

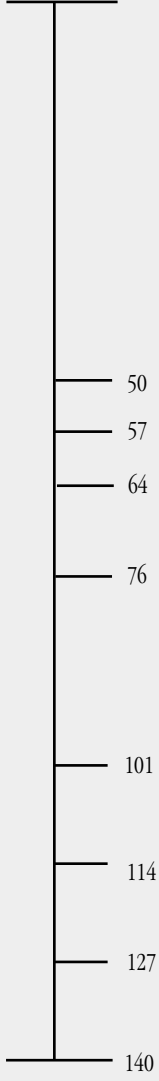
2002

# SEATPOST

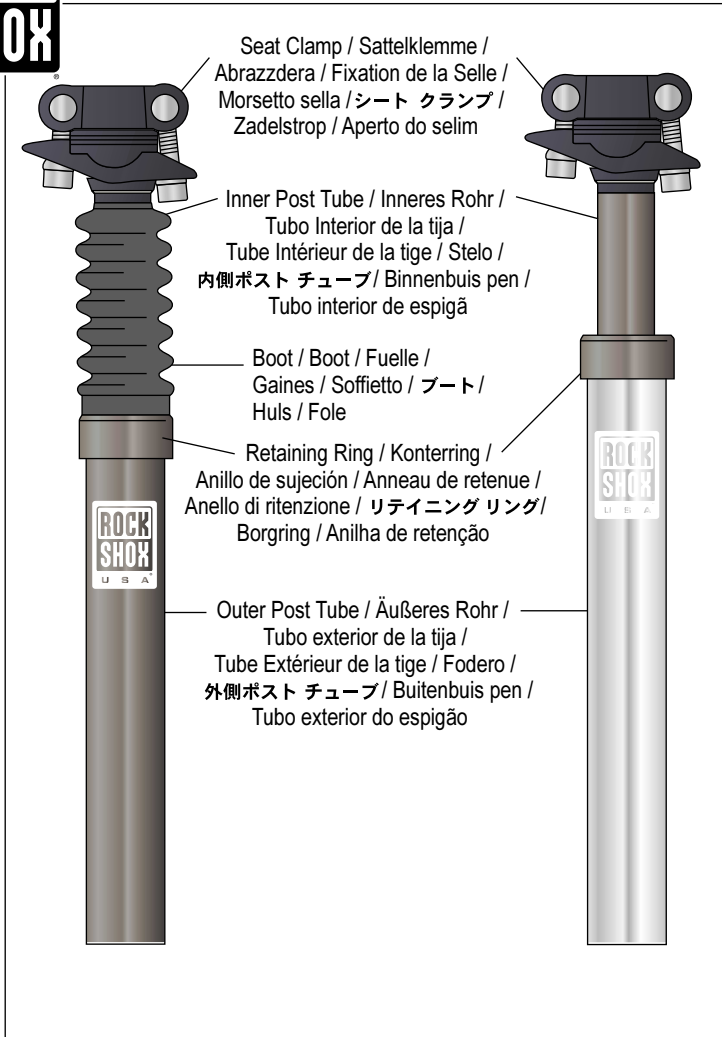
OWNER'S MANUAL



**Mountain and Road Post Bumper Specification (mm)**



**Congratulations!** You have the best in suspension components on your bicycle! This manual contains important information about the safe operation and maintenance of your shock. To ensure that your RockShox shock performs properly, we recommend that you have your fork installed by a qualified bicycle mechanic. We also urge you to follow our recommendations to help make your bicycling experience more enjoyable and trouble-free.



NOTE: YOUR PRODUCT'S APPEARANCE MAY VARY FROM THE ILLUSTRATIONS/PHOTOS IN THIS MANUAL.  
FOR THE LATEST INFORMATION ABOUT YOUR PRODUCT VISIT OUR WEBSITE AT [WWW.ROCKSHOX.COM](http://WWW.ROCKSHOX.COM).

# I M P O R T A N T

## Consumer Safety Information

RIDING A BIKE IS DANGEROUS. NOT PROPERLY MAINTAINING OR INSPECTING YOUR BIKE IS EVEN MORE DANGEROUS. IT IS ALSO DANGEROUS NOT TO READ THESE INSTRUCTIONS.

1. Do not ride with the seat post above the maximum height/minimum insertion mark indicated on the post. Do not scratch the post to mark your preferred seat height, instead, use a piece of tape.
2. Before each ride be sure the seat post binder bolt is securely tightened to the proper torque. Not securing the bolt can cause serious and/or fatal injuries. Follow the bicycle manufacturer's specification for binder bolt torque.
3. Always use genuine RockShox parts. Use of other aftermarket replacement parts voids the warranty and could cause structural failure to the seat post.

## INSTALLATION

It is extremely important that your RockShox Seat Post is installed correctly by a qualified mechanic with proper tools.

- Use a file to deburr the inside of the bicycle frame's seat tube. Scoring or scratches to the inner seat tube may cause premature failure.
- Clean and grease the bicycle frame's seat tube. If using a seat post shim, grease the inside and outside of it as well.
- Install the seat post. Tighten the binder bolt on your bicycle to the manufacturer's specifications.

### Saddle Installation

1. Remove front and rear clamp screws from post clamp assembly.
2. Remove the upper clamp assembly and grease the lower clamp surface, clamp, washers, clamp screws and seat clamp pins (fig. 1).
3. Install saddle and insert upper assembly through the rear of the saddle rails.
4. Hand tighten clamp screws and set saddle to center.
5. Tighten front and rear clamp screws with the saddle in its preferred position. Torque the clamp screws to 72 to 120 in-lb. (8.1 to 13.4 Nm)
6. Take a ride and check if the saddle feels comfortable. If adjustment is necessary, proceed to the next section, "Tuning."

**NOTE: DO NOT OVER-TIGHTEN CLAMP SCREWS! WHEN ADJUSTED CORRECTLY, MAKE SURE CLAMP SCREWS PROTRUDE FROM THE SEAT CLAMP PINS. IF THE SCREWS DO NOT PROTRUDE FROM THE SEAT CLAMP PINS, YOU SHOULD USE LONGER SCREWS.**

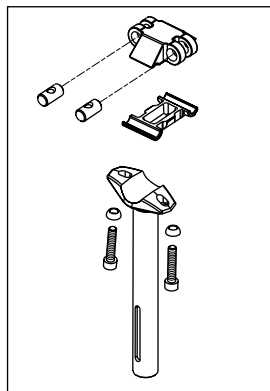


Fig. 1

## PERFORMANCE TUNING

RockShox Seat Posts can be tuned to your particular weight, riding style, and the terrain you ride on. Using a medium bumper, our Seat Posts are set up for the 150 to 180 lb. (68 to 81 kg), all-around rider. You may benefit from making tuning adjustments for your specific needs. Install the post and take your bicycle for a ride before making any tuning adjustments. When tuning suspension, always make one change at a time and write it down. Keeping a record lets you know what changes you have tried and suggests what changes you might try.

### Setting Sag

The RockShox Seat Post is designed to compress (sag) when you are sitting on the bike. The optimum settings for the best all around performance are 0 to 20mm sag for the MTB Post and 0 to 8mm sag for the Road Post. To measure sag, pull the dust boot up from the bottom and install a zip tie on the inner tube so that it is flush against the retaining ring; sit on the bike in a normal riding position; then step off your bike and measure the bottom of the zip tie to the top of the retaining ring. This measurement is the amount of sag.

**NOTE: BE SURE TO REMOVE THE ZIP TIE WHEN YOU ARE FINISHED MEASURING SAG.**

Changing the preload alters the sag and firmness of the initial post movement. The preload adjuster plug in the bottom of the seat post tube adjusts the sag of the post (preload on the spring stack). When the preload adjuster is turned clockwise, the seat post will sag less and be firmer. Turning the preload adjuster plug counterclockwise causes the seat post to be softer and sag more. Do not turn the preload adjuster plug exposing its threads at the bottom of the post tube. Failure to observe this instruction could result in premature failure of the preload adjuster plug or outer tube.

### Changing the Spring Rate

Spring rate changes are made by cutting the bumper. The following are recommended elastomer lengths for rider weights.

#### MTB POST

If the sag setting is correct and you can't get a minimum travel of 20 mm, use a softer (longer) bumper. However, if the sag is correct and you have excessive bottom out, use a firmer (shorter) bumper. Use the chart below to determine what bumper is best suited for you.

<b>Rider Weight</b>	<b>Bumper Length</b>	<b>Preload Spacers</b>	<b>Turns of Preload</b>
100-160 lb	140mm	0	10-15
140-190 lb	127mm	1	10-25
170-220 lb	114mm	1	10-25
200-250 lb	101mm	1-2	10-30

### Road Post

If the sag setting is correct and you can't get a minimum travel of 10 mm, use a softer (longer) bumper. However, if the sag is correct and you have excessive bottom out, use a firmer (shorter) bumper. Use the chart below to determine what bumper is best suited for you.

<b>Rider Weight</b>	<b>Bumper Length</b>	<b>Preload Spacers</b>	<b>Turns of Preload</b>
100-160 lb	76mm	2	5-10
140-190 lb	63mm	2-3	5-15
170-220 lb	57mm	3	5-20
200-250 lb	50mm	3	5-25

## Changing the Bumper or Adding Preload Spacers

1. Unscrew the preload adjuster plug using a 6mm hex wrench (fig. 2).
2. Remove the bumper and any spacers from the outer tube. Note the orientation of all parts (fig. 2).
3. Cut the bumper, if necessary.
  - a. Using the gauge on the inside front cover, mark the desired length on the bumper with a felt tip pen.
  - b. With a razor knife or fine bladed saw, carefully cut the bumper making sure to cut the edge at a 90 degree angle (square).
4. Clean and grease the bumper and re-install into the outer tube with spacers (if used).
5. Re-install the cleaned and greased preload adjuster plug, starting threads by hand.
6. Tighten preload adjuster plug until it comes in contact with the bumper.
7. Add preload as necessary.

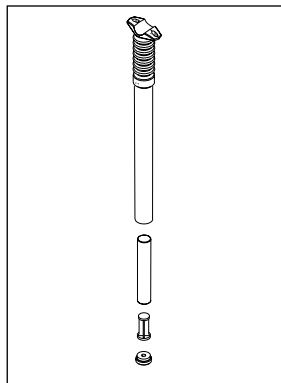


Fig. 2

## MAINTENANCE

To maintain high performance, safety, and long life of your seat post, periodic maintenance is required. If you compete frequently or ride in wet, muddy or otherwise extreme conditions, reduce the suggested maintenance intervals listed below by 50 percent.

**IMPORTANT: ALWAYS WEAR SAFETY GLASSES WHEN WORKING ON ROCKSHOX PRODUCTS.**

### Before Every Ride

- Check the rail clamp screws for proper torque.
- Check retaining ring to tightness.
- Check seat post binder bolt for proper torque according to the bicycle manufacturer's specifications.
- Check for play.

### Torque Tightening Values

Clamp Screws 72 to 120in-lb (8.1 to 13.5Nm)

### After 25 Hours Of Riding

- Disassemble the seat post. This procedure should be completed by a qualified mechanic with proper tools. The mechanic should clean the internal parts using a suitable solvent, inspect all parts for damage and replace any parts that are damaged.
- Lubricate the internal parts.
- Check for increased side to side movement. If after a fresh greasing there is still side-to-side movement, replace the keys. Contact your local dealer or distributor or visit our web site at [www.rockshox.com](http://www.rockshox.com) for further information.

## WARRANTY

RockShox, Inc. warrants its products for a period of one year from original date of purchase to be free from defects in materials or workmanship. Any RockShox product that is returned to the factory and is found by RockShox to be defective in materials or workmanship will be repaired or replaced at the option of RockShox, Inc. This warranty is the sole and exclusive remedy. RockShox shall not be held liable for any indirect, special, or consequential damages.

The warranty does not apply to products which have not been properly installed and adjusted according to RockShox installation instructions. The warranty does not cover any product that has been subject to misuse or whose serial number has been altered, defaced or removed. This warranty does not apply to damage to the product caused by a crash or abuse of the product or any other circumstances in which the product had be subjected to forces or loads beyond its design. This warranty does not cover paint damage or modifications to the product. **Proof of purchase is required.**

### Warranty Repair

If for any reason it should be necessary to have warranty work done, return the product to a RockShox dealer. In the USA, dealers are required to call for a Return Authorization number (RA#) prior to returning product.

For more technical information, visit our web site at [www.rockshox.com](http://www.rockshox.com). For toll-free technical support in the USA, call 1.800.677.7177. Customers in countries other than the USA should contact their local dealer or distributor.

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950-006074-00, Rev. A01

March 2001



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## **IMBA Rules of the Trail**

Ride on open trails only  
Leave no trace  
Control your bicycle  
Always yield trail  
Never spook animals  
Plan ahead