

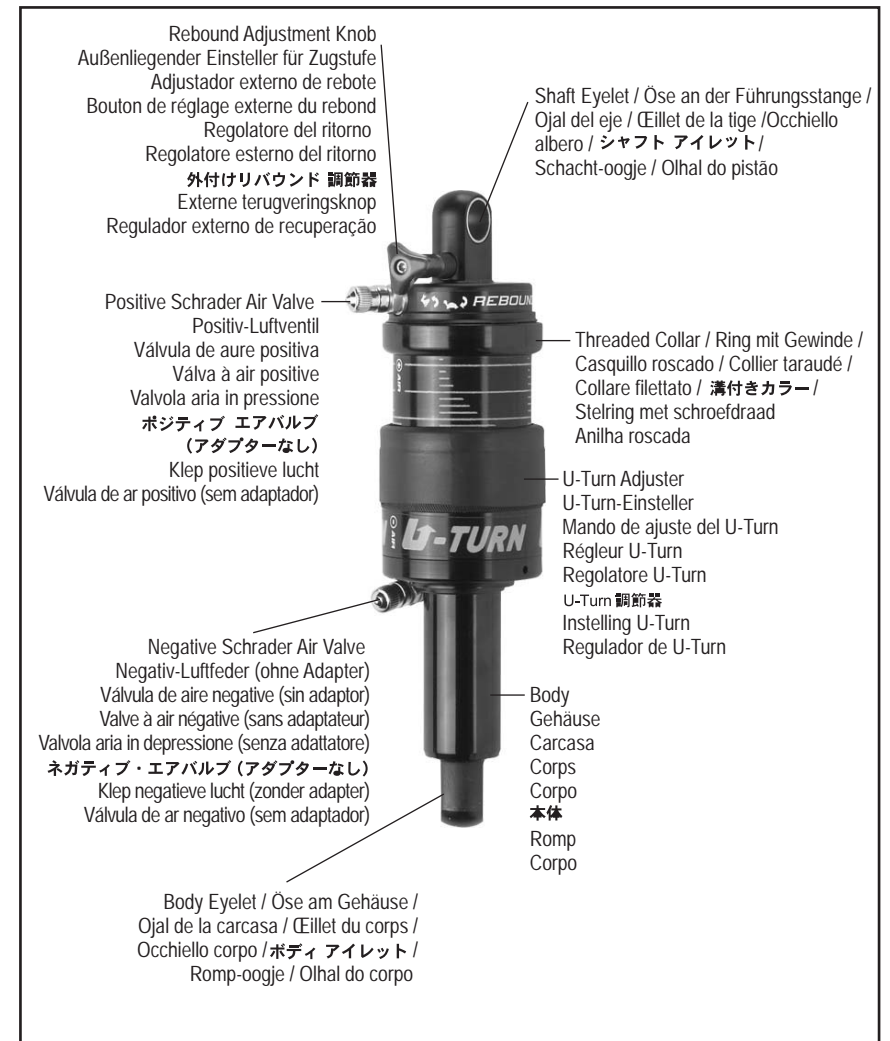
2003

U-TURN

OWNER'S MANUAL



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 you have a qualified bicycle mechanic service your shock. 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.

U-TURN REAR SHOCK

Based on the SID rear shock, the U-Turn rear shock allows you to choose the amount of rear wheel travel and bottom bracket height. Used in combination with the Duke U-Turn, Psylo U-Turn or adjustable travel front suspension, the U-Turn rear shock system allows the rider to choose exactly how much travel they need for the trail or terrain. The U-turn system enables the chassis to maintain consistent frame geometry regardless of travel adjustment. Like the front U-Turn, it automatically adjust the spring rate relative to the adjusted travel, firmer in the shorter travel setting and softer in the longer travel setting. Infinite adjustability allows the rider to turn the small bump ride from plush to firm. A twist of the U-Turn shock body changes the personality and feel of your bike without using a shock pump. The U-Turn shock gives your bike two personalities, from fast and efficient XC riding to free-ride and anywhere in between.

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 OFF THE SHOWROOM FLOOR.

By adjusting the air pressure, travel and rebound, the U-Turn 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 U-Turn 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.

Initial Tuning Set-up

Ensure your shock is set-up with the following initial settings. Then start fine tuning your shock according to your weight, riding style and terrain.

- Travel adjustment - Full travel position (counterclockwise)
- Positive and negative air pressure - Body weight minus 10 psi
- Rebound - one complete turn counterclockwise from closed

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 minus 10 psi.

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. After adding air to your shock based on your body weight, and 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. Write down the measurement and air pressure reading from the shock.
8. Install 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.

NOTE: IT IS IMPORTANT THAT THE SHOCK HAS THE AIR VALVE CAPS ON AT ALL TIMES OR THE SHOCK CAN PREMATURELY LOSE AIR.

Travel Adjustment

Turning the travel adjuster clockwise shortens the bike's travel, increases spring rate and lowers the bottom bracket. There are three full turns of adjustment for a 1/2-inch of shock travel. Depending on your bike's leverage ratio, this could be anywhere from 1 to 1-1/2 inches of rear travel.

When adjusting travel, keep in mind the type of riding and riding conditions. To adjust the travel, place your weight on the saddle to compress the shock. With the shock compressed, turn the adjuster either clockwise or counterclockwise.

NOTE: IT IS DIFFICULT TO TURN THE TRAVEL ADJUSTER IF YOU DO NOT COMPRESS THE SHOCK.

Rebound Damping Adjustment

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.

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 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. 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.

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 Milis
Gewerbepark 12

Belgium

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

Brunei

Trekology 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 THIBAULT, 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

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

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

Indonesia

Trekology 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

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

Philippines

Bent Spoke
 Phone: 63 919-295-0928
 FAX: 63 919-295-0928
 64-D MAYSILLO 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

Singapore

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

Slovak Republic

Paul Lange Oslany
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 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

Spain

K. Motor Dealer S.L.
 Phone: 34 9 1 637 70 97
 FAX: 34 9 1 637 72 64
 PARQUE INDUSTRIAL, EUROPOLIS
 EDIFICIO 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

Biketech 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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 BUCKINGHAME HOUSE EAST, THE
 BROADWAY
 STANMORE, MIDDLESEX HA7 4EA
 UNITED KINGDOM

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

950-006928-00

June 2002



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