

Front & Rear Track Hub Instructions

Follow these instructions to disassemble and reassemble both the front and rear track hubs. Only a laced hub has been shown, however, the instructions apply to F6T, F9T and both F/R DISC-T wheels. Front wheels have a 9mm diameter axle and rear wheels use a 10mm diameter axle.

Tools required: (2) 15mm cone wrenches, 1.3mm retaining ring pliers, 20mm or 21mm socket, soft faced mallet, axle vice, bearing puller, bearing press. Bearings used are 6000RU 26x10x8 (2 bearings in each hub shell).

Instructions:

1. Remove the nuts by hand from axles (Fig. 1).



Fig.1.

2. Take both of your 15mm cone wrenches and slip them onto the aluminum cone nut (Fig.2). Turn both cone wrenches simultaneously counter-clockwise to loosen one cone. Remove the loosened cone from the axle by hand.



Fig.2

3. Place the side with removed cone nut into an axle vise and remove second cone nut as in step 2 (Fig. 3). Both cone nuts should now be removed. You will now see black retaining clips on each internal side of the the hub.



Fig.3

4. Now take the retaining ring pliers and remove the retaining clips from each side of the hub. (Fig.4)



Fig.4

5. Take a soft faced mallet and tap out the bearing and axle from one side of the hub. The tap should free the axle and pop the bearing out of the hub from one side. Be careful that the axle and bearing is tapped out as straight as possible. (Fig. 5)



Fig. 5

6. Use a bearing puller to remove the second bearing from the hub. Alternately, the removed axle or a hammer and punch can be used to gently tap out the second bearing by striking at the back inner race of the bearing working the bearing from the bearing seat outwards. Be careful to work your way around the bearing as you tap it out so that the bearing is tapped out as straight as possible. Using a hammer and punch will more than likely damage the bearings, so only employ this method if you are going to renew the bearings.

Assembly

1. Assembly takes the reverse steps of disassembly. Press one bearing and fully seat into either side of the hub shell utilizing a bearing press. A socket the same diameter as the outer race of the bearing can be used in place of a press. Make sure the bearing presses straight into the bearing bore.
2. Insert the retaining clip on top of the seated bearing.
3. From the reverse side, insert the axle through the hub shell and fully seat the axle flange into the bearing race.
4. On the installed bearing side, thread 1 cone nut onto the axle and hand tighten. You now have 1 side of the hub assembled.
5. Press the second bearing fully into the hub shell utilizing a bearing press or socket with same diameter as the outer race. Make sure the bearing seats fully onto the axle flange and the bearing presses straight into the bearing bore.
6. Insert the retaining clip on top of the seated bearing.
7. Thread 1 cone nut onto the axle and hand tighten.
8. Take the 15mm cone wrenches and tighten cone nuts fully.

Questions? Email service@ffwd.com