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## Ergon GC1

# Ergon GC1 BIOKORK Bicycle Grips Instruction Manual

Model: GC1 | Brand: Ergon

## INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your Ergon GC1 BIOKORK bicycle grips. The Ergon GC1 grips are designed for ergonomic comfort on bicycles with swept-back handlebars, utilizing certified toxin-free and UV-stable rubber compounds and a cork-based material for enhanced feel and support.

## PRODUCT OVERVIEW

The Ergon GC1 BIOKORK grips are engineered to provide optimal hand positioning and pressure distribution, particularly for city, touring, and Holland bikes with handlebars that sweep backward. Their unique design aims to reduce hand fatigue and numbness during rides.

- Ergonomic Design:** Specifically shaped for handlebars with a significant backward sweep, promoting a natural wrist position.
- Material Composition:** Made from certified toxin-free and UV-stable rubber compounds, combined with a cork material (BIOKORK) for a natural feel and reduced plastic content.
- Secure Clamping:** Features a 100% recyclable aluminum clamp for secure attachment to the handlebar.
- Reduced Plastic:** The central core uses 40% less plastic, contributing to environmental sustainability.



Image: Top-down view of the Ergon GC1 BIORORK grip, showcasing the ergonomic shape, textured rubber surface, and the aluminum clamp with "ERGON GC1" and "5 Nm" markings.

## SETUP AND INSTALLATION

Proper installation of your Ergon GC1 grips is crucial for optimal performance and comfort. Follow these steps carefully:

### 1. Prepare the Handlebar:

Remove existing grips from your bicycle handlebar. If old grips are difficult to remove, a small amount of rubbing alcohol or a heat gun (used carefully) can assist in loosening them. Ensure the handlebar surface is clean and dry before proceeding.

### 2. Loosen Handlebar Components:

Loosen the clamps for your brake levers, shifters, and any other handlebar-mounted accessories. Slide these components inwards, away from the ends of the handlebar, to create space for the new grips.

### 3. Install the Grips:

Slide the Ergon GC1 grips onto the handlebar ends. Ensure the ergonomic palm rest is oriented correctly to support your hand in a natural, comfortable position when riding. The grips are designed for handlebars with a backward sweep, so align them accordingly.

### 4. Adjust Position:

Once the grips are in place, sit on your bicycle and adjust their rotational angle. Your wrists should be straight, and your hands should rest comfortably on the palm support without excessive pressure points. This may require slight adjustments to the grip angle and the position of your brake levers and shifters.

### 5. Tighten Clamps:

Using an appropriate hex key, tighten the aluminum clamp bolts on each grip. The recommended torque specification is typically marked on the clamp (e.g., 5 Nm). **Do not overtighten**, as this can damage the handlebar or the grip. If you have a torque wrench, use it to ensure precise tightening.

#### 6. Reposition Accessories:

Slide your brake levers, shifters, and other accessories back into their desired positions, snug against the new grips. Tighten their clamps securely, ensuring they are easily accessible and functional.



Image: Ergon GC1 BIOKORK grip shown installed on a bicycle handlebar, demonstrating the ergonomic angle and integration with brake levers.

## OPERATING INSTRUCTIONS

Once installed, the Ergon GC1 grips require no special operation. Their primary function is to provide an ergonomically optimized contact point between your hands and the bicycle.

- **Hand Placement:** Rest your palms fully on the broad support surface of the grips. This distributes pressure over a larger area, reducing strain on nerves and tendons in your hands and wrists.
- **Regular Checks:** Periodically check that the grips remain securely fastened to the handlebar. If any movement is detected, re-tighten the clamp bolts to the specified torque.

## MAINTENANCE

To ensure the longevity and performance of your Ergon GC1 BIOKORK grips, follow these simple maintenance guidelines:

- **Cleaning:** Clean the grips with mild soap and water. Avoid harsh chemicals or abrasive cleaners, as these can damage the rubber and cork materials.
- **Inspection:** Regularly inspect the grips for any signs of wear, cracks, or damage. While the materials are UV-stable, prolonged exposure to extreme weather conditions can affect their lifespan.
- **Clamp Security:** Check the tightness of the aluminum clamp bolts periodically, especially after the first few rides and after any significant temperature changes.
- **Storage:** Store your bicycle in a cool, dry place away from direct sunlight when not in use to help preserve the grip materials.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
<b>Hand Numbness or Discomfort</b>	<ul style="list-style-type: none"> <li>• Incorrect grip angle.</li> <li>• Brake levers shifters positioned incorrectly.</li> <li>• Grips not suitable for handlebar sweep.</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust the rotational angle of the grips until your wrists are straight and comfortable.</li> <li>• Ensure brake levers and shifters are positioned for easy reach without straining your fingers.</li> <li>• Confirm your handlebar has a backward sweep, as these grips are designed for that specific geometry.</li> </ul>
<b>Grips Rotate on Handlebar</b>	<ul style="list-style-type: none"> <li>• Clamp bolts are loose.</li> <li>• Insufficient torque applied during installation.</li> </ul>	<ul style="list-style-type: none"> <li>• Tighten the clamp bolts to the recommended torque (e.g., 5 Nm).</li> <li>• Ensure the handlebar surface is clean and free of grease.</li> </ul>
<b>Difficulty Installing Grips</b>	<ul style="list-style-type: none"> <li>• Old grips or accessories obstructing installation.</li> <li>• Handlebar diameter incompatibility (unlikely for standard handlebars).</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure all existing components are moved inwards or removed.</li> <li>• Verify your handlebar diameter is standard (22.2mm or 7/8 inch).</li> </ul>

## SPECIFICATIONS

<b>Brand</b>	Ergon
<b>Model Name</b>	GC1
<b>Model Number</b>	EG424102-11
<b>Color</b>	BIOKORK
<b>Material</b>	Biokork, Rubber, Aluminum
<b>Item Weight</b>	0.16 Kilograms
<b>Dimensions (LxWxH)</b>	9.84 x 2.36 x 2.36 inches (approximate)
<b>Vehicle Service Type</b>	City Bike, Touring, Holland Bike
<b>Included Components</b>	1 x Pair of Grips
<b>Manufacturer</b>	Ergon



Image: Close-up view of the Ergon GC1 BIOKORK grip, emphasizing the natural cork material and ergonomic contours.

## WARRANTY AND SUPPORT

The Ergon GC1 BIOKORK grips come with a **Limited Warranty**. For specific details regarding warranty coverage, terms, and conditions, please refer to the official Ergon website or contact Ergon customer support directly. For further assistance, technical support, or to inquire about replacement parts, please visit the official Ergon website or contact their customer service department.

[Visit the Ergon Store on Amazon](#) for more product information and support resources.