WHAT IS CLAIMED IS:

1. A system, comprising:

a cylinder comprising a rod, a barrel coaxial to the rod, and a piston assembly disposed within the barrel and connected to the rod, wherein the barrel is hollow to define a chamber, and wherein the piston assembly is axially movable within the chamber to stroke the rod relative to the barrel;

an actuable component separate from the barrel and the piston, the actuable component located at a distal end of the rod extending away from the barrel; and

a flow path formed axially through the rod, wherein the flow path is in fluid communication with the chamber on a first side of the piston assembly, and wherein the flow path extends to the actuable component located at the distal end of the rod.

2. The system of claim 1, further comprising an annular volume located within the piston assembly and in fluid communication with the chamber on a second side of the piston assembly opposite the first side.

3. The system of claim 2, further comprising:

a pilot disposed within the flow path, wherein movement of the pilot selectively opens or closes a first port between the flow path on one side of the pilot and the flow path on an opposite side of the pilot; and

a second port extending from the annular volume to the pilot.

4. The system of claim 3, further comprising:

a shuttle disposed within the flow path, wherein movement of the shuttle selectively opens or closes a third port between the annular volume and the chamber on the first side of the piston assembly.

5. The system of claim 1, wherein the actuable component is a tension ring connector configured to secure the distal end of the rod to a tension ring on a riser.

6. The system of claim 5, wherein the tension ring connector comprises a fluid chamber communicatively coupled to the flow path and a pin partially held within the fluid chamber and configured to extend from the fluid chamber and interface with a tension ring upon actuation of the tension ring connector.

7. A system, comprising:

a cylinder comprising a rod, a barrel coaxial to the rod, and a piston assembly disposed within the barrel and connected to the rod, wherein the barrel is hollow to define a chamber, and wherein the piston assembly is axially movable within the chamber to stroke the rod relative to the barrel;

a flow path formed axially through the rod, wherein the flow path is in fluid communication with the chamber on a first side of the piston assembly;

an annular volume located within the piston assembly and in fluid communication with the chamber on a second side of the piston assembly opposite the first side;

a pilot disposed within the flow path, wherein movement of the pilot selectively opens or closes a first port between the flow path on one side of the pilot and the flow path on an opposite side of the pilot~~;~~

~~a second port extending from the annular volume to the pilot; and~~

~~a shuttle disposed within the flow path, wherein movement of the shuttle selectively opens or closes a third port between the annular volume and the chamber on the first side of the piston assembly~~.

8. The system of claim 7, further comprising an actuable component located at a distal end of the rod extending away from the barrel, wherein the flow path extends to the actuable component.

9. The system of claim 8, wherein the actuable component is a tension ring connector configured to secure the distal end of the rod to a tension ring on a riser.

10. The system of claim 9, wherein the tension ring connector comprises a fluid chamber communicatively coupled to the flow path and a pin partially held within the fluid chamber and configured to extend from the fluid chamber and interface with a tension ring upon actuation of the tension ring connector.

11. The system of claim 7, further comprising: a second port extending from the annular volume to the pilot; and a shuttle disposed within the flow path, wherein movement of the shuttle selectively opens or closes a third port between the annular volume and the chamber on the first side of the piston assembly.

~~11~~12. The system of claim ~~7~~11, further comprising a spring disposed within the flow path, wherein the spring is disposed between the pilot on one side and the shuttle on an opposite side.

~~12~~13. A method, comprising:

connecting a proximal end of a cylinder to a floating platform, the cylinder comprising a rod, a barrel coaxial to the rod, and a piston assembly disposed within the barrel and connected to the rod, wherein the barrel is hollow to define a chamber, and wherein the rod has an axial flow path formed therethrough;

positioning a distal end of the rod extending from the barrel within a retention device of a tension ring coupled to a riser;

actuating a pilot disposed within the flow path to open a first port between the flow path on one side of the pilot and the flow path on an opposite side of the pilot; and

actuating a tension ring connector disposed at the distal end of the rod via pressurization from the flow path to secure the distal end of the rod to the retention device.

~~13~~14. The method of claim ~~12~~13, further comprising increasing pressure within the chamber on a first side of the piston assembly to move the rod such that the distal end of the rod is positioned in the retention device.

~~14~~15. The method of claim ~~13~~14, wherein increasing the pressure within the chamber on the first side of the piston assembly also actuates the pilot disposed within the flow path to open the first port.

~~15~~16. The method of claim ~~13~~14, wherein actuating the tension ring connector disposed at the distal end of the rod comprises increasing pressure within the chamber on a second side of the piston assembly opposite the first side, wherein the flow path is in fluid communication with the second side of the chamber.

~~16~~17. The method of claim ~~12~~13, wherein an annular volume is located within the piston assembly, wherein the annular volume is in fluid communication with a first side of the piston assembly, and wherein actuating the pilot comprises communicating pressurized fluid from the annular volume to a second port leading from the annular volume to the pilot in response to pressurization within the chamber on the first side of the piston assembly.

~~17~~18. The method of claim ~~12~~13, further comprising:

releasing the pin from the retention device by bleeding pressure from the flow path while the first port is open;

removing the distal end of the rod from the retention device;

releasing the pilot to close the first port; and

disconnecting the cylinder from the floating platform.

~~18~~19. The method of claim ~~12~~13, further comprising:

inputting fluid into the chamber on a first side of the piston assembly, wherein a shuttle is disposed within the flow path, and wherein an annular volume is located

within the piston assembly and is in fluid communication with the chamber on a second side of the piston assembly;

maintaining the first port in an open position via the pilot, wherein a second port extends between the annular volume and the pilot;

forcing the shuttle to move via increasing pressure of the input fluid on the first side of the piston assembly to open a third port between the flow path and the annular volume; and

circulating the input fluid through the chamber on the first side of the piston assembly, the flow path, and the annular volume to flush old fluid out of the annular volume while the first, second, and third ports are open.

~~19~~20. The method of claim ~~18~~19, further comprising circulating the input fluid through the chamber on the first side of the piston assembly, the flow path, and the annular volume while the distal end of the rod remains secured to the retention device.

~~20~~21. The method of claim ~~18~~19, wherein access to the first side of the piston assembly for inputting the fluid is available from a production deck proximate an upper end of the cylinder.