measure your current bike. If this is not possible, use any non-ISP bike with the saddle raised to your proper saddle height, but make sure to wear your proper riding shoes and even your favourite chamois to determine your saddle height, as these will affect the measurement.

Remove your pedals and position your crank so that the right/drive-side pedal is in the lower position and the crank is in line with the seat post angle (FIG 2.1). Place the level on your saddle. Measure from the middle of the pedal hole (FIG 2.2) to the lowest edge of the level (FIG 2.3), keeping the tape measure running parallel to the frame. Measure twice. Record ideal saddle height measurement.

Example: I've got long legs...my ideal saddle height is 1026mm



FIG 2.1



FIG 2.2



FIG 2.3

Step 3 – Measure Stock Saddle Height With Uncut ISP

Install the cranks, saddle and seat post topper on your new Norco CRR. Crank length, pedal brand/model, saddle and seat post topper will all have an effect on the distance between the pedal and saddle top. Be sure to measure your new bike using the cranks, pedals, saddle, and seat post topper that you will be riding. As per **Step 2**, place a level on the saddle and lower your right pedal with your crank in line with your seat post (FIG 3.1). Measure from the middle of the pedal axle (FIG 3.2) to the lowest edge of the level (FIG 3.3), keeping the tape measure running parallel to the frame. Measure twice. Record stock saddle height measurement.

Example: My CRR SL in XXL with 175mm Dura-Ace cranks, Ritchey WCS 1-Bolt topper and fizi:k Arione K:iium saddle has a stock saddle height of 1063mm



FIG 3.1



FIG 3.2



FIG 3.3

Step 4 – Calculate The Required Amount Of ISP To Remove

Now that you have your ideal saddle height as measured in **Step 2** and the stock saddle height as measured in **Step 3**, you can easily calculate how much ISP to cut off. Simply take the stock height and subtract your ideal height. The difference between these two measurements will be how much ISP to remove. Double-check your calculation. Record ISP cut measurement.

Example: 1063mm Stock - 1026mm Ideal = 37mm to remove

Step 5 – Cut Your ISP

Mark your cut line on the ISP (FIG 5.1). Cover this mark with two or three wraps of electrical tape (FIG 5.2) and re-mark your cut line. Double-check the position of your cut mark line. Using a cutting guide (Park SG-7) and a brand new fine-tooth (32 tooth/inch) hacksaw blade, slowly cut the ISP making sure to gently cut the final 10% so you don't create any splinters (FIG 5.3). Remove the electrical tape. Gently file the outer edge using only **UPWARD** file strokes (FIG 5.4) to ensure a smooth edge that won't delaminate. Reinstall your seat post topper and saddle.

Tips: Most seat post toppers have some degree of vertical adjustability. For instance, the Ritchey WCS 1-bolt has 20mm of vertical adjustability. You may choose to remove slightly more ISP than calculated in **Step 5** to give yourself some degree of downward adjustability. If you do choose to do this, a good trick is to use 1 1/8" carbon headset spacers on top of your ISP to fill the vertical void between the ISP and the seat post topper. This will reduce the clamp force required to keep your saddle from slipping down and ensure that you don't over-torque your seat mast topper. Note that not all carbon headset spacers have an outer diameter of 34.9mm but many do, so look through your collection and you'll probably find one.



FIG 5.1

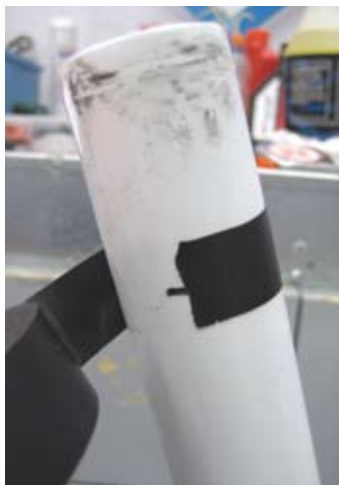


FIG 5.2



FIG 5.3



FIG 5.4

Step 6 – Ride Your Bike

I think you'll be able to handle this step on your own!

✘ Please refer to your owner's manual for important safety and instructional information.