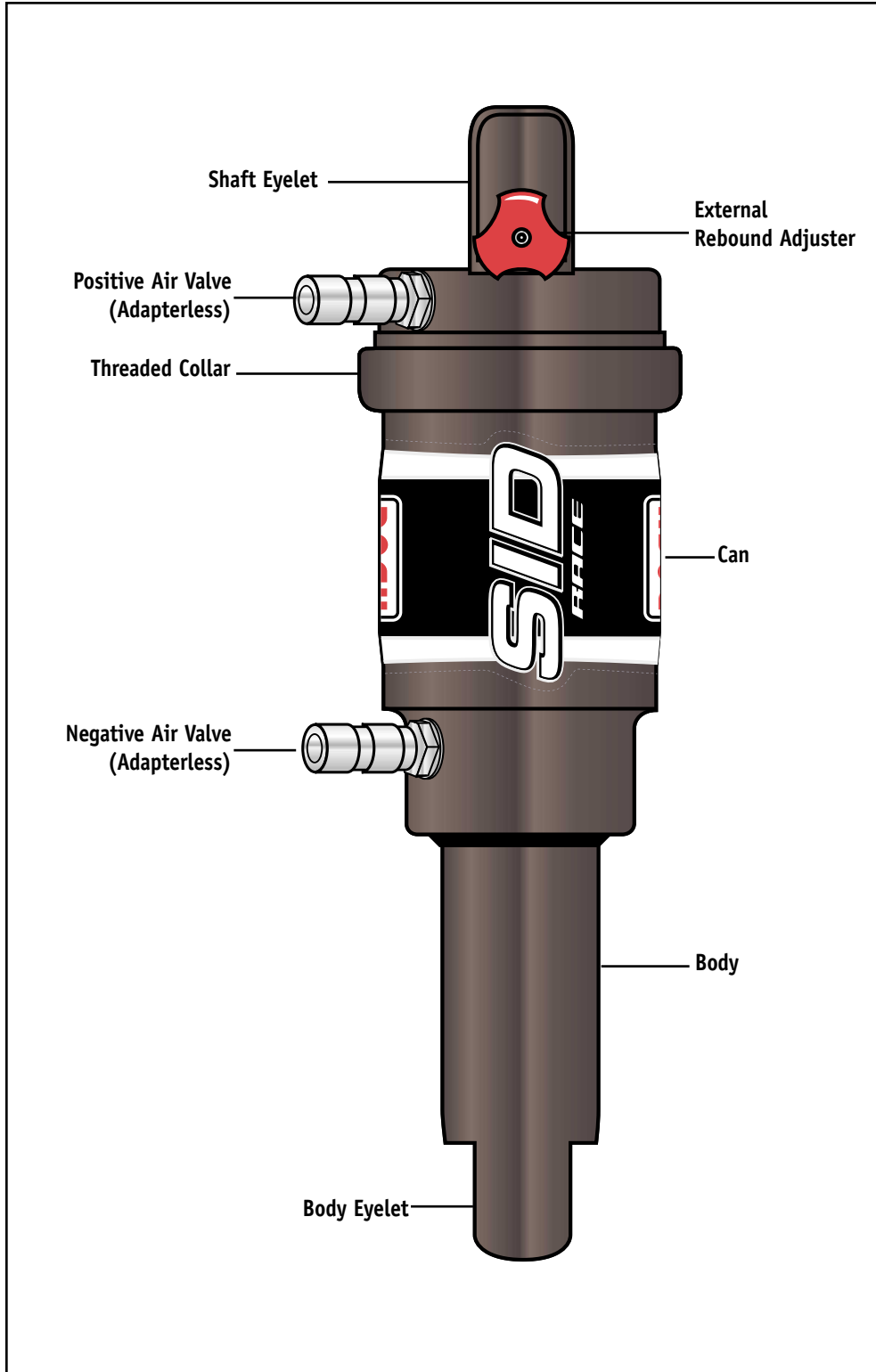




**SID** RACE, RACE ADJUST  
XC, XC ADJUST  
2001 OWNER'S MANUAL



Note: Your shock's appearance may vary from the illustrations/photos in this manual.

\* Denotes updated information since the printed version that came with your shock.

**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 insure 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.

## **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'S ALSO DANGEROUS NOT TO READ THESE INSTRUCTIONS.

1. Before riding the bicycle, be sure the brakes are properly installed and adjusted. If the brakes don't work properly, the rider could suffer serious and/or fatal injuries.
2. If the shock ever loses oil or if it makes sounds of excessive topping out, stop riding the bicycle immediately and have the shock inspected by a dealer or call RockShox. Continuing to ride with the shock in either of these conditions could result in loss of control of the bicycle with possible serious and/or fatal injuries.
3. Always use genuine RockShox parts. Use of after-market replacement parts voids the warranty and could cause structural failure to the shock. Structural failure could result in loss of control of the bicycle with possible serious and/or fatal injuries.

## **I N S T A L L A T I O N**

It is extremely important that your RockShox SID rear shock is installed correctly by a qualified bicycle mechanic with proper tools. Consult your bicycle manufacturer's instructions for proper installation of your SID shock.

## **W A R N I N G**

**IMPROPERLY INSTALLED SID SHOCKS CAN BE EXTREMELY DANGEROUS AND MAY RESULT IN SEVERE AND/OR FATAL INJURIES.**

## **P E R F O R M A N C E T U N I N G**

By adjusting the air pressure, the SID rear shock can be tuned for your particular weight, riding style, and terrain. You may benefit by making tuning adjustments to suit your specific needs. When tuning suspension, always make one change at a time and write it down. This allows you to understand how each change affects your ride.

### **Setting Sag**

Sag is the amount of shock travel that is used as the rider sits stationary on the bike. Typically, sag is 15 to 30 percent of all available wheel travel. Check with your bicycle manufacturer to determine the rear wheel travel and recommended sag for your particular bike before setting sag. For the SID rear shock you will be changing the air spring rate to set sag.

Adjusting main chamber air pressure determines the spring rate, or stiffness, of the shock. The more air you put in, the firmer your shock will be. Maintain air pressure between 100 and 250 psi.

### **Selecting Air Pressure (Spring Rate):**

1. Depressurize the main and opposing air chamber by removing the air cap and depressing the valve core stems.
2. Because every bike is different, a good starting point is to pressurize the main air chamber to an air pressure equaling your body weight.  
NOTE: AS BICYCLE DESIGNS DIFFER SIGNIFICANTLY, YOUR BICYCLE MAY REQUIRE DIFFERENT PRESSURES OR SET UP TECHNIQUES. THESE INSTRUCTIONS ARE INTENDED AS A GUIDELINE ONLY.
3. Without sitting on the bike, measure the distance from the floor to the seat (rear height). Write it down.
4. While you sit in a normal riding position, have a friend measure the same distance. The difference between the two measurements is sag. Determine what percentage of total wheel travel this sag represents.
5. If the sag is less than your bicycle manufacturer's recommendation, a lower air pressure should be used. If the sag is greater than your bike manufacturer's recommendation, a greater air pressure should be used.

**IMPORTANT: DO NOT USE AIR PRESSURE OUTSIDE THE 100 TO 250 PSI RANGE.**

6. Once sag has been set, pressurize the negative air chamber to match the main air chamber pressure.

TIP: ADJUSTING THE NEGATIVE AIR CHAMBER DETERMINES THE EASE OF INITIAL COMPRESSION. THE HIGHER THE AIR PRESSURE YOU PUT IN, THE EASIER IT IS TO COMPRESS THE SHOCK.

7. Measure the sag once again to make sure it is the same.
8. Replace both air caps.

**Example:** If your bike has 4" of rear wheel travel and you want to set it up for cross-country riding, your sag should be 0.6 - 1.2 in. If you weigh 175 lbs., pressurize the main chamber to 175 psi and measure your sag.

### **Rebound Damping Adjustment (Some Models)**

The SID rear shock includes a red rebound damping adjustment knob. Rebound is the extension or return of the shock. Rebound damping adjustment allows you to control the rate at which the shock extends after it is compressed.

The shock's rebound is quickest when the adjustment knob is in the full counterclockwise position. Rebound is slowest when the adjustment knob is in the full clockwise position.

#### **SETTING REBOUND**

When you are setting rebound, a good starting point is the "curb" test. Be sure this is done after you set up your sag.

1. Set your rebound adjuster fully counterclockwise.
2. Ride the bike off the curb sitting in the saddle and count the number times the shock bounces. You want to achieve one bounce.
3. Turn the rebound adjuster a quarter turn clockwise and ride off the curb again. Continue to do this until one bounce is achieved.
4. Record the number of turns from the fully closed (full counterclockwise) position.

## **MAINTENANCE**

### **After Every 8 Hours of Riding**

- Clean your shock with mild soap and a toothbrush. Keep the body clean and lubricated.
- Never use a high-powered washer to clean the shock.
- Keep mounting hardware clean and lubricated. Refer to your bicycle's owner's manual for correct mounting hardware torque values. Also be sure to verify that your shock's mounting hardware is properly torqued (60-in-lb).
- Over-torqued mounting hardware will cause the shock to bind and malfunction. Under-torqued mounting hardware can damage frame, hardware, and shock.

### **After Every 20 hours of Riding**

Remove, clean, and grease mounting hardware.

#### **AIR CAN SERVICE**

1. Release air in shock. Remove valve stems.
2. Using RockShox Spanner wrench, loosen completely Lock can. Remove air can from shock.
3. Closely inspect the inside finish of the air can. Check for nicks or scratches that could cause damage to the o-rings. Check the leading edge of the can for any sharp burrs that could damage the can o-ring or fixed piston glide ring.
4. Inspect all o-rings, wipers and glide rings for damage. Lubricate each o-ring, wiper and glide ring.
5. Lightly lubricate the SID Rear shock body. Gently slide the air can onto the SID Rear shock body.
6. Orient the air valve properly and lightly snug the lock can.
7. Re-install valve stems.

## **SERVICE**

The SID rear shock should be fully serviced every year by a qualified technician with proper tools. Please contact your local RockShox dealer, RockShox Technical Services, or the nearest distributor in the International Distributors List.

Read the Warranty section for further warranty repair and contact 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 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 the place of purchase. In the USA, Dealers should call for a Return Authorization number (RA#) prior to returning product.

Products returned for inspection must be sent freight prepaid and with proof of purchase to:

RockShox, Inc.  
1610 Garden of the Gods  
Colorado Spring, CO 80907

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. Customers in countries other than the USA should contact their local dealer or distributor.

## 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: 43 512 39 22 87  
FAX: 43 512 39 45 19  
BERNHARD-HOEFELSTRASSE 14, A-6020, INNSBRUCK

### Belgium

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

### Canada

Bell Sports Canada  
Phone: 403 273 1427 (Calgary)  
FAX: 403 248 1221  
BAY 147, 2760 45TH AVE SE  
CALGARY, ALBERTA  
T2B 3M1

### Chile

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

### Colombia

Disandina Ltda.  
Phone: 574-288-8322  
FAX: 574-288-6211  
CIUDADELA INDUSTRIAL, SIERRA MORENA BODEGA  
No. 207, CRA. 43 A No. 61 SIR 152, SABANETA

### Costa Rica

Inversiones Y Sistemas Garvi  
Phone: 506 296 3383  
FAX: 506 289 7013  
P.O. BOX 4805-1000, SAN JOSE

### 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

Bici Sport  
Phone 5932 248737  
FAX: 5932 253691  
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  
Or  
Estonian Unidream  
Phone: 372 636 7470  
Fax: 372 636 7470  
Paavli 2A, Tallinn  
EE0004, Estonia

### Finland

Mr. Cool OY  
Phone: 358 9 3250817  
FAX: 358 9 3250609  
LINNAVUORENTIE 28, HELSINKI, 00950

### France

Royal Velo France  
Phone: 33 325 433 730  
Fax: 33 325 43 95 95  
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

### Guatemala

BYS Importaciones S.A.  
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

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

**Ireland**

Madison  
Phone: 44 181 385 3385  
Fax: 44 208 345 3443  
BUCKINGHAME HOUSE EAST, THE BROADWAY  
STANMORE, MIDDLESEX HA7 4EA  
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S.I. Noam  
Phone: 972 3659 7928  
Fax: 972 3659 7928  
4 HA'ATZMAUT AVE,  
BAT-YAM, ISRAEL  
59441

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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: 81 729 88 5461  
FAX: 81 729 88 5463  
5-19, 1-CHOME, SHIMOROKUMANGI-CHO, HIGASHI-  
OSAKA JAPAN 579

**Korea**

KS Sports  
Phone: 822 548 5408  
FAX: 822 512 3230  
SHIN SEUNG BLDG 4TH FLR, 115-4 NONHYUN-DONG,  
KANGNAM-KU, SEOUL

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

**Luxembourg**

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Phone: 31 23 57 18184  
FAX: 31 23 57 18606  
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HOLLAND

**Mexico**

Tekno Bike  
Phone: 52 8 336 5602  
FAX : 52 8 338 5663  
HUMBERTO LOBO #780, COL. DEL VALLE, GARZA  
GARCIA, MEXICO, CP, 66220, 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  
NEW ZEALAND

**Norway**

Hallman Sports  
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**

Rojo Sports  
Phone: 511 447 0838  
Fax: 511 447 0838  
AV. REPUBLICA DE, PANAMA 6513, LIMA 33

**Poland**

Giant Polska S.P. ZOO  
Phone: 48 22 645 14 34  
FAX: 48 22 645 14 36  
AL NIEPODLEGLOSCI 221-4, 02-087 WARSZAWA

**Portugal**

Bicimax  
Phone: 351 44 553276  
FAX: 351 44 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

**St. Maarten**

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

**Singapore**

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

**Slovak Republic**

Paul Lange Oslany  
Phone: 42 1 862 5492 344  
FAX: 42 1 862 5492 350  
MIEROVA 854/37 OSLANY, 97247 SLOVAKIA

**Slovenia**

Proloco Trade  
Phone: 386 64 380 200  
FAX: 386 64 380 2022  
ENOTA KRANJ, BRITOF 96A, 4000 KRANJ

**South Africa**

Coolheat (SA) (PTY) Ltd.  
Phone: 27 11 807 5282  
FAX: 27 11 807 2998  
3 RUARGH STREET, PARK CENTRAL, P O BOX 740,  
JOHANNESBURG 2001

**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

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Biketech Co. Ltd.  
Phone: 886 22 694 5806  
FAX: 886 22 694 6133  
NO. 12 FU TEH ROAD, 266 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

**Turkey**

EBSAT  
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FAX: 90 212 519 4846  
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International Sports  
Phone: 5982 782498  
FAX: 5982 622532  
AVDA. BRASIL 2567, 11800 MONTEVIDEO

**Venezuela**

Bike Sports  
Phone 582 751 9709  
FAX: 582 753 5071  
CENTRO COMERCIAL IBARRA, PLANTA BAJA, LOCAL  
3-A CALLE GARCILAZO, COLINAS DE BELLO, O,  
CARACAS