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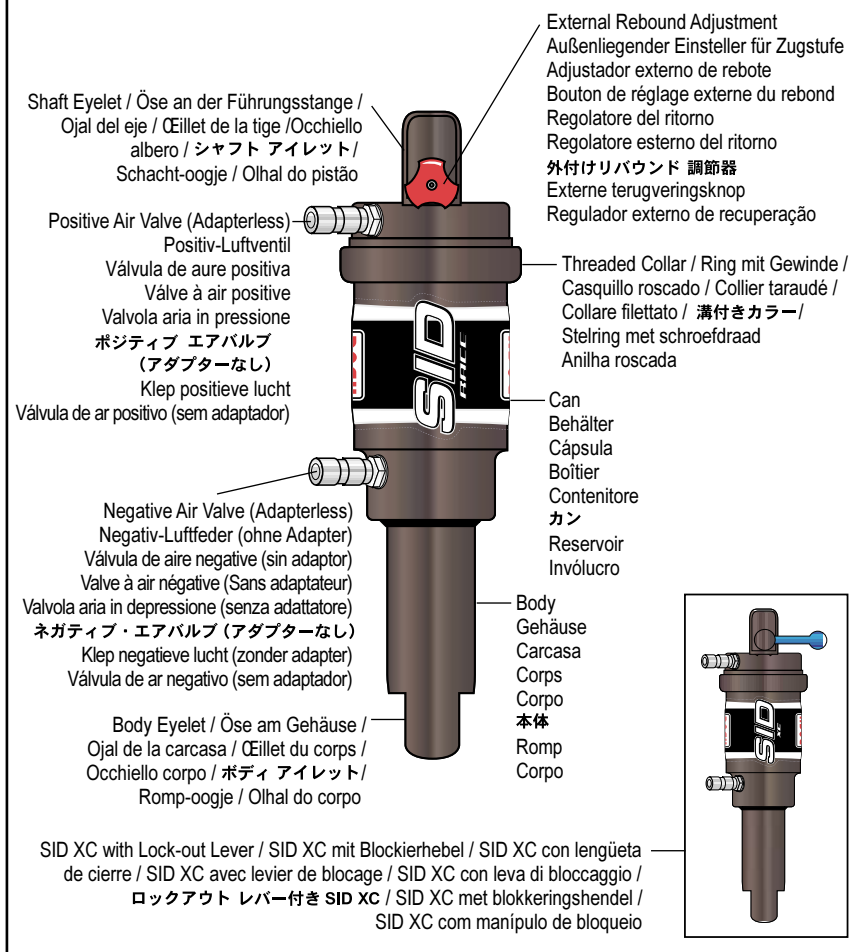
SID

OWNER'S MANUAL



RACE, RACE ADJUST, XC, XC ADJUST, XC LOCKOUT

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 SHOCK'S APPEARANCE MAY VARY FROM THE ILLUSTRATIONS/PHOTOS IN THIS MANUAL.

FOR THE LATEST INFORMATION ABOUT YOUR FORK VISIT OUR WEBSITE AT 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'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.

INSTALLATION

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



WARNING

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

PERFORMANCE TUNING

RockShox rear shocks can be tuned for your particular weight, riding style, and terrain.

IMPORTANT: BE SURE YOU TAKE YOUR BIKE FOR A TEST RIDE TO SEE IF THE REAR SHOCK IS SET UP FOR YOU STRAIGHT "OUT OF THE BOX."

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 positive air pressure determines the spring rate, or stiffness, of the shock. The more air you put in, the firmer your shock will be.

Selecting Air Pressure (Spring Rate):

1. Depressurize the positive and negative 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 positive 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 positive 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 lb., pressurize the positive chamber to 175 psi and measure your sag. Then pressurize the negative air chamber to 175 psi and remeasure sag.

Rebound Damping Adjustment (Some Models)

The shock includes a red rebound damping adjustment knob. Rebound is the extension or return stroke 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 of times the shock bounces before returning to nominal sag. 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.

SID XC Lock-out

SID XC Lock-out shocks come with a blue lockout lever. To lock-out the shock, rotate the blue lever so that it is in line with the shock (parallel).

MAINTENANCE

After Every 8 hours of Riding

- Clean your shock with mild soap and a toothbrush.
- Keep the body threads clean and lubricated.
- Keep mounting hardware clean and lubricated.
- Refer to 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).

IMPORTANT: OVER-TORQUED MOUNTING HARDWARE WILL CAUSE THE SHOCK TO BIND AND MALFUNCTION. UNDER-TORQUED MOUNTING HARDWARE WILL DAMAGE FRAME, HARDWARE, AND SHOCK.

After every 20 hours of riding

Remove, clean, and grease mounting hardware.

IMPORTANT: NEVER USE A HIGH-POWERED WASHER TO CLEAN THE SHOCK.

SERVICE

Your rear shock should be fully serviced every year by a qualified technician with proper tools. Contact your local RockShox dealer, RockShox Technical Services, or the nearest distributor (see 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 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 website at **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

Brioni 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

Costa Rica

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

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
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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
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Phone: 372 636 7470
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EE0004, Estonia

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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
FILADELPHIA, ATHENS, T.T. 14342

Guatemala

BYS Importaciones S.A.
Phone: 502 366 7709
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18 CALLE 7-48, ZONA 10,
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Holland

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HOLLAND

Hong Kong

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

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Prokero Ltd Co.
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KALMAN IMRE UTCA 23,
BUDAPEST, 1054

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Ominn Hjól Ltd
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FAX: 354 588 9896
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Phone: 39 02 24 951 1
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VIA VENEZIA, (ANG. VIA
CARDUCCI), MILANO

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Yoshigai Corporation
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SHIMOROKUMANGI-CHO,
HIGASHI-OSAKA JAPAN 579

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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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Fax: 371 750 1298
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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. Whorral & Co. Ltd.
Phone: 64 9 63 6 06 41
FAX: 64 9 63 6 06 31
43 FELIX ST
PENROSE, AUCKLAND
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Norway

Hallman Sports
Phone: 46 18 56 16 00
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HALLNASGATAN 8, S-75228
UPPSALA, SWEDEN

Panama

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

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Rojo Sports
Phone: 511 447 0838
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AV. REPUBLICA DE, PANAMA 6513,
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Portugal

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FAX: 351 244 553187
APARTADO 34, 2431 MARINHA GRANDE

Russia

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Phone: 7095 288 4524
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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

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

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

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

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Coolheat (SA) (PTY) Ltd.
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FAX: 34 9 1 637 72 64
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Switzerland

Cilo Bike Service SA
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Phone 582 751 9709
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PLANTA BAJA, LOCAL 3-A CALLE
GARCILAZO, COLINAS DE BELLO,
0, CARACAS

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**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