

SUSPENSION SETUP

PODIUM RR XC RACE

Fork: Rockshox SID SL Ultimate Flight Attendant, 100mm

Follow Rockshox SID SL Ultimate Flight Attendant recommended settings on the bottom right back side of the casting. Mondraker recommended Rockshox SID SL Ultimate Flight Attendant 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	20-18
129,8-136,4lbs / 59-62 kg	78	open	19-17
138,6-145,2lbs / 63-66 kg	84	open	18-16
147,4-154lbs / 67-70 kg	90	open	17-15
156,2-162,8lbs / 71-74 kg	96	open	16-14
165-171,6lbs / 75-78 kg	102	open	15-13
173,8-180,4lbs / 79-82 kg	108	open	14-12
182,6-189,2lbs / 83-86 kg	114	open	12-10
191,4-198lbs / 87-90 kg	120	open	11-9
200,2-206,8lbs / 91-94 kg	126	open	10-8
209-215,6lbs / 95-98 kg	132	mid	9-7
217,8-224,4lbs / 99-102 kg	138	mid	8-6
226,6-233,2lbs / 103-106 kg	144	mid	7-5
235,4-242lbs / 107-110 kg	150	mid	6-4
244,2-250,8lbs / 111-114 kg	156	mid	5-3
>253-319lbs / >115-145 kg	162	mid	4-2

*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.