

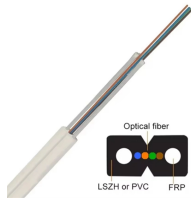
# Wiring and threading inside the carbon fiber frame



## Overview

This article will guide you through the process of putting cables inside your carbon bike frame, ensuring a clean look and improved functionality. T800 is a high-modulus carbon, meaning it's exceptionally rigid where you need power transfer (bottom bracket area, head tube) while still capable of damping trail vibration through the rear triangle. Reproduction of the spoke lock key, which I described here: Reproduce spoke lock key 2. Replacement of the front hub because the flange was broken. The new flange has a smaller diameter, so I had to lace it 2 cross. Some of the cable mounts were broken off so I decided to lay the cables into. Sometimes brand-provided schematics or service manuals can help reveal what's inside before you begin, but commonly, you'll need to figure it out yourself. For that, it's worth knowing the various ways that cables can be run through a frame. If your cable routing looks like this (outside of the. My bike is a beam bike, with the beam integrally made as part of the frame (no pivots, bolts or hinges). Proper preparation and careful.

## Wiring and threading inside the carbon fiber frame



The two rear dropouts and a seatpost pressure plate are titanium. Cable routing on my frame is internal. I made cable housing stops out of aluminum, and threaded the front one to accept a Shimano barrel ...



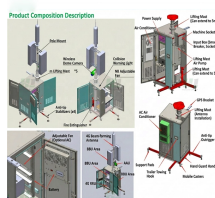
You'll need to be able to grab both ends of the cable so that you can put tension on the cable to help work the housing around the BB and up the seat tube. There is a little threaded coupler ...



This edition of Threaded covers just a few tips, tools, and tricks that ...



Many builders add small adhesive rubber frame protectors cut to fit around the cable entry ports. This is especially important where the housing makes contact with the raw carbon edge. A few ...



My front derailleur and my rear brake cable are laid through the bottom bracket. I rode my bike around 150 miles since I laid the cables through the BB, without any problems.



By Tom Jow — The modern carbon fiber frame is a work of art. With swoopy curves and smooth joints, what really makes them beautiful is the lack of cables outside the frame.



I often use the magnet to pull, from the outside, a cable along through the inside of a frame, and line it up with the exit hole. (This is the technique used in the image second from the top.)



This article will guide you through the process of putting cables inside your carbon bike frame, ensuring a clean look and improved functionality. [♂ Understanding Cable Routing](#)



This edition of Threaded covers just a few tips, tools, and tricks that I find to be day-savers when dealing with frames with internal cable routing. However your results may vary based ...



As long as it didn't break inside the frame, it's easier to leave the broken cable in place. With the broken cable in place, all you have to do is to cut a piece of Jagwire housing liner that's the right length to ...



A threading carbon fiber tool is designed to guide cables through internal routing systems in bicycles. It ensures smooth installation, prevents frame damage, and improves cable performance.

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