

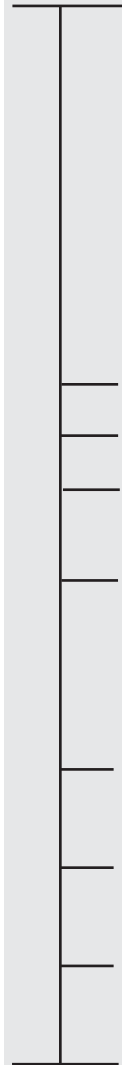
2003

# SEATPOST

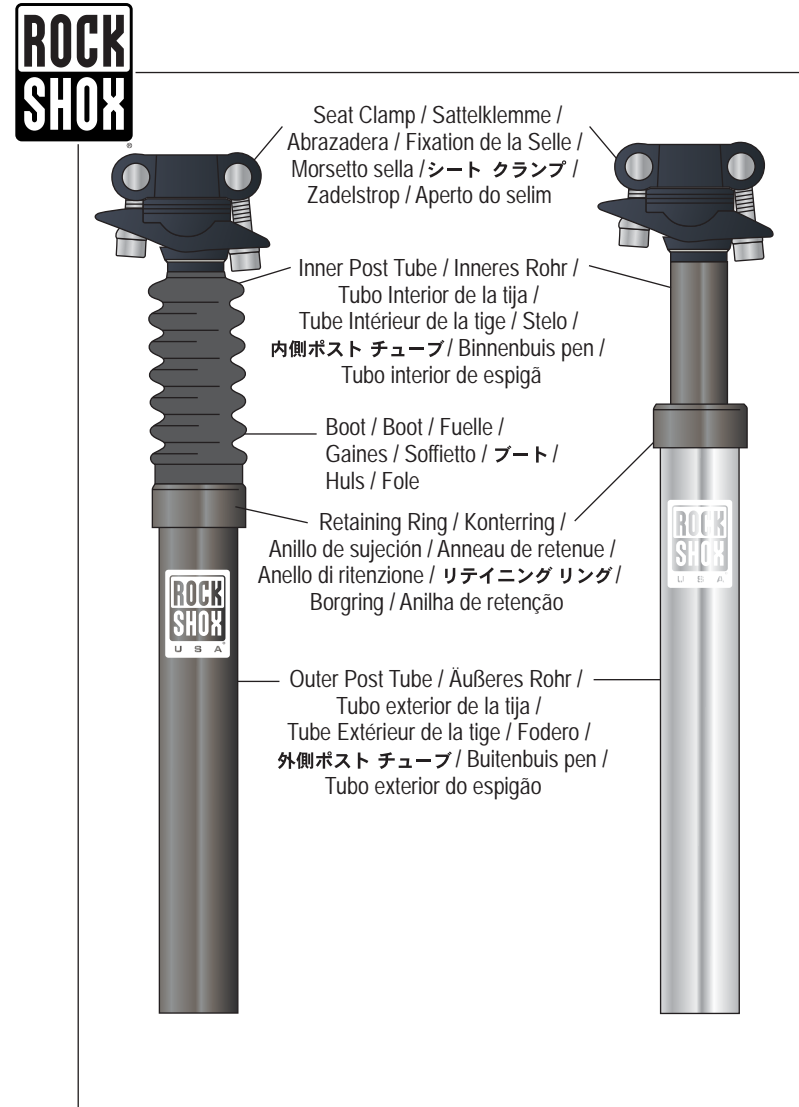
OWNER'S MANUAL



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 shock 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 (MTB and Road Post)**

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.**

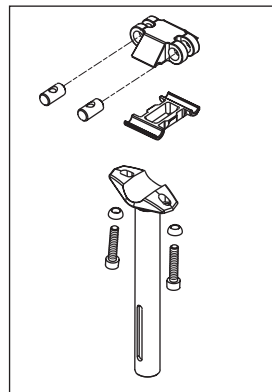


Fig. 1

## **Saddle Installation (GPS Only)**

1. Loosen the saddle bolt five turns.
2. Rotate the upper clamp 90 degrees.
3. Install the saddle's rails on the lower clamp.
4. Rotate the upper clamp over and onto the rails of the saddle, seating it.
5. Lightly tighten the saddle clamp bolt and rock the saddle so the nose and tail are at the proper elevation. Slide the saddle forward or backward on its rails to a preferred position.
6. Torque the saddle clamp bolt from 72 to 120 in-lb (8.1 to 13.4 Nm).
7. Test ride and check the saddle height, angle and fore/aft position. Make necessary adjustments by repeating steps 1 through 6 as necessary.
8. After test-ride, re-torque the clamp bolt. Check the clamp bolt over the next couple of rides to ensure the bolt has not come loose.

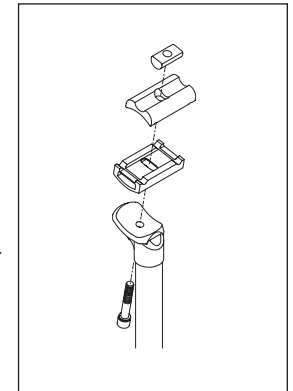


Fig. 2

## **PERFORMANCE TUNING**

RockShox Seat Posts can be tuned to your particular weight, riding style, and the terrain you ride on. 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 GPS post (when off-pavement) and 0 to 8mm sag for the Road Post and GPS Post (when on pavement). 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 (MTB and Road Posts only)**

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.

Rider Weight	Bumper Length	Preload Spacers	Turns of Preload
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.

Rider Weight	Bumper Length	Preload Spacers	Turns of Preload
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 (MTB and Road Posts only)

1. Unscrew the preload adjuster plug using a 6mm hex wrench (fig. 3).
2. Remove the bumper and any spacers from the outer tube. Note the orientation of all parts (fig. 4).
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.

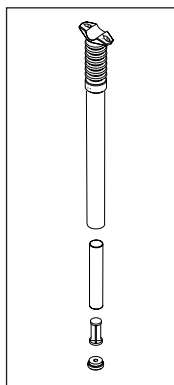


Fig. 3

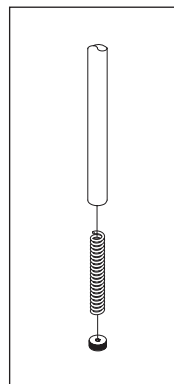


Fig. 4

## Changing the Spring for GPS

To adjust the spring rate of the GPS post for a softer or firmer rate, you must install a softer or firmer spring. Contact your dealer or distributor to purchase the appropriate spring.

1. Unscrew the preload adjuster plug using a 6mm hex wrench (fig. 4).
2. Remove the spring from the preload adjuster plug.
3. Replace the spring with one of a softer or firmer rate. Snap the spring onto the preload adjuster plug and re-install the assembly into the outer tube.
4. Add preload as necessary.

## 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 120 in-lb (8.1 to 13.5 Nm)

## 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 two years from original date of purchase to be free from defects in materials or workmanship. RockShox USA, or an authorized RockShox Agent must inspect all RockShox products. If a product is found by RockShox or its authorized agent to be defective in materials or workmanship, replacement or repair is at the option of RockShox. This warranty is the sole and exclusive remedy. RockShox shall not be held liable for any indirect, special, or consequential damages.

## Exclusions of Warranty

This 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, impact, abuse of the product, non-compliance with manufacturer's specifications, or any other circumstances in which the product has been subjected to forces or loads beyond its design. This warranty does not cover paint damage or modifications to the product.

Original proof of purchase is required. Warranty repair/replacement is only valid upon presentation of proof of purchase, directly submitted to RockShox at the time of warranty evaluation. Warranty repair or replacement is at the discretion of RockShox or its authorized agent, upon physical product evaluation and proof of purchase.

This warranty does not include or cover common 'wear and tear' parts which are subject to damage as a result of normal use, failure to service product according to RockShox recommendations, wet conditions, racing, use of disc brakes, rider weight, riding or installation in conditions or applications other than recommended.

**'Wear and Tear' parts are identified as:** External dust seals, bushings, foam rings, rubber moving parts (such as air sealing o-rings and glide rings), stripped threaded shafts or bolts, upper tubes (stanchions), rear shock mounting hardware and springs, and fork drop outs.

## Pioneer Support Program

In the event parts are unavailable at the time of your repair, at the option of RockShox or its authorized agent, a replacement fork may be provided at a determined discount price.

## Warranty Expenses Incurred

The RockShox warranty policy excludes expenses incurred as a result of transportation of product from a RockShox dealer to RockShox USA, or its authorized distributor, labor performed by a RockShox dealer for removal of RockShox product, or warranty repair work performed by a RockShox dealer. Warranty work performed by a RockShox dealer is voluntary.

## 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. Outside the USA, dealers are required to call an authorized RockShox Distributor.

For more technical information, visit our website at [www.rockshox.com](http://www.rockshox.com). For toll-free technical support in the USA, call 1.800.677.7177. Dealers outside the USA must contact their local dealer or distributor. For a complete list of Authorized Distributors outside the USA, visit [www.rockshox.com](http://www.rockshox.com).

# INTERNATIONAL DISTRIBUTOR LIST

## Argentina

Broni S.A.  
Phone: 54 11 4292 3000  
FAX: 54 11 4292 4453  
J.J. PASO 1260, (1832) LOMAS DE  
ZAMORA, BUENOS AIRES

## Australia

Steve Cramer Products  
Phone: 61 3 9587 1466  
FAX: 61 3 9587 2018  
39 INDUSTRIAL DRIVE BRAESIDE,  
VICTORIA 3192

## Austria

Barisitz-Austria  
Phone: 43 0 5223 46444  
FAX: 43 0 5223 46444-14  
A-6060 Mills  
Gewerbepark 12

## Belgium

Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
FLEMINGSTRAAT 100A, 2041 VL  
ZANDVOORT  
HOLLAND

## Brunei

Treknology Bikes 3  
Phone: 65 466 2673  
FAX: 65 466 7610  
24 HOLLAND GROVE ROAD, SINGAPORE,  
1545

## Bulgaria

Ultrasport  
Phone: 3592 44 7042  
FAX: 3592 943 3445  
18, IVAN ASSEN STR.  
1000 SOFIA  
BULGARIA

## Bulgaria

X Sports  
Phone: 359 2 981 8852  
FAX: 359 2 981 8852  
4 BACHO KIRO STR.  
1000 SOFIA  
BULGARIA

## Brazil

Pedal Power  
Phone: 55 11 3845 6997  
FAX: 55 11 3845 6377  
R. GOMES De CARVALHO 541  
SAO PAULO SO  
04547002

## Canada

Cycles Lambert  
Phone: 800 463-4452 (Quebec)  
FAX: 800 461 1685  
100 Rue des Riveurs  
LEVIS, QUEBEC  
G6V 9G3

## Chile

Bicicletas Belda Limitada  
Phone: 56 32 881799  
FAX: 56 32 978799  
14 NORTE 1001  
VINA DEL MAR

## Columbia

Santiago Botero Rincon  
Phone: 6-8811301  
CARRERA 23 #55-37  
MANIZALES, CALDAS

## Costa Rica

Inversiones Y Sistemas Garvi  
Phone: 506 296 3383  
FAX: 506 289 7013  
P.O. BOX 1776151  
SANTA ANA, 2000

## Croatia

Ciklo-Centar  
Phone: 385 1 234 22 24  
FAX: 385 1 234 34 22  
JURJA VES 30A  
10000 ZAGREB

## Czech Republic

Vanek Praha  
Phone: 42 0 312 698 1889  
FAX: 42 0 312 698 025  
CERRENY UJEZD 185, UNHOST, 27351

## Denmark

Duell A/S  
Phone: 45 86 36 7800  
FAX: 45 86 36 7377  
MOLLERUPVEJ 3, TAASTRUP, 8410 RONDE

## Ecuador

Deporte Extremo S.A.  
Phone: 593 2 224-8737  
FAX: 593 2 225-3691  
AV DE DICIEMBRE 6327, ENTRE LOUVRE Y  
TOMAS DE, BERLANGA.LOCAL #3, QUITO

## Estonia

Hawaii Express  
Phone: 372 6 398 508  
FAX: 372 6 398 566  
REGATI 1, 5K-102, TALLINN, 11911, Estonia

## Estonia

Estonian Unidream  
Phone: 372 636 7470  
Fax: 372 636 7470  
Paavli 2A, Tallinn  
EE0004, Estonia

## Finland

Hallman Sports Oy  
Puutarhakatu 19 A  
FIN-20100 Turku  
FINLAND  
Tel +358-20-155 0800  
Fax +358-20-155 0801

## France

Royal Velo France  
Phone: 33 325 40 39 39  
Fax: 33 325 40 69 50  
4 RUE DES AZALEES, P.A. SUD-  
CHAMPANGE  
ST THIBAUT, 10800

## Germany

Sport Import GmbH  
Phone: 49 44 05 9280 0  
FAX: 49 44 05 9280 49  
INDUSTRIESTRASSE 41 B, EDEWECHT,  
26188

## Greece

Gatsoulis Stefanos Imports  
Phone: 30 12512 779  
FAX: 30 12533 960  
8 THESSALONIKIS STREET, NEW  
FILADELFIA, ATHENS, T.T. 14342

## Greece

NIKOS MANIATOPOULOS  
Phone: 30 610-990424  
FAX: 30 61-993045  
AG. VASSILIOS  
PATRAS 265 00

## Guatemala

Bike Center  
Phone: 502 366 7709  
FAX: 502 363 3918  
18 CALLE 7-48, ZONA 10, GUATEMALA

## Holland

Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
FLEMINGSTRAAT 100A, 2041 VL  
ZANDVOORT  
HOLLAND

## Hong Kong

Flying Ball Bicycle Company  
Phone: 852 23813661  
FAX: 852 23974406  
201 TUNG CHOI ST. G/F, MONGKOK  
KOWLOON

## Hungary

Prokero Ltd Co.  
Phone: 361 331 3184  
FAX: 361 331 3184  
KALMAN IMRE UTCA 23, BUDAPEST, 1054

## Iceland

Orninn Hjol Ltd  
Phone: 354 588 9892  
FAX: 354 588 9896  
SKEIFAN 11, P.O. BOX 8036, REYKJAVIK

## Indoenisa

Treknology Bikes 3  
Phone: 65 466 2673  
FAX: 65 466 7610  
24 HOLLAND GROVE ROAD, SINGAPORE,  
1545

## Ireland

Madison  
Phone: 44 20 8385 3385  
Fax: 44 20 8385 3443  
BUCKINGHAME HOUSE EAST, THE  
BROADWAY  
STANMORE, MIDDLESEX HA7 4EA  
UNITED KINGDOM

## Israel

Becidan Cycles  
Phone: 972 9 954 9165  
FAX: 972 9 954 9165  
92 SOKOLOV HERZELYA

## Italy

Motorquality  
Phone: 39 02 24 951 1  
FAX: 39 02 24 951 228  
20099 SESTO S. GIOVANNI, (MI) I VIA  
VENEZIA, (ANG. VIA CARDUCCI), MILANO

## Japan

Yoshigai Corporation  
Phone: 81 6 4309 2530  
FAX: 81 6 4309 2532  
74-3 Nagata-Higashi,  
Higashi-Osaka, Japan

## Korea

OD Bike Inc.  
Phone: 82 2 474 0818  
Fax: 82 2 474 0656  
3F 379-20 SUNGNAE-DONG, KANGDONG-  
KU, SEOUL, 134-030

## Latvia

Veloserviss  
Phone: 371 750 1292  
Fax: 371 750 1298  
1/1 HAPSALAS ST., RIGA, LV-1005

## Luxembourg

Vertex Cycle Systems BV  
Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
FLEMINGSTRAAT 100A, 2041 VL  
ZANDVOORT  
HOLLAND

## Malaysia

Gin Huat Cycle Trading  
Phone: 603 6189 1663  
FAX: 603 6189 1662  
# 8, JALAN INDUSTRI BATU CAVES ½  
TAMAN PERINDUSTRIAN BATU CAVES  
68100 BATU CAVES  
SELANGOR DARUL EHSAN

## Mexico

Tekno Bike & Outdoor Prod.  
Phone: 52 8 343 1550  
FAX: 52 8 343 1275  
Porfirio Diaz #469  
Col Centro CP 6400  
Monterey, NL Mexico

## New Zealand

W.H. Whorrall & Co. Ltd.  
Phone: 64 9 63 6 06 41  
FAX: 64 9 63 6 06 31  
43 FELIX ST  
PENROSE, AUCKLAND

## Norway

Cycle Pro  
Phone: 46 18 56 16 00  
FAX: 46 18 50 03 22  
HALLNASGATAN 8, S-75228 UPPSALA,  
SWEDEN

## Panama

Distribuidora Rali S.A.  
Phone: 507 220-3844  
FAX: 507 220-5303  
VIA ESPANS EDIFICA CARCEP, P.O. BOX  
87-0852, PANAMA 7

## Peru

Rajo Sports  
Phone: 511 447 0838  
FAX: 511 447 0838  
AV. REPUBLICA DE, PANAMA 6513, LIMA 33

## Philipenes

Bent Spoke  
Phone: 63 919-295-0928  
FAX: 63 919-295-0928  
64-D MAYSILO ST.  
MANDALUYONG CITY

## Poland

R & P Pawlak  
Phone: 48-61-875 8032  
FAX: 48-61-878 7266  
Ul. Strarolecka 18  
61-361 Poznan

## Portugal

Bicimax  
Phone: 351 244 553276  
FAX: 351 244 553187  
APARTADO 34, 2431 MARINHA GRANDE

## Russia

Sportex  
Phone: 7095 288 4524  
FAX: 7095 288 6888  
KUDRINSKAYA PL., 1., P.O.BOX 33,  
MOSCOW, 123242

## Russia

Velomir  
Phone: 7 095 237 8682  
FAX: 7 095 237 8463  
113093 LUSINOVSKAYA 53/12  
MOSCOW, 113096  
RUSSIA

## St. Maarten

Tri-Sport International  
Phone: 5995 43462  
FAX: 5995 43928  
8 AIRPORT BOULEVARD, SIMPSON BAY,  
NAMIBIA

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Phone: 65 466 2673  
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Paul Lange Oslany  
Phone: 42 1 862 5492 344  
FAX: 42 1 862 5492 350  
MEROVA 854/37 OSLANY, 97247 SLOVAKIA

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Proloco Trade  
Phone: 386 64 380 200  
FAX: 386 64 380 202  
ENOTA KRANJ, BRITOF 96A, 4000 KRANJ

## Spain

K. Motor Dealer S.L.  
Phone: 34 9 1 637 70 97  
FAX: 34 9 1 637 72 64  
PARQUE INDUSTRIAL, EUROPOLIS  
EDIFICO BRUSELA, BLOQUE 4, NAVE 1,  
LAS ROZAS (MADRID), N/A, 28230

## Sweden

Hallman Sports  
Phone: 46 18 56 16 00  
FAX: 46 18 50 03 22  
HALLNASGATAN 8, S-75228 UPPSALA

## Switzerland

Cilo Bike Service SA  
Phone: 41 21 641 63 30  
FAX: 41 21 641 63 82  
CH. DE L'ORIO 30 A, CASE POSTALE 64,  
CH- 1032 ROMANEL S. LAUSANNE

## Taiwan

Bikelech Co. Ltd.  
Phone: 886 22 694 5806  
FAX: 886 22 694 6133  
NO. 14 FU TEH 1 ROAD, 392 LANE, 37  
ALLEY HSICHIH, TAIPEI HSIEN, TAIWAN,  
R.O.C.

## Thailand

Probike Co. Ltd.  
Phone: 662 254 1077  
FAX: 662 254 1078  
237/2 SARASIN ROAD, LUMPINNE,  
PATUMWAN, BANGKOK, 10330

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CENTRO COMERCIAL IBARRA, PLANTA  
BAJA, LOCAL 3-A CALLE GARCILAZO,  
COLINAS DE BELLO, 0, CARACAS

950-006924-00,  
Rev.A01



**1610 Garden of the Gods  
Colorado Spring, CO 80907**

## IMBA Rules of the Trail

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