

SUSPENSION SETUP

PODIUM S XC RACE

Fork: RockShox Recon Gold RL Remote 29, 100mm

Follow RockShox Recon Gold RL recommended settings on the bottom right back side of the casting. Mondraker recommended RockShox Recon Gold RL fork settings based on rider weight and XC Race application:

SAG		RECOMMENDED SETTING	
RIDER WEIGHT	AIR PRESSURE	CLICS OUT FROM FULLY CLOSED	
lbs / kg	psi	LSC	LSR
<121-128lbs / <55-58 kg	72	open	5
129,8-136,4lbs / 59-62 kg	78	open	5
138,6-145,2lbs / 63-66 kg	84	open	5-4
147,4-154lbs / 67-70 kg	90	open	5-4
156,2-162,8lbs / 71-74 kg	96	open	5-4
165-171,6lbs / 75-78 kg	102	open	4-3
173,8-180,4lbs / 79-82 kg	108	open	4-3
182,6-189,2lbs / 83-86 kg	114	open	4-3
191,4-198lbs / 87-90 kg	120	open	3-2
200,2-206,8lbs / 91-94 kg	126	open	3-2
209-215,6lbs / 95-98 kg	132	mid	3-2
217,8-224,4lbs / 99-102 kg	138	mid	2-1
226,6-233,2lbs / 103-106 kg	144	mid	2-1
235,4-242lbs / 107-110 kg	150	mid	2-1
244,2-250,8lbs / 111-114 kg	156	mid	1
>253-319lbs / >115-145 kg	162	mid	1

*Suggested fork sag 20%

These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.