2019 S3 ST029 STEM

**WARNING**
The ST029 stem must be used in conjunction with the HS-A029 Headset and HS-A029 Stem Spacer Kit.

Cervélo ST029 Stem
- 80mm ST-A029-80
- 90mm ST-A029-90
- 100mm ST-A029-100
- 110mm ST-A029-110
- 120mm ST-A029-120
- 130mm ST-A029-130

Preload Insert

ST029 Stem
Top Cap
STC-A029

Preload Screw
M5 x 100mm

- Lightly grease and tighten to 1-2Nm.

ST029 is compatible with the Bar Fly 4 Direct Max and Bar Fly Direct Mini Garmin stem mounts.

**NOTE:** Maximum stem stack adjustment is 40mm. This requires the use of all seven 5mm Stem Spacers plus the two 2.5mm Stem Spacers.

- Do not place 2.5mm spacers directly under the stem as it will interfere with headset adjustment.
- Do not stack 2.5mm spacers directly on top of each other as it will interfere with headset adjustment.

Tighten stem faceplate bolts to 6Nm.

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ST029 STEM CUTTING INSTRUCTIONS

With 48cm and 51cm S3 Disc frames, the stem steerer will need to be cut to place the stem in the lowest stack position. **Stems for size 54cm to 61cm frames do not require cutting.**

1. Use a light coloured grease pencil to accurately mark the cut-off location on the stem steerer from 5mm to 25mm off the bottom edge. See the table below for the exact number based on the combination of frame size and desired spacer stack.

2. Insert the ST029 in the Park Tool SG-6 Saw Guide (or equivalent) so that the cut-off line can be seen clearly through the blade guide in the tool.

3. Using a blade designed specifically for cutting metal; proceed with cutting the stem steerer (as per Park Tool’s instructions).

4. Carefully file the cut end removing any burrs, adding a radius to both the inside and outside of the cut edge.

**WARNING**
If the stem steerer is cut to achieve a lower position, the minimum insert line on the stem steerer must be moved up by the same amount to ensure proper clamping.

**WARNING**
The stem steerer must not bottom out/contact the tapered portion of the fork steerer. Damage to the fork or the brake hose caused by the stem steerer could result in a loss of control while riding and potentially serious injury.

**WARNING**
Ensure inside and outside of cut edge is smooth and free of fork damaging burrs. Damage to the fork or the brake hose caused by the stem steerer could result in a loss of control while riding and potentially serious injury.

### Stem Cut Calculator

<table>
<thead>
<tr>
<th>Frame Size*</th>
<th>48cm</th>
<th>51cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spacer Stack (mm)</td>
<td>Removed Length of Stem Steerer</td>
<td>Resulting Max Spacer Stack Possible</td>
</tr>
<tr>
<td>0mm (slammed)</td>
<td>25mm</td>
<td>15mm (5mm)</td>
</tr>
<tr>
<td>5mm</td>
<td>20mm</td>
<td>20mm</td>
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<tr>
<td>10mm</td>
<td>15mm</td>
<td>25mm</td>
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<td>15mm</td>
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<td>30mm</td>
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<tr>
<td>20mm</td>
<td>5mm</td>
<td>35mm</td>
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<tr>
<td>25mm</td>
<td>0mm</td>
<td>40mm</td>
</tr>
<tr>
<td>30mm</td>
<td>0mm</td>
<td>40mm</td>
</tr>
<tr>
<td>35mm</td>
<td>0mm</td>
<td>40mm</td>
</tr>
<tr>
<td>40mm (max allowable)</td>
<td>0mm</td>
<td>40mm</td>
</tr>
</tbody>
</table>

*Size 54cm frames & above required no Stem Steerer cutting.*

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