

SUSPENSION SETUP

PODIUM RR SL 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	100	open	12
129,8-136,4lbs / 59-62 kg	108	open	11
138,6-145,2lbs / 63-66 kg	116	open	10
147,4-154lbs / 67-70 kg	124	open	9
156,2-162,8lbs / 71-74 kg	132	open	8
165-171,6lbs / 75-78 kg	140	open	7
173,8-180,4lbs / 79-82 kg	148	open	6
182,6-189,2lbs / 83-86 kg	156	open	5
191,4-198lbs / 87-90 kg	164	open	4
200,2-206,8lbs / 91-94 kg	172	open	3
209-215,6lbs / 95-98 kg	180	open	3
217,8-224,4lbs / 99-102 kg	188	open	2
226,6-233,2lbs / 103-106 kg	196	open	2
235,4-242lbs / 107-110 kg	204	open	1
244,2-250,8lbs / 111-114 kg	212	open	1
>253-319lbs / >115-145 kg	220	open	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.