OWNER'S MANUALS

FORK- 2015 36 TALAS/VAN 170MM/180MM



TRAVEL

TALAS:

6.7-5.1 in./170-130mm

7.1-5.5 in./180-140mm

VAN:

6.7 in./170mm

7.1 in./180mm

FEATURES/ADJUSTMENTS

FACTORY FIT RC2 TALAS: 170-130, 180-140; Kashima Coated or anodized upper tubes, 1-1/8" straight or 1.5" tapered steerer, high-speed compression, low-speed compression, rebound, TALAS 2 position travel adjust, air spring pressure.

PERFORMANCE O/B R TALAS: 170-130, 180-140; anodized upper tubes, 1-1/8" straight or 1.5" tapered steerer, rebound, TALAS 2 position travel adjust, air spring pressure.

FACTORY FIT RC2 VAN; 170, 180; Kashima Coated or anodized upper tubes, 1-1/8" straight or 1.5" tapered steerer, low-speed compression, high-speed compression, rebound, coil spring preload.

PERFORMANCE R VAN; 170, 180; Anodized upper tubes, 1-1/8" straight or 1.5" tapered steerer, rebound, coil spring preload.

LOWER LEG

20QR thru axle system, post style disc brake mounting

SPRING

Travel Adjustable air spring (TALAS) or Coil (VAN)

RIDING STYLE

Freeride, Downhill

SECTIONS

BEFORE YOU RIDE >
SETTING FORK AIR PRESSURE (TALAS ONLY) >
SETTING COIL SPRING PRELOAD (VAN ONLY) >
ADJUSTING REBOUND >
USING THE RC2 HIGH AND LOW SPEED COMPRESSION ADJUSTERS >
USING THE TALAS TRAVEL ADJUSTABLE AIR SPRING (TALAS ONLY) >
CHANGING THE 36 VAN COIL SPRING (VAN ONLY) >
SERVICE INTERVALS >

For general information and installation instructions click here »

Before You Ride

Before You Ride

MAKE SURE THAT YOUR FORK IS READY TO RIDE

1. Check that quick-release levers are properly adjusted and tightened.
2. Inspect the entire exterior of your fork. The fork should not be used if any of the exterior parts appear to be damaged. Contact your local dealer or FOX for further inspection and repair.
3. Check your headset adjustment. If loose, adjust it accordingly to your bicycle manufacturer's recommendations.
4. Check that all brake cables or hoses are properly fastened.
5. Test the proper operation of your front and rear brakes on level ground.
6. Before every race or ride, clean the outside of your fork with only mild soap and water, and wipe dry with a soft dry rag. Do not spray water directly into the seal/upper tube junction. Do not use a high pressure washer on your fork.

Setting Fork Air Pressure (TALAS only)

⚠ 36 TALAS maximum air pressure is 200psi

SAG SHOULD BE SET TO 15 - 20% OF TOTAL FORK TRAVEL

1. Unscrew the blue air cap on top of the left fork leg counter-clockwise to expose the schrader valve.



2. Attach a FOX High Pressure Pump to the schrader valve.
3. Pump your fork to the appropriate pressure as listed in the 'Suggested starting points for setting sag' table below, then remove the pump.
4. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper.



5. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
6. Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.
7. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
8. Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.
9. Add or remove air pressure until your sag measurement is between 15-20% of your forks total travel.
10. Repeat steps 2-8 and recheck sag measurement.
11. When sag measurement is correct, screw the blue air cap on clockwise until snug.

Suggested Starting Points for Setting Sag			
Rider Weight lbs/kgs		170mm	180mm
≤125	≤57	95psi	95psi
125 - 135	57 - 61	95psi	95psi
135 - 145	61 - 66	105psi	105psi
145 - 155	66 - 70	115psi	115psi

155 - 170	70 - 77	125psi	125psi
170 - 185	77 - 84	135psi	135psi
185 - 200	84 - 91	145psi	145psi
200 - 215	91 - 98	155psi	155psi
215 - 230	98 - 104	165psi	165psi
230 - ≥250	104 - ≥113	175psi	175psi

Suggested Sag Measurements		
Travel	15% sag (Firm)	20% sag (Plush)
6.7 in./170mm	1.0 in./26mm	1.3 in./34mm
7.1 in./180mm	1.1 in./27mm	1.4 in./36mm

Setting Coil Spring Preload (VAN only)

SAG SHOULD BE SET TO 15 - 20% OF TOTAL FORK TRAVEL

1. Using your forks sag setting o-ring on the left upper tube (or temporarily install a zip tie to the upper tube), slide the o-ring (or zip tie) down against the fork dust wiper.



2. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
3. Dressed to ride (including a filled hydration pack, if you use one), position your bike next to a wall or table to support yourself. Mount your bicycle. Assume your riding position for at least 10 seconds, allowing the suspension to fully settle. Make sure you distribute your weight evenly between the saddle, handlebars and pedals.
4. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
5. Dismount your bike without bouncing, to avoid further moving the o-ring or zip tie. Measure the distance between the dust wiper and the o-ring or zip tie. This is your sag measurement. Suggested sag measurements are listed in the table below.
    - If your sag measurement is less than the desired 15-20% of total travel, turn your preload knob counter-clockwise one full turn and repeat steps 1-5 to measure sag again. Repeat if necessary.
    - If your sag measurement is more than the desired 15-20% or total travel, turn your preload knob clockwise on full turn and repeat steps 1-5 to measure sag again. Repeat if necessary.



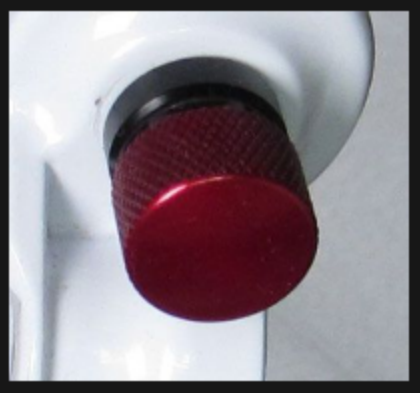
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Travel	15% sag (Firm)	20% sag (Plush)
6.7 in./170mm	1.0 in./26mm	1.3 in./34mm
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⚠ If you cannot achieve desired sag by adjusting preload with the stock spring, you may need to swap your stock spring with one of the appropriate spring rate as shown below.

Adjusting Rebound

REBOUND CONTROLS HOW FAST THE FORK EXTENDS AFTER COMPRESSING

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The red rebound adjuster is located at the bottom of the right fork leg (the rebound knob for Performance R forks is located at the right topcap). Rebound controls the rate of speed at which the fork extends after compressing. Turning the knob clockwise (in) slows down rebound; turning the knob counter-clockwise (out) speeds up rebound. Rebound damping should only be set after first setting your air pressure by measuring sag.

1. Make sure your RC2 adjusters are in the open position (both fully counter-clockwise).
2. Starting with the rebound adjuster fully open (counter-clockwise) push on the fork to compress it and feel its return speed.
3. Increase rebound damping by turning the red rebound knob in clockwise until when tested, the fork returns quickly but does not top out.

Top out is felt when a fork fully extends too quickly and comes to an abrupt stop when it reaches full extension (you will hear/feel a small noise). Top out should be avoided through proper rebound setting.

Using the RC2 High and Low Speed Compression Adjusters

INDEPENDENTLY CONTROL HIGH AND LOW SPEED COMPRESSION

Adjusting your high and low speed compression setting controls how the fork feels as it's compressed through its travel under various types of hits. Use your high and low speed compression adjusters to tune the fork to meet your riding style and terrain.

Low-speed compression:



Low-speed compression damping controls how the fork feels when being compressed slowly. This adjustment is useful to control fork performance under rider weight shifts, brake dive, G-outs, and other slow inputs. Turning your low-speed compression dial clockwise increases low-speed compression damping and will make your fork feel stiffer when being compressed slowly. Turning your low-speed compression dial counter-clockwise decreased compression damping and will make your fork feel softer when being compressed slowly.

High-speed compression:



High-speed compression damping controls how the fork feels when being compressed quickly. This adjustment is useful to control fork performance under bigger hits, landings, and square-edged bumps. Turning your high-speed compression dial clockwise increases high-speed compression damping and will make your fork feel stiffer when being compressed quickly. Turning your high-speed compression dial counter-clockwise decreases compression damping and will make your fork feel softer when being compressed quickly.

Using the TALAS Travel Adjustable Air Spring (TALAS only)

PRECISE TRAVEL ADJUSTMENTS OFFER GREAT CONTROL

TALAS forks give you the option to switch between two travel settings while riding.

Long Travel Mode:



Turning the TALAS lever toward the "+" (clockwise) sets your fork in the long travel mode. When adjusting to long travel mode, your fork will extend once unweighted.

Short Travel Mode:



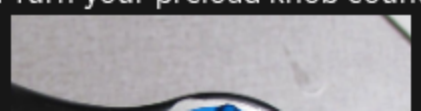
Turning the TALAS lever toward the "-" (counter-clockwise) and compressing the fork sets your fork in short travel mode. You must compress the fork deeply into its travel after turning your lever to the short travel mode to travel adjust your fork to short travel mode.

Changing the 36 VAN Coil Spring (VAN only)

IF NECESSARY, CHANGING COILS CAN HELP YOU ACHIEVE PROPER SAG.

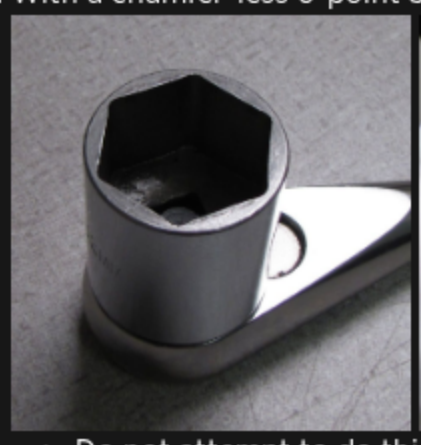
36 Van 170mm & 180mm Spring Information				
FOX Part #	Spring Rate	Color Code	Rider Weight	
			lbs	kgs
039-05-090-kit	31.4 lb/in	Black	<90–115	<40-52
039-05-091-kit	35.9 lb/in	Purple	115–155	52-70
039-05-092-kit	40.4 lb/in	Blue (stock)	155–180	70-82
039-05-093-kit	44.8 lb/in	Green	180–210	82-95
039-05-094-kit	49.3 lb/in	Yellow	210–240+	95-109+

1. Turn your preload knob counter-clockwise until it comes to a stop.





2. With a chamfer-less 6-point 32mm (or 1-1/4 in.) socket, loosen and remove the 36 VAN preload topcap.





- Do not attempt to do this with any other tool than that described above as damage to your topcap can occur.

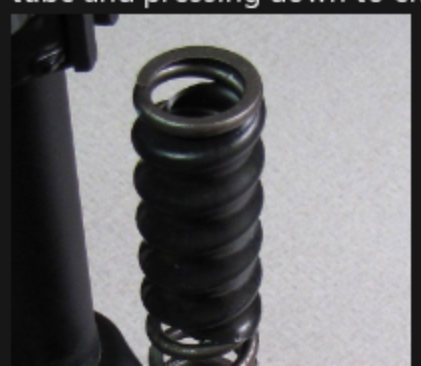
3. Compress the fork slightly to expose the coil spring. Pull the spring up to remove it.

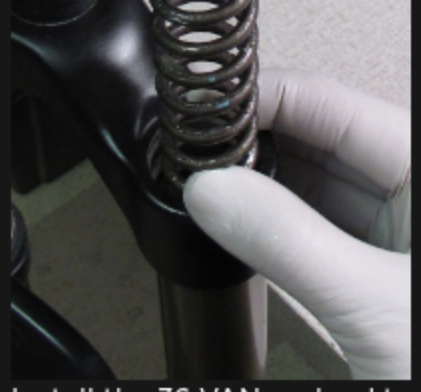


4. Verify the color code on your original and replacement springs.



5. Lightly coat your new spring with Slick Honey™ and Install the new spring (shrink-wrapped portion at the top) by dropping it into the upper tube and pressing down to engage the spring perch.





6. Install the 36 VAN preload topcap and torque to 220 in-lb (24.86 Nm) with your chamfer-less 6-point 32mm (or 1-1/4 in.) socket.



7. Repeat steps 1-5 of the "Setting Coil Spring Preload" section above.



Service Intervals

To best maintain the performance and durability of your product under normal use, FOX recommends that you have regular fork and shock maintenance performed according to the service intervals listed below.

Recommended Minimum Fork Maintenance

	Every Ride	Regularly	Every 125 Hours/Yearly, or whichever comes first.*
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 (Full internal/external inspection, damper rebuild, air spring rebuild, bath oil and wiper replacement)			●

*Suspension product will require more frequent servicing the harder they are worked. 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, or e-mtb's, FOX encourages riders to perform maintenance earlier than recommended above as needed. If you hear, see, or feel something unusual, stop riding immediately and contact a FOX Authorized Service Center for proper servicing.