

Guidering M chainrings and other narrow/wide rings offer increased retention capabilities over standard tooth profile chainrings, as such they should be checked for wear more frequently as wear to the ring can influence their ability to capture the chain.

To ensure your ring functions properly it should be replaced if any of the following conditions are true:

- Ring has been used with a chain that is worn past 0.075mm (we recommend chain checkers from Park Tool and Rohloff)
  - We highly recommend frequent chain checking and replacement to prevent wear to drivetrain components
- Grinding noise coming from the chainring
- Drop in retention capabilities
  - Be sure to check your derailleur and chain function as well
- Damage to any of the teeth or the chainring

