

## Service Intervals On Suspension Mountain Bikes:

We are all familiar with automobile service requirements. Tire pressure checks, Fuel system maintenance, oil changes and the rest. These ensure we get reliability, longevity and consistent performance from our trusty vehicles. Bicycles are machines, and as such require regular maintenance to perform from one ride to the next and one season to the next! Ascent Cycling wants your investment in your bike to last and perform it's best!

Here is what the manufacturers say is ideal to make that machine the best it can be:

### Rock Shox Suspension - Taken from SRAM Service Manuals

## Front Fork

### Maintenance

### Intervals

Inspect Steer, clean and Inspect uppers, check air PSI (Air Forks Only)	Every Ride
Change Speed Lube oil bath	25 Hours
Remove lowers, clean/inspect bushings and change oil bath (if applicable), clean and lubricate air spring assembly	50 Hours
Change oil in the damping system (including hydraulic lockout), clean and lubricate coil spring assembly (coil forks only)	100 Hours

## Rear Shock

### Maintenance

### Intervals

Mounting hardware torque values, clean your shock with mild soap and a toothbrush	Every Ride
Remove, clean, and grease mounting hardware	20 Hours
Replace all seals, replace damping fluid (if applicable)	100 Hours

## **Fox Suspension** - Taken from Fox Racing Shox Web page

### **Fork**

#### **Maintenance**

Clean exterior with mild soap and water only, then wipe dry with a soft towel

Check sag and damper settings. Inspect your product for visual damage and function of all controls

Full fork service

#### **Intervals**

Every Ride

Every Ride

Yearly

### **Rear Shock**

#### **Maintenance**

Clean exterior with mild soap and water only, then wipe dry with a soft towel

Check sag and damper settings. Inspect your product for visual damage and function of all controls

Full shock service

#### **Intervals**

Every Ride

Every Ride

Yearly

If you have a fork or shock manufacture that is not on this list and want to know in more detail the service schedule on our equipment, we can get that information for you. Just ask!

**\*For those who ride lift-accessed DH, Park, or Extreme Freeride or in extremely wet/muddy or dry/dusty environmental conditions where trail debris is sprayed onto the fork or shock while on the trail, Ascent Cycling encourages riders to perform maintenance earlier than recommended above as needed. If you hear, see, or feel something unusual, stop riding immediately and contact Ascent Cycling for proper servicing.**

The Ascent Cycling Crew!

**“Whoop Whoop, Ding Ding!”**