

ADJUSTING THE DERAILLERS (example with thumb adjusters)

1. Fit the back wheel and put the chain onto the smallest sprocket (Always put the chain over the smallest sprocket when you put the back wheel in or take it out)
2. Pull the thumb levers all the way back to the position of the highest gear / smallest sprocket, so that the cable is as loose as possible.
3. Turn the back wheel and push the derailleur in towards the wheel with your thumb, so that it changes gear towards the middle (3rd or 4th smallest gear at the back, doesn't matter whether 3rd or 4th)
4. Leave the derailleur there - the chain will now stop it from jumping "out" again and springing back.
5. Push the derailleur cable into the back of the derailleur and past the screw, between the washer and pull it tight.
6. Now LIGHTLY tighten the screw (this tightens the cable between the derailleur and the washer).
7. Turn the cranks again. This will cause the derailleur's spring to pull the derailleur out towards the smallest sprocket, tightening the cable.
8. Loosen the screw just enough to allow the cable to slide into its "proper position" automatically, so that the derailleur's spring now pulls the derailleur down into the lowest (smallest) gear. It couldn't do this properly before, because the cable was too tight.
9. Tighten the screw
10. Turn the cranks and flip the thumb shifters up 1 position, which should now change one gear. If it doesn't shift a gear, turn the fine adjustment knob at the back of the derailleur half a turn anti-clockwise.
11. Keep turning half a turn anti-clockwise (*see "12"! until it does shift up (and then down again) with the same "delay".
12. If you need to unscrew the fine adjustment knob more than about 5 complete turns, it means that the cable was too loose to begin with (i.e. at point 9 above, the cable is too loose). In this case,
 - 12.1 change down a few gears (using the thumb shifters).
 - 12.2 stop the wheels from turning
 - 12.3 take the tension off the cable by shifting the thumb shifters towards the back (without turning the cranks !)
 - 12.4 Loosen the screw and pull the cable through about 3 mm more and retighten the screw
 - 12.5 Turn the fine adjustment all the way in again
 - 12.6 Go back to point 10. above, fine adjustment stage, starting with the smallest sprocket

- The same principle is used on the front derailleur, but there the adjustment is not so critical, as there is no indexing on the front. Adjust as tight as you need, in order to avoid any slack in the cable when your shifter is all the way back.