STAGE/LOOP IFP Upgrade

Tools Needed
Rebound Plug Spanner Wrench WB-97-713
Snap Ring Pliers (LOOP sl/tr)
Small Flat Blade Screwdriver (STAGE)
Damper Install/Removal Tool WB-97-727
(with proper height tool for stanchion size)
24mm Wrench
20mm Wrench WB-97-733
150mm length small dowel

The IFP Upgrade Kit comes with some orings not installed on the OD of the parts. Please grease and install the orings before installing parts into your fork.

NOTE: If unfamiliar with MRP forks, please refer to 50-100hr service instructions for removing the lowers and damper service instructions for compression removal and oil draining.

With all of the oil drained out of the damper stanchion, you will want to insert the damper tool into the inner damper tube so that it rests against the top of the tube. Take your 3mm hex wrench and tighten the center screw of the damper tool until you feel it come to a stop or get firm. Next use your 8mm hex wrench to unthread the damper tube counterclockwise out of the stanchion with the damper tool until the threads are disengaged. Pull the damper up so that at least 20mm of the damper tube is exposed. Remove the damper flange, depending on the age you may have three set screws or a lock ring on the flange. For the set screws, use a 1.5mm hex wrench and loosen all three screws until the flange can be unthreaded counterclockwise off of the damper tube. For the jam nut, hold the damper tool in place with a 8mm hex wrench and with a 24mm open end wrench unthread counterclockwise the jam nut from the damper tube. Then unthread the damper flange from the damper tube and set aside.

Turn the fork upside down and with a flat blade screwdriver or snap ring pliers, remove the snap ring from the groove at the bottom of the stanchion and set aside. With the snap ring removed grab the damper shaft and pull the damper unit out through the bottom of the stanchion.

With the damper tube assembly removed from the stanchion take a 20mm wrench and unthread the bladder assembly from the damper tube. The bladder assembly threads have some thread lock on them so you may have some resistance while unthreading. Once the bladder assembly is loose from the damper tube, slide the assembly off of the damper shaft and set aside.

Next inspect the white flow bands at the top and bottom of the damper tube for any damage or debris that may affect the performance of the damper. Replace and clean as needed. To remove the damper shaft assembly, first remove the e-clip from the upper flow band then push the protruding peg into the damper tube. With your pinkie finger inserted into the damper tube, gently pull the flow band out of the damper tube and set aside. Next push the damper rod up and out of the top of the damper tube and inspect the rebound piston for any wear, then set aside. Next remove the bladder assembly from the damper tube by unthreading it from the bottom of the damper tube with a 20mm wrench and set aside.

With the damper shaft assembly removed, install the new rebound plug in the bottom of the damper tube. First put a drop or two of a light thread locker on the OD threads of the rebound plug, then thread into the damper tube until the threads bottom out. With the Rebound Plug Spanner wrench, tighten the rebound plug so that it is snug. Do not over tighten or it can cause unnecessary friction and wear on the damper shaft. Re-install the damper shaft assembly and the upper wear band into the damper tube and don't forget the e-clip on the peg of the upper flow band.

With the damper tube assembly back together you will now want to install the damper flange back onto the OD of the damper tube. If you have the older style with the set screws simply thread the flange on to the tube until the threads bottom out then tighten the three set screws with a 1.5mm hex wrench until they are tight, but not so tight that they deform the damper tube. If you have the lock ring style of damper flange you will want to first install the damper installation and removal tool at the top of the damper tube. Then install the flange and lock ring in the order they came off; STAGE, thread the flange on the damper tube until the threads bottom out then install the lock ring and thread it until it bottoms out on the flange; LOOP SL/TR, thread the lock ring on to the top of the damper tube until the threads bottom out then install the flange and thread it until it bottoms out on the lock ring. Now that the flange and lock ring are installed you will want to use a 8mm hex wrench to hold the damper install tool while you use a 24mm wrench to tighten the lock ring against the damper flange. Tighten the lock ring clockwise on the STAGE and counterclockwise for the LOOP SL/TR, until the ring is tight. Note: The LOOP SL/TR lock ring and flange can be troublesome to tighten without them unthreading from the damper tube. If you are having troubles it is ok to use channel locks to hold the protruding flat lip on the top of the flange while tightening the lock ring.

Now that the lock ring and flange are installed on the damper tube assembly, take the assembly and insert it into the stanchion through the top of the crown. Thread the damper tube assembly into the stanchion 4-5 revolutions then install the oring that rests on top of the damper flange. Thread the damper tube assembly down until you feel it bottom out then, thread the damper height tool into place. Turn the damper assembly counterclockwise until you feel it becomes firm. Remove the damper height tool and set the tool aside.

Next take the damper IFP and lightly grease the ID and OD seals. Invert the upper assembly of the fork and install the damper IFP onto the damper shaft with the grooved side of the IFP facing the shaft and towards the stanchion. Slide the IFP on the damper shaft until it can be inserted into the stanchion, and carefully push the IFP into the stanchion making sure not to damage the seals. Use a 6" length dowel to push the IFP into the stanchion until you feel it touch the damper tube assembly.

Now carefully insert the Damper Seal into the bottom of the stanchion with the concave facing the stanchion and IFP, there will be a small amount of pressure pushing the seal back. Next install the stanchion plug into the stanchion with the white peg facing the damper seal and install the snap ring into the snap ring groove with a set of snap ring plyers or small screwdriver.

Now that you have the new IFP installed and damper installed, you can bleed the damper as normal. If you are not familiar with bleeding a MRP damper, please reference MRP damper service instructions.