

STFU Chain Dampers

The STFU chain dampers wrap around and contain the chain on your mountain bike, limiting how far it can move when riding over rough terrain. This results in a quieter ride as the chain is no longer slapping against your frame but also increases chain life by preventing it from flexing sideways, which can cause the chain to wear and flex too much over time, decreasing shifting performance.

The chain should not rub on the STFU chain dampers when pedalling. The dampers should be positioned so that they are close to the chain in all gears to achieve the best damping but not so close that rubbing occurs. A clearance of at least 1 mm in all gears is required.

In order to make sure your STFU dampers are set up correctly, please follow these instructions. Basic bicycle mechanic skills are required including some basic tools. If you are not confident after reading these instructions we suggest getting your local bike shop to install them for you.



Compatibility

Gearing:

The STFU chain dampers are designed to work with 1 X setups only. This means if you have more than one front chain ring the system will not function as designed. We have tested using a single 'TRAIL' unit with 2X setups (2 front chain rings) and it works but at this stage we only offer the system as a set.

Specific applications:

- 1X gearing for trail bikes up to a 50 tooth cassette - **use the TRAIL set**
- 7 speed DH gearing with cassettes up to 26 teeth - **use the DH-07 set**
- 10+ speed DH gearing with cassettes up to 32 teeth - **use the DH-10 set**

Limitations:

The STFU modules attach to the top side of the chain stay. For this reason they are generally only compatible with bikes that have 'traditional' chainstays positioned between the upper and lower portion of the chain. The modules will generally not work with 'elevated' type chain stays that sit above the chain although some users have been doing so we take no responsibility if you buy and they do not fit.

You will also need a minimum of 8 mm of clearance between the chain and the chain stay when in the hardest gear (smallest cog on cassette) for the STFU to fit.



We have not yet tested them on jack shaft type frames like the Commencal Furious DH and the Norco Aurum HSP so trying to fit them is also at your own risk.

STFU Contents

Each STFU DH damper kit contains two damper modules. One is used towards the front of the chainstay and the other towards the rear.



Bike type	Rear Damper	Front Damper
10+ speed Downhill bike - up to 32T cassette	DH-10	DH-Mini
7 speed Downhill bike - up to 26T cassette	DH-07	DH-Mini

What you will need:

Note: Do not proceed unless you have the following tools and supplies on hand:

Two 8 inch cable ties
Ruler or tape measure
Marker Pen or White out or similar

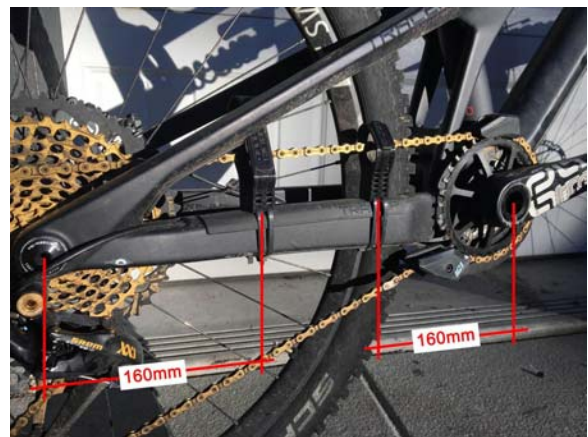
Sharp Knife
Pliers/side cutters
Chain link pliers



STFU INSTALLATION

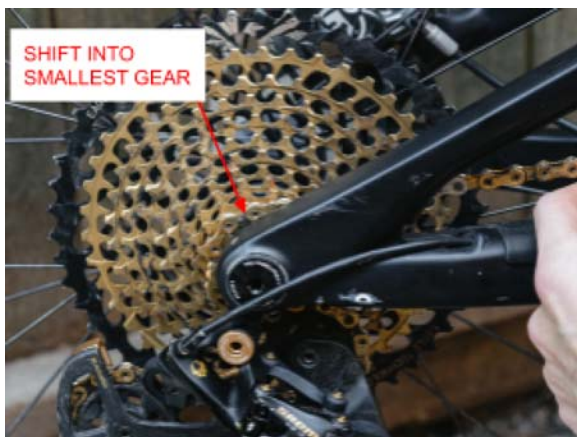
1. Measure in 160mm from your rear drop out and center of bottom bracket as per the below image and make a small mark on the top surface of your chain stay.

Use a non-permanent marker, a piece of tape, white out or chalk or whatever you like. This is approximately where the Chain Dampers will be positioned.



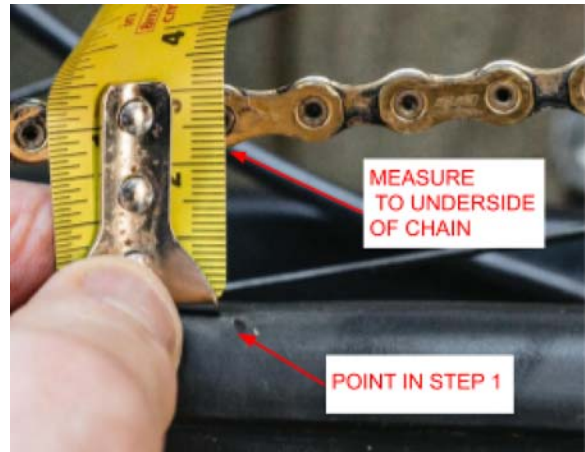


2. Shift your bike into top gear (the smallest cog on your rear cassette)
THIS IS IMPORTANT!



3. At the point marked in Step 1 - measure from the top surface of your chain stay to the bottom of your chain, directly above this point.

(Below measurement would be 25 mm)



NOTE: Round your measurement up to the nearest 5 mm increment. For example, if you measure 22 mm - round this up to 25 mm. You can trim more off later if required once you trial fit the damper. It will be a lot more difficult to make it longer if you cut it too short!

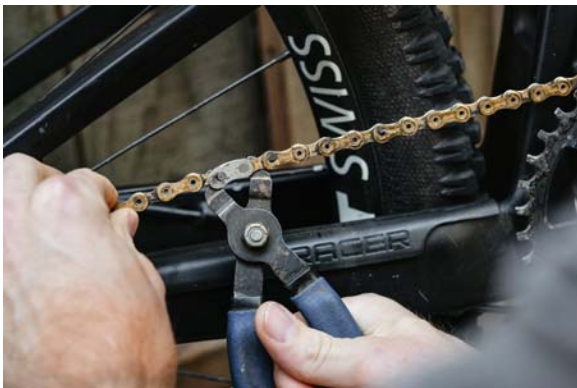
4. Trim the STFU damper as required - measurements are marked on the back of the damper. For example, we measured 22 mm in the steps above so locate the 25 mm mark on the STFU damper and trim it here. The line closest to the measurement you want is the line to cut at. We have included the clearance in the design so you don't have to think about that.





Guide lines are included to help you make a nice straight cut. A Stanley knife works well. Sharp is key but knives are dangerous so don't cut your finger off! Use a bread board or something you don't care much for underneath.

6. Position the quick link on your bike above your chain stay, break the chain and insert the chain through your STFU damper then re-connect your quick link.



7. Using one cable tie, position the STFU damper where you made the mark in step 1. Only tighten the cable tie slightly so you can still move and slide the STFU damper along the chain stay.

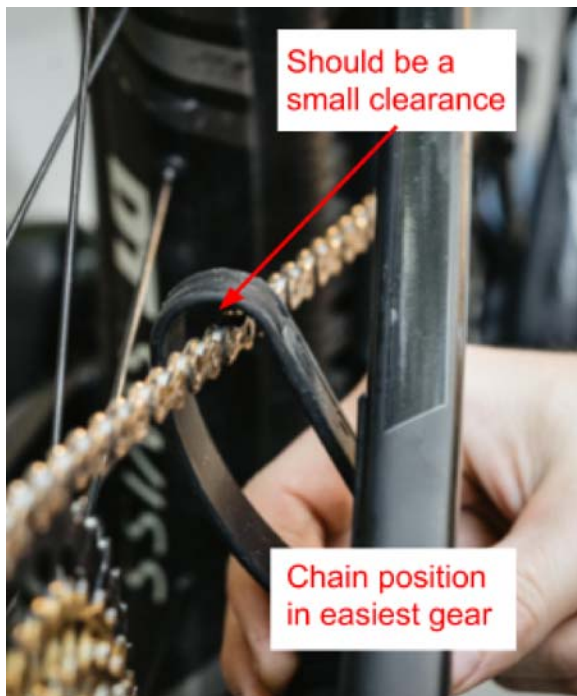
Repeat steps 2 to 7 for the front damper module or you can do them both at the same time.



8. Shift your bike through your entire range of gears taking note of the top and bottom most gears. Modify the position of the STFU so the chain does not rub on the STFU in any position. Having a bike stand or partner for this will make the job a lot easier.

Sliding the STFU forward towards the cranks will generally give more room for the chain and sliding it away from the cranks will give less.

The key is to position the STFU so it is just far enough away from the chain in all gears that it does not rub. The closer it is to the chain, the better damping it will provide so you want to spend some time making sure it is adjusted correctly.



9. If the chain is rubbing in top gear (smallest cog or hardest gear) and sliding the STFU towards the cranks (10 mm or so) doesn't fix this then trimming the height of the STFU by 5mm may be required. Before

doing so - make sure there is sufficient room between the chain and the top of the STFU when in the easiest gear (biggest cog) - you may need to move the location of the STFU closer to the cranks to accommodate this.



Note: Take care when trimming the STFU damper modules, we have been able to join cut segments together using additional cable ties when we have cut them too short but this is not an ideal solution.

10. Once you are happy with the position of your STFU damper, add the additional cable tie to properly secure the unit to your frame. We like to position the cable tie heads on the underside or even back side of the chainstay so they are not seen. We also recommend using a pair of pliers to really tighten the cable ties up so the dampers are as secure as possible.



11. Trim the excess off the cable ties and double check alignment by shifting your bike through the full range of gears and inspect everything is still positioned as it should be.

12. Go shred on your newly quiet bike!



**For more information visit:
www.stfubike.com**