



I am a ROTOR dealer. But, I also believe in their products, use their products (both Power Meters and Q-RINGS), and, I push Q-RINGS as a solution to cyclists whenever I can.

The one comment I get all the time is "**I don't like them, they don't work for me.**"

The issue is that cyclists usually just install them without indexing them (actually called OCP – Optimum Chainring Position) for the way they pedal, in other words, adjusting the Q-RING to the precise point where you are delivering your maximum power during a pedal stroke. Q-RINGS currently are manufactured with 5 indexes, 1, 2, 3, 4, 5, and, if indexed incorrectly, you will feel that the pedaling resistance is coming too early or too late in the pedal stroke.

<ul style="list-style-type: none"> ● TOO MUCH RESISTANCE AT THE TOP, NO RESISTANCE AT THE BOTTOM <ul style="list-style-type: none"> ○ When you get towards the bottom of the pedal stroke, it feels like you have fallen through a rotten floor board in a house. ○ Steady speeds are easy, but accelerations and sprinting are difficult ○ It is comfortable to pedal seated but uncomfortable to pedal when standing ○ You might experience pain at the front of the knee that you haven't had before 	<p>ISSUE - You are arriving at max chainring diameter too early</p> <p>SOLUTION – Increase OCP number by 1 stop.</p> <p>1 → 2 2 → 3 3 → 4 4 → 5</p> 
<ul style="list-style-type: none"> ● TOO LITTLE (OR NO) RESISTANCE AT THE TOP, TOO MUCH RESISTANCE AT THE BOTTOM <ul style="list-style-type: none"> ○ Acceleration and sprinting are easy but maintaining steady speed is difficult ○ It is comfortable to pedal standing but uncomfortable to pedal when sitting ○ You might experience pain behind the knee that you haven't had before 	<p>ISSUE - You are arriving at max chainring diameter too late</p> <p>SOLUTION – Reduce OCP number by 1 stop</p> <p>5 → 4 4 → 3 3 → 2 2 → 1</p> 
<ul style="list-style-type: none"> ● NO PROBLEMS, THEN THEY ARE SETUP CORRECTLY FOR YOU 	

[Note: this is why oval chainrings that don't allow you to change the OCP do not work for a lot of cyclists]

So, once indexed correctly (**and this is the key point**), ROTOR Q-RINGS work VERY WELL. In fact, I recently spoke to Stages regarding their new dual-sided power meter and they had the same comment as ROTOR, "We are seeing a 4-6% increase in power when using Rotor Q-Rings."

For those that say that Q-RINGS don't work ... more than likely, you never had them indexed for the way you pedal and therefore, this is the reason that they did not work for you. When questioning these cyclists, this seems to be the one and ONLY reason that they "don't work" – they never had them setup correctly. For those that did set them up correctly, I have never heard a single complaint.

After purchasing Q-RINGS, please go through the remaining step of indexing them for the way you pedal. Doing this remaining step, I think that you will be happy with them along with the added performance.