

2023 CHECKPOINT ALR

SERVICE MANUAL SUPPLEMENT

Contents



Safety



Brake/shift routing — mechanical



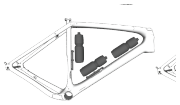
T47 bottom bracket



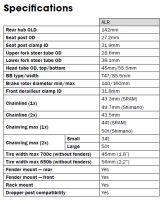
Fork and headset



Chainkeeper



Accessories



Specifications

Safety

WARNING

Properly tighten hardware

Always tighten hardware to the specified torque. Over-tightening hardware could deform or break the hardware or components. Under-tightening hardware could cause hardware or components to become loose. Either situation could damage the bicycle and result in injury to the rider.

WARNING

Reapply threadlocker

All reused-fasteners with pre-applied threadlocker must be cleaned with isopropyl alcohol and have new thread-locker applied before re-assembly. If threadlocker is not applied, the fasteners may loosen which could damage the bicycle and result in injury to the rider.

Legend



Apply appropriate grease



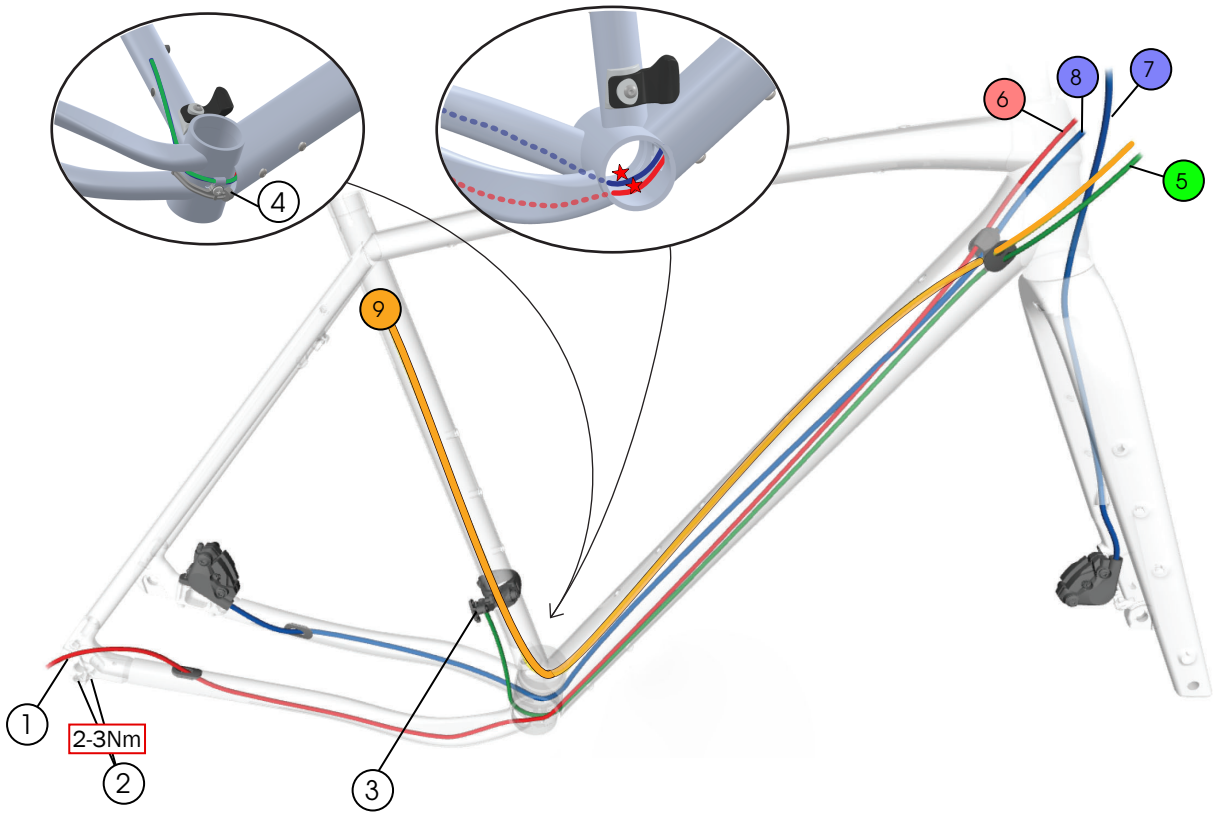
Apply threadlocker

Nm — Torque

★ Cable (zip) tie

Copyright 2022 Trek Bicycle Corporation All Rights Reserved

Brake/shift routing — mechanical

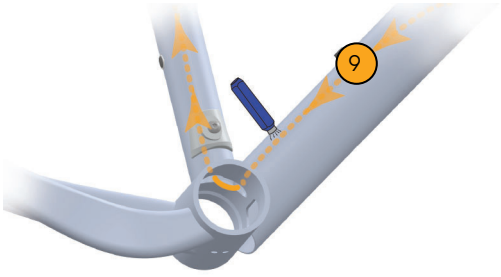


1. Rear derailleur hanger — *W524188*
2. Rear derailleur hanger bolts — *W524884*
3. Front derailleur clamp
4. Cable guide — *kit W575392*
5. Front derailleur cable
6. Rear derailleur cable
7. Front brake hose
8. Rear brake hose
9. Dropper post cable

Cable routing order

Route all cables from the top of the down tube to the bottom bracket (except the front brake hose).

1. Dropper post — use a magnet to guide the cable down the down tube and through the upper hole in the bottom bracket shell.

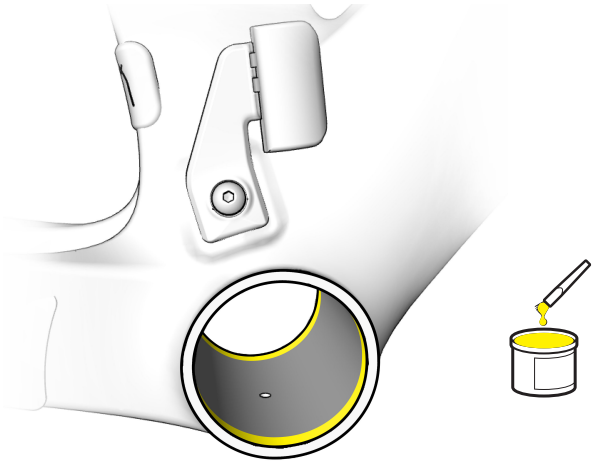


2. Rear derailleur cable
3. Rear brake hose
4. Front derailleur cable
5. Front brake hose

T47 bottom bracket

Install the bottom bracket

1. Apply grease to the threads on both sides of the frame.



2. Using your hands, thread the bottom bracket onto the frame.

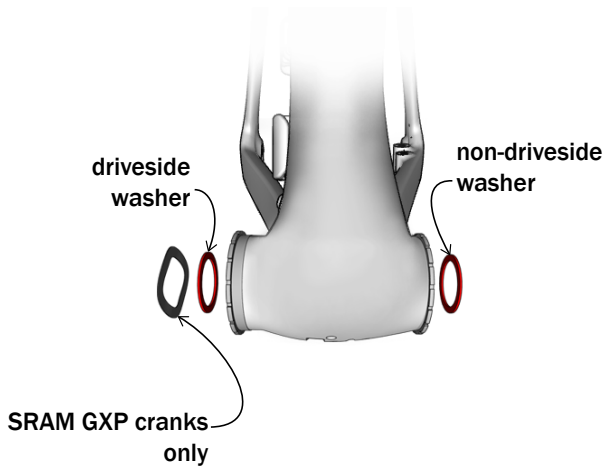
   NOTICE: Do not start tightening the bottom bracket with a tool. Dirt and other contaminants can damage the threading.

3. Use the proper tool to torque both sides to specification (see the Tool and spline compatibility table below).
4. If necessary, add spacers before installing the cranks (see the Spacers required table at the top right).

Spacers required

The table below contains bottom bracket/crank combinations that require spacers. Your bicycle may have other combinations that do not require spacers.

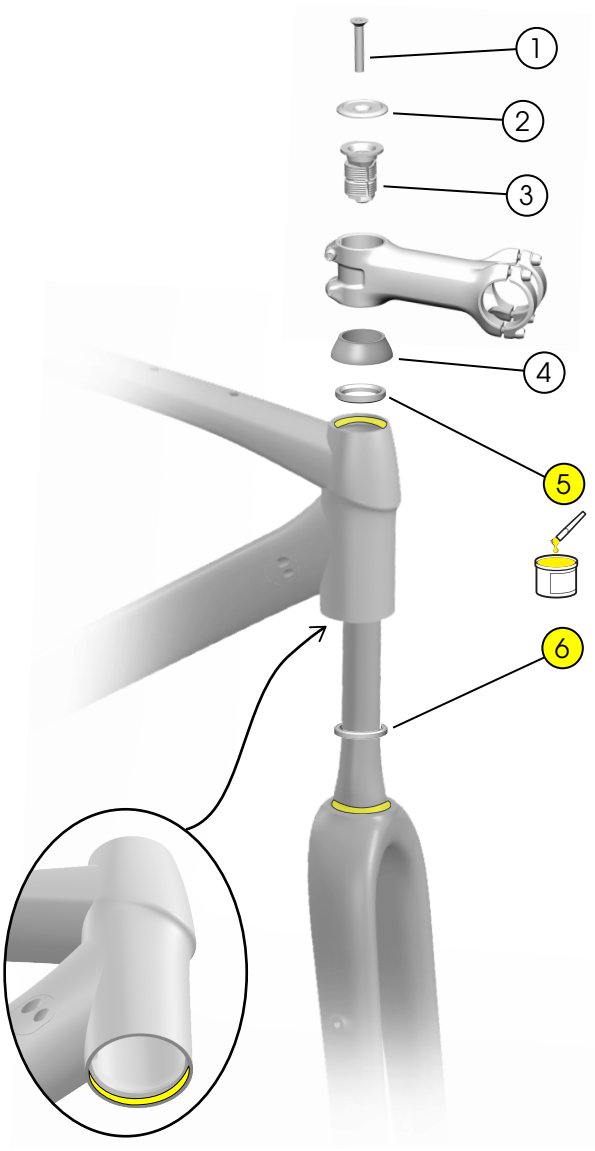
Crank		Bottom bracket	Spacers required	
			Drive side	Non-drive side
Shimano		CeramicSpeed 24mm	0.5mm	0.5mm
SRAM	DUB	SRAM DUB	2-3mm	—
	GXP	Wheels MFG	1.0mm	—



Tool and spline compatibility

	Tool	Praxis		Unior	Park Tool	Wheels Mfg	CeramicSpeed
	Model *Part number*	TP-2400 *594148*	TP-3028 *594147*	1671.T47 *1043614*	BBT-47 *568922*	BBTOOL-48-44 *589307*	—
Bottom bracket manufacturer	Praxis 24mm	X		X			
	Praxis 30mm		X	X			
	Wheels MFG					X	
	SRAM DUB			X	X		
	Chris King			X	X		
	Ceramic-Speed 24mm			X	X		X
	Ceramic-Speed GXP						X

Fork and headset



1. Top cap bolt
2. Compression plug cap
3. Compression plug

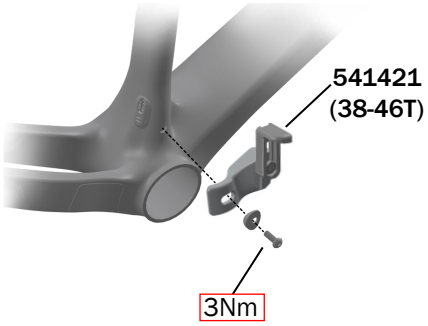
W547432

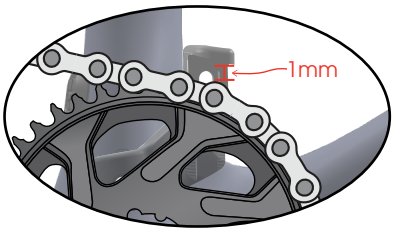
4. Bearing cover
5. Headset bearings — *W531676*
6. Headset bearings — *W540243*

Chainkeeper

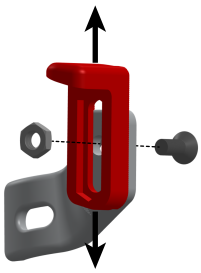
Adjust the 1x chainring chainkeeper

1. Shift to the lowest gear (largest rear cassette cog).
2. Loosen the screw on the back of the chainkeeper.
3. Move the loose piece up or down so there is 1mm of vertical clearance above the chain.
4. Tighten the screw on the back of the chainkeeper.



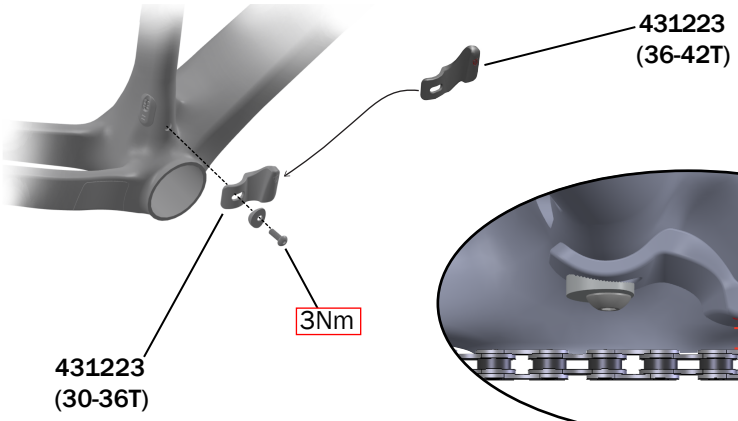


Clearance

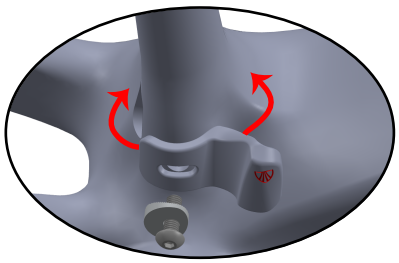

Adjust clearance

Adjust the 2x chainrings chainkeeper

1. Shift to the lowest gear (largest rear cassette cog) and inner chainring.
2. Loosen the screw holding the chainkeeper in place.
3. Rotate the chainkeeper around the seat tube so there is 1mm of horizontal clearance to the chain.
4. Tighten the screw to 3Nm.



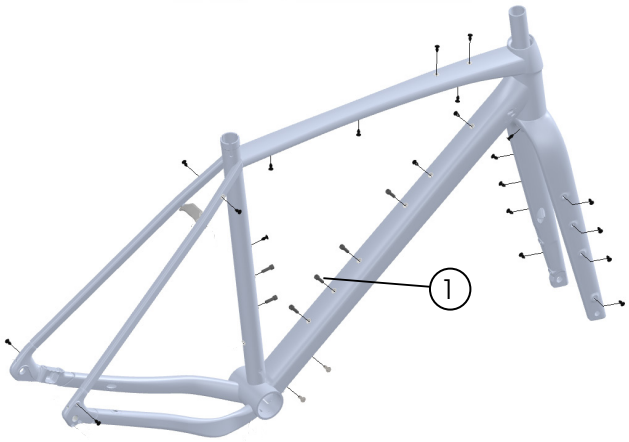
Clearance


Adjust clearance

Accessories

Mounting inserts

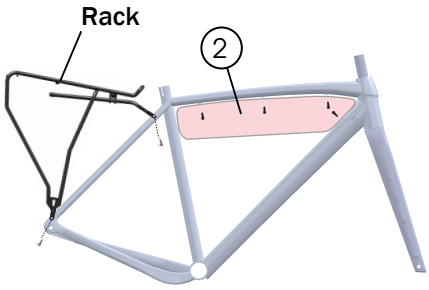
All mounting inserts are M5x0.8.

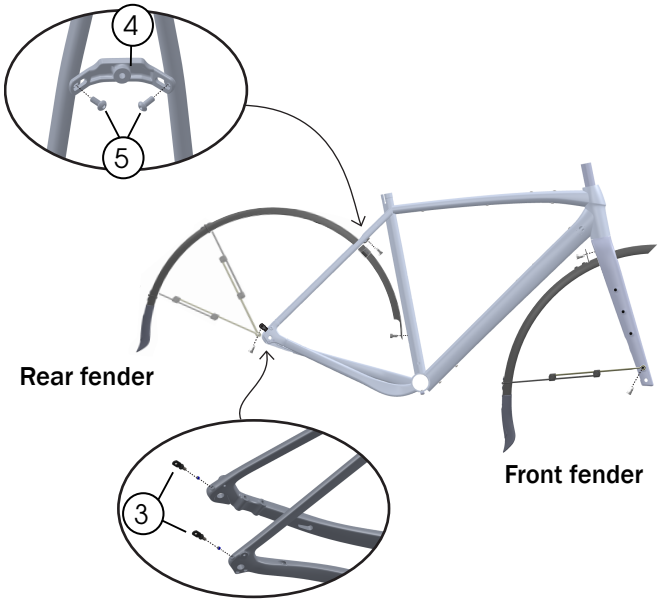


1. Bolts (M5x16mm) — *W438323*
2. Frame bag
3. Fender mount bolts — *W331954*
4. Fender mount bridge — *W575637*
5. Bolts (M4x10mm) — *W330683*

Rack, fenders, and frame bag

WARNING: Use only steel fasteners to attach racks, bags, and fenders. Do not use aluminum fasteners as they are not rated for these loads.





Specifications

	ALR
Rear hub OLD	142mm
Seat post OD	27.2mm
Seat post clamp ID	31.9mm
Upper fork steer tube OD	28.6mm
Head tube OD, top/bottom	45mm/55.5mm
BB type/width	T47/85.5mm
Brake rotor diameter min/max	140/160mm
Front derailleur clamp ID	31.8mm
Tire width max 700c (without fenders)	45mm (1.8”)
Tire width max 700c (with fenders)	40mm (1.6”)
Tire width max 650b (without fenders)	56mm (2.2”)
Fender mount — rear	Yes
Fender mount — front	Yes
Rack mount	Yes
Dropper post compatibility	Yes

	Chainline	Max chainring teeth (T)		
		Small	Large	Single (1x)
Shimano GRX	49.7mm	—	—	50T
	47mm	42T	52T	—
Shimano	43.5mm	36T	50T	—
SRAM	45mm	—	—	44T
	45mm	37T	50T	—
SRAM WIDE	47.5mm	—	—	48T
	47.5mm	44T	50T	—