



How to install Helix 3-bolt chainrings on compatible 3-bolt cranksets

This guide will show you how to install the e*thirteen Helix 3-bolt chainring on cranksets using the 3-bolt standard (SRAM™, Cane Creek™, 5dev™ & more)

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INTRODUCTION

This guide covers the process of mounting the chainring to the crank arm. It does not cover removal or install of the crank to the bicycle - please reference your crank manufactures guidelines for those steps.



TOOLS:

- [Tools required for install/removal of crank from frame.](#) (1)
- [Torque wrench](#) (1)
- [Loctite 242 or similar medium threadlocker](#) (1)



PARTS:

- [3-bolt compatible crankset](#) (1)
- [e*thirteen Helix 3-bolt chainring](#) (1)

Step 1 — Remove crank from bike and remove old chainring



- Reference your crank mfg instructions for removing your crank and take the driveside arm off the bike.
- Lay out the crank with ring and tools on a clean workbench. Most 3-bolt cranks use mounting bolts with T25 torx heads but other sizes do exist. In this example, we are showing the T25 wrench for removal and a 1-20Nm torque wrench with T25 bit for install.
- Using the T25 wrench, or wrench appropriate to the chainring mounting bolts found on your cranks, remove the 3 bolts fully from the crank
- You will now be able to remove the chainring from the crank arm.

Step 2 — Prep and install ring



- Clean and lightly grease 3-bolt chainring interface.
- Apply Loctite 242 or similar medium strength threadlocker to the threads of the fasteners.
- Install the chainring onto the crankarm and using the appropriate sized wrench, tighten the bolts snug in the order shown in image 3 of this step

Step 3 — Torque mounting bolts and reinstall cranks



- Using a torque wrench, tighten the mounting bolts to 8-9 Nm or 71-80 in/lbs. This should be done in the same pattern as the bolts were snugged down in the last step.
- Reinstall and torque the crank arm per the manufactures specifications.
- You're done....now get out and ride!

Thanks for reading, now get out there and ride!