

VCRC Ceramic Bearing Maintenance

Your VCRC Ceramic Bearings are sealed and pre-greased with VCRC Speed Cream™.

Do not continue to use bearings that won't spin freely. If you continue to ride dirty or poorly lubricated bearings, you can permanently damage the bearings. Contaminants in your bearings can cause the pitting of your balls and races, increasing friction, causing heat buildup, and can eventually cause the bearing to stop turning.

Some routine maintenance is recommended.

Under normal riding conditions, the bearings should be inspected every 3-6 months to determine if any maintenance is required. You should keep your bearings clean (no dirt or moisture) and well lubricated. Water can rust the races and dirt can destroy the race finish if left for too long.

To remove the rubber seals, an xacto knife or other small tool can be used to gently pry the seals off. Upon removal of the seals, visually inspect the inside of the bearing for grease. If the grease level is low, the grease is dirty or the bearing doesn't feel smooth, the bearings should be cleaned as outlined below.

1. Use a clean degreasing liquid.
2. Fill a small container with the degreaser.
3. With the seals still removed, place the bearing into the container.
4. Roll the bearing by hand back and forth between your fingers.
5. You may use a small clean brush to clean the bearing balls, races and cage.
6. When you feel the bearing is smooth, remove the bearing from the degreaser and use a drier to dry the bearing.
7. Re-grease the bearing using VCRC Speed Cream™ and put the seals back on.
8. Wipe away any excess grease that is pushed out by the seals.

Riding in adverse weather conditions (rain, snow, dusty, etc.) will speed up the maintenance interval. If you regularly ride in these conditions we do recommend inspecting the bearings more often.

**We also recommend riders in climates that are often wet, humid, dusty, etc. to apply a layer of VCRC Speed Cream™ on the outside of each seal (2 per bearing) prior to installation. This will further protect the bearings from the elements and potential contamination.

It is also recommended that you send your bearings back to us once a year for a factory cleaning. This factory cleaning goes a few steps further than the steps above. We will inspect the inner and outer race as well as remove the cage

(polyimide only) and do a more thorough cleaning.

Following these guidelines will prolong the life of your bearings.