

2016-2017 30, Recon, and Sektor

Gold and Silver

(includes FS-RCNS-TK-C1 / 2018+)

service manual

GEN.0000000004923 Rev E
© 2021 SRAM, LLC

SRAM® LLC WARRANTY

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AGAINST SRAM, LLC. YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE, COUNTRY, OR PROVINCE. THIS WARRANTY DOES NOT AFFECT YOUR STATUTORY RIGHTS. TO THE EXTENT THIS WARRANTY IS INCONSISTENT WITH THE LOCAL LAW, THIS WARRANTY SHALL BE DEEMED MODIFIED TO BE CONSISTENT WITH SUCH LAW. FOR A FULL UNDERSTANDING OF YOUR RIGHTS, CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE, OR STATE.

EXTENT OF LIMITED WARRANTY

Except as otherwise set forth herein, SRAM warrants its bicycle components to be free from defects in materials or workmanship for a period of two (2) years after original purchase of the product.

SRAM warrants all Zipp MOTO Wheels and Rims to be free from defects in materials or workmanship for the lifetime of the product.

SRAM warrants all non-electronic Zipp branded bicycle components, Model Year 2021 or newer, to be free from defects in materials or workmanship for the lifetime of the product.

GENERAL PROVISIONS

This warranty only applies to the original owner and is not transferable. Claims under this warranty must be made through the retailer where the bicycle or the SRAM product was purchased or a SRAM authorized service location. Original proof of purchase is required. All SRAM warranty claims will be evaluated by a SRAM authorized service location whereupon acceptance of the claim the product will be repaired, replaced, or refunded at SRAM's discretion. To the extent allowed by local law claims under this warranty must be made during the warranty period and within one (1) year following the date on which any such claim arises.

NO OTHER WARRANTIES

EXCEPT AS DESCRIBED HEREIN, AND TO THE EXTENT ALLOWED BY LOCAL LAW, SRAM MAKES NO OTHER WARRANTIES, GUARANTIES, OR REPRESENTATIONS OF ANY TYPE (EXPRESS OR IMPLIED), AND ALL WARRANTIES (INCLUDING ANY IMPLIED WARRANTIES OF REASONABLE CARE, MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE) ARE HEREBY DISCLAIMED.

LIMITATIONS OF LIABILITY

EXCEPT AS DESCRIBED HEREIN, AND TO THE EXTENT PERMITTED BY LAW, IN NO EVENT SHALL SRAM OR ITS THIRD PARTY SUPPLIERS BE LIABLE FOR DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL DAMAGES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

LIMITATIONS OF WARRANTY

This warranty does not apply to products that have been incorrectly installed, adjusted, and/or maintained according to the respective SRAM user manual. The SRAM user manuals can be found online at sram.com/service.

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 of intended usage, or any other circumstances in which the product has been subjected to forces or loads beyond its design.

This warranty does not apply when the product has been modified, including but not limited to, any attempt to open or repair any electronic and electronic related components, including the motor, controller, battery packs, wiring harnesses, switches, and chargers.

This warranty does not apply when the serial number or production code has been deliberately altered, defaced, or removed.

SRAM components are designed for use only on bicycles that are pedal powered or pedal assisted (e-Bike/Pedelec).

Notwithstanding anything else set forth herein, the battery pack and charger warranty does not include damage from power surges, use of improper charger, improper maintenance, or such other misuse.

This warranty shall not cover damages caused by the use of parts of different manufacturers or parts that are not compatible or suitable for use with SRAM components.

This warranty shall not cover damages resulting from commercial (rental) use.

WEAR AND TEAR

This warranty does not apply to normal wear and tear. Wear and tear parts are subject to damage as a result of normal use, failure to service according to SRAM recommendations, and/or riding or installation in conditions or applications other than recommended.

Wear and tear parts include:

- Aero bar pads
- Air sealing o-rings
- Batteries
- Bearings
- Bottomout pads
- Brake pads
- Bushings
- Cassettes
- Chains
- Corrosion
- Disc brake rotors
- Dust seals
- Free hubs, Driver bodies, Pawls
- Foam rings, Glide rings
- Handlebar grips
- Jockey wheels
- Rear shock mounting hardware and main seals
- Rubber moving parts
- Shifter and Brake cables (inner and outer)
- Shifter grips
- Spokes
- Sprockets
- Stripped threads/bolts (aluminum, titanium, magnesium or steel)
- Tires
- Tools
- Transmission gears
- Upper tubes (stanchions)
- Wheel braking surfaces

ZIPP IMPACT REPLACEMENT POLICY

Zipp branded products, Model Year 2021 or newer, are covered under a lifetime impact-damage replacement policy. This policy can be used to obtain a replacement of a product in the event of non-warranty impact damage occurring while riding your bicycle. See www.zipp.com/support for more information.



SAFETY FIRST!

We care about YOU. Please, always wear your safety glasses and protective gloves when servicing RockShox® products.
Protect yourself! Wear your safety gear!

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RockShox® Service

We recommend that you have your RockShox suspension serviced by a qualified bicycle mechanic. Servicing RockShox suspension requires knowledge of suspension components, as well as the use of specialized tools and lubricants/fluids.

Visit www.sram.com/service for the latest RockShox Spare Parts catalg and technical information. For order information, please contact your local SRAM® distributor or dealer.

For recycling and environmental compliance information, please visit www.sram.com/en/company/about/environmental-policy-and-recycling.

Information contained in this publication is subject to change at any time without prior notice. Your product's appearance may differ from the pictures contained in this publication.

Component Removal

Prior to servicing the suspension fork, remove it from the bicycle frame according to the bicycle manufacturer's instructions.

Parts, Tools and Supplies

Parts

- 30™, Recon™, or Sektor™ Service Kit

Safety and Protection Supplies

- Apron
- Clean, lint-free rags
- Nitrile gloves
- Oil pan
- Safety glasses

Lubricants and Fluids

- Isopropyl alcohol
- Liquid-O-Ring® PM600 or SRAM® Butter grease
- RockShox 5wt Suspension Oil
- RockShox 15wt Suspension Oil

RockShox Tools

- RockShox Bleed Syringe
- RockShox Dust Seal Installation Tool (28 mm/30 mm) for 30 forks
- RockShox Dust/Oil Seal Installation Tool (32 mm) for Recon and Sektor
- RockShox Dust Seal Installation Tool Flangeless (32 mm) for Recon and Sektor Boost/110mm

Bicycle Tools

- Bicycle work stand
- Downhill tire lever
- Shock pump

Common Tools

- 2.5, 5 mm hex bit sockets
- 2.5, 5 mm hex wrenches
- 24 mm socket wrench
- Flat blade screwdriver
- Internal retaining ring pliers - large
- Long plastic or wooden dowel (≤10 mm diameter)
- Long plastic or wooden dowel (15 mm - 18 mm diameter)
- Pick
- Rubber or plastic mallet
- Socket wrench
- Torque wrench

SAFETY INSTRUCTIONS

Always wear safety glasses and nitrile gloves when working with suspension oil.

Place an oil pan on the floor underneath the area where you will be working on the fork.

NOTICE

Before beginning service, thoroughly clean the exterior of the product to avoid contamination of internal sealing part surfaces.

When using a crowfoot socket and torque wrench, install the crowfoot socket at 90 degrees to the torque wrench.

Recommended Service Intervals

Regular service is required to keep your RockShox® product working at peak performance. Follow this maintenance schedule. For spare part kit contents and details, refer to the RockShox Spare Parts Catalog at www.sram.com/service.

Service Hours Interval	Maintenance	Benefit
Every ride	Clean dirt from upper tubes and wiper seals	Extends wiper seal lifespan
		Minimizes damage to upper tubes
		Minimizes lower leg contamination
Every 50 Hours	Perform lower leg service	Restores small bump sensitivity
		Reduces friction
		Extends bushing lifespan
Every 200 Hours	Perform damper and spring service	Extends suspension lifespan
		Restores small bump sensitivity
		Restores damping performance

Record Your Settings

Use the charts below to record your shock settings to return your shock to its pre-service settings. Record your service date to track service intervals.

Service Hours Interval	Date of Service	Air Pressure	Rebound setting - count the number of clicks while turning the rebound adjuster fully counter-clockwise.	Compression setting - count the number of clicks while turning the compression adjuster fully counter-clockwise.
50				
100				
150				
200				
400				

Torque Values

Part	Tool	Torque
Bottom Bolts	5 mm hex	6.8 N•m (60 in-lb)
Top Caps	24 mm socket	12.4 N•m (110 in-lb)

1 **Solo Air™:** Remove the air valve cap.



2 **Solo Air:** Depress the Schrader valve and release all air pressure.

⚠CAUTION - EYE HAZARD

Verify all pressure is removed from the fork before proceeding. Failure to do so can result in injury and/or damage to the fork. Wear safety glasses.



Small hex wrench

3 Remove the rebound adjuster knob.

Rebound knob shape and length varies per fork model and wheel size. Refer to the RockShox® Spare Parts Catalog for details.



4 Place an oil pan beneath the fork to catch the draining oil.

Loosen both bottom bolts 3 to 4 turns.





5 Strike each bottom bolt to dislodge the air and damper shafts from the lower leg.

Remove each bottom bolt.



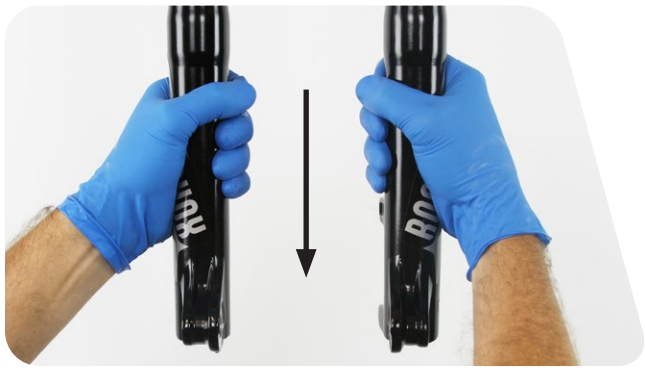


6 Firmly pull the lower leg downward until oil begins to drain. Continue pulling downward to remove the lower leg.

If the lower leg does not slide off of the upper tubes, or if oil does not drain from either side, the press fit of the shafts into the lower leg may still be engaged. Reinstall the bottom bolts 2 to 3 turns and repeat the previous step.

NOTICE

Do not strike the fork arch with any tool when removing the lower leg as this could damage the lower leg.



7 Remove the lower leg from the upper tubes and set aside on a rag.



1 Remove and discard the foam rings.


Pick

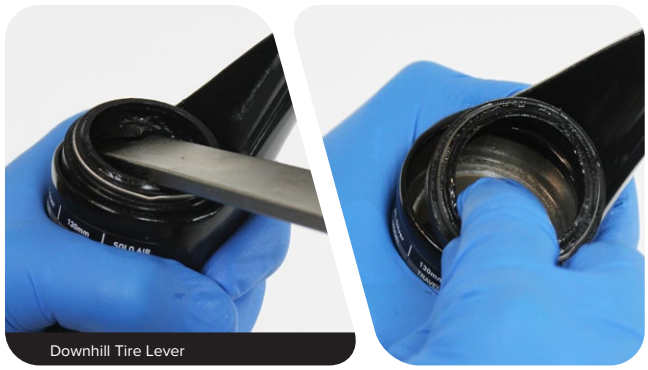
2 Stabilize the lower leg on a bench top. Place the tip of a downhill tire lever under the dust wiper seal. Press down on the downhill tire lever handle to remove the seal.

Repeat on the other side.

Discard the dust wiper seals after they are removed.

NOTICE

Keep the lower leg stable. Do not allow the lower leg to twist in opposite directions, compress toward each other, or be pulled apart. This will damage the lower leg.


Downhill Tire Lever

3 Spray isopropyl alcohol on the inside and outside of the lower leg and clean it with a lint-free rag.

Wrap a lint-free rag around a long dowel and insert it into each lower leg to clean the inside.



4 Soak new foam rings in RockShox® 15wt suspension oil.

Install the new foam rings into the lower leg.


15wt Suspension Oil

5 Remove the outer wire spring from each new dust wiper seal and set them aside.



6 Insert the narrow end of a new dust wiper seal into the recessed end of the appropriate RockShox® Dust Seal Installation Tool.

2017 Recon™ and Sektor™ Silver with Boost/110 mm Lower Legs: Use Dust Seal Installation Tool Flangeless (32 mm) for installation of flangeless dust wiper seals.

Fork	Seal Diameter	RockShox Dust Seal Installation Tool
30™	30 mm	28 mm/30 mm
Recon	32 mm	32 mm
Recon Boost/110mm		32 mm Flangeless
Sektor		32 mm
Sektor Boost/110mm		32 mm Flangeless



RockShox Dust Seal Installation Tool

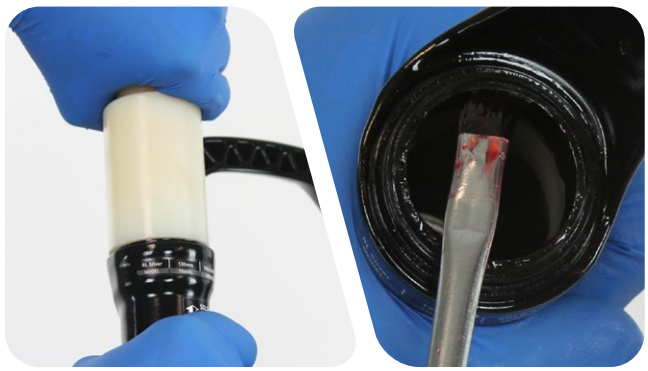
7 Hold the lower leg steady and press the dust wiper seal evenly into the lower leg until the seal surface is flush with the top of the lower leg.

Apply grease to the inner surface of the dust wiper seals.

Repeat on the other side of the lower leg.

NOTICE

Only press the dust wiper seal into the lower leg until it is flush with the top surface of the lower leg. Pressing the dust wiper seal below the top surface of the lower leg will compress the foam rings.



8 Reinstall the outer wire spring.



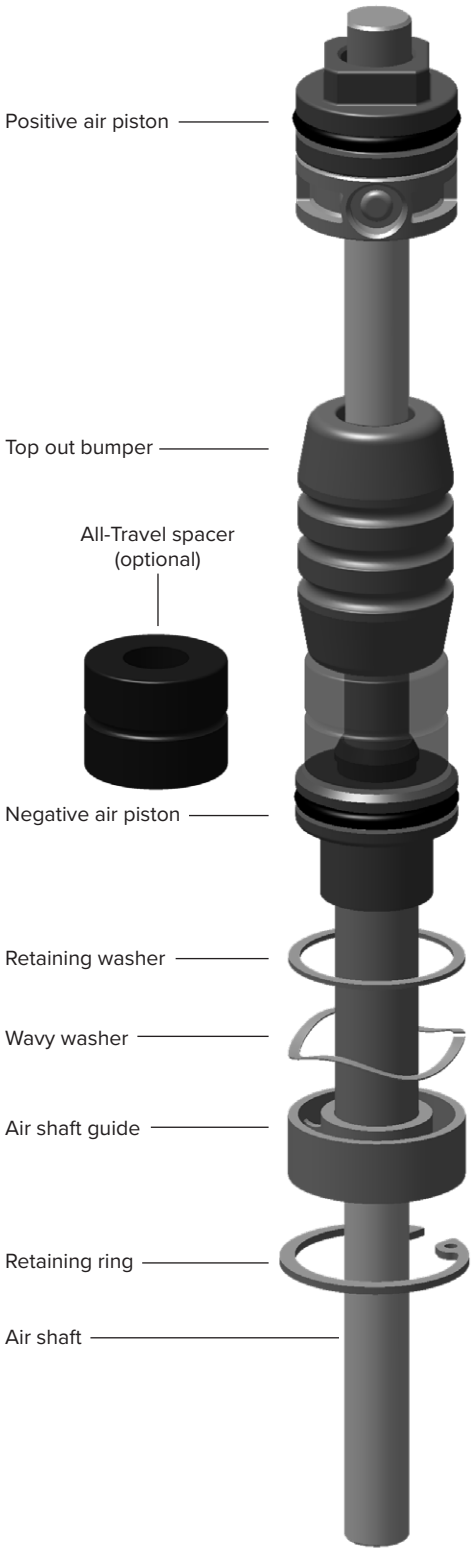
To continue with Air Spring service, go to Solo Air Spring Service (30 Gold, Recon Gold, Sektor Gold).

To continue with Air Spring service, go to Solo Air Spring Service (30 Silver, Recon Silver, Sektor Silver).

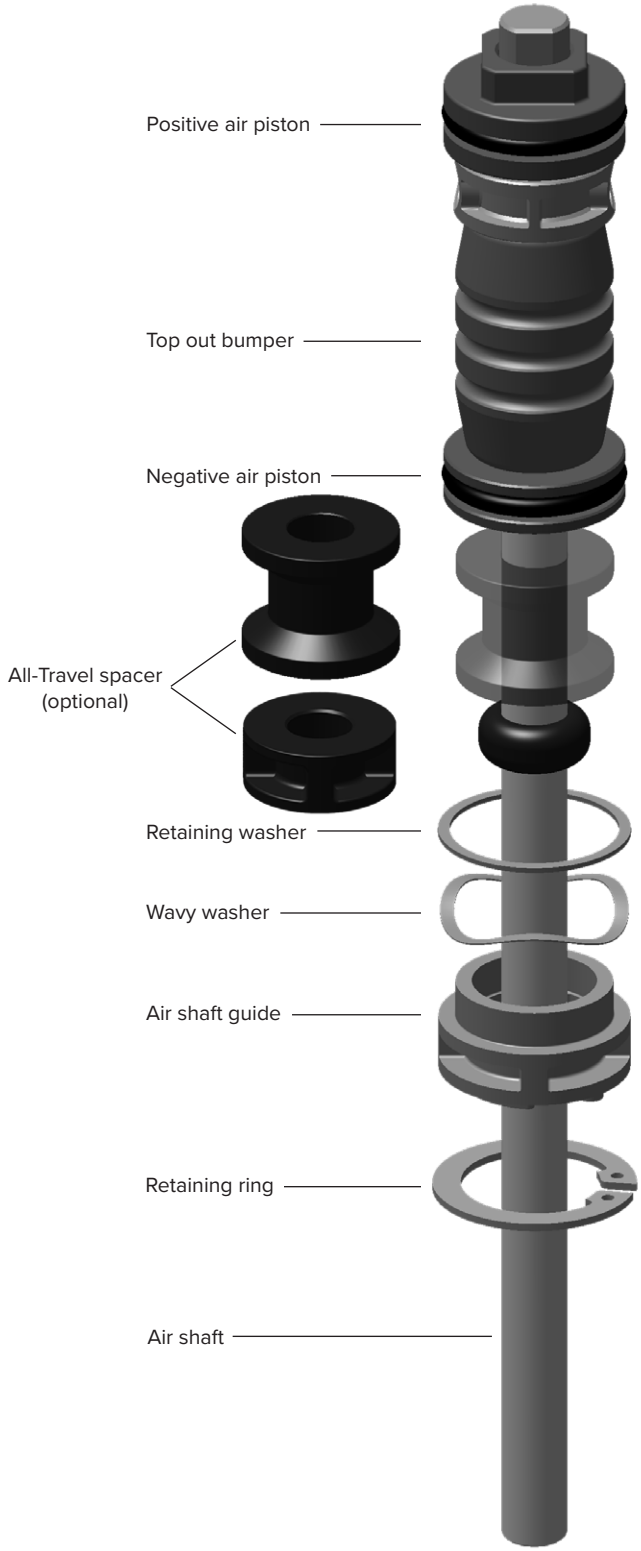
To continue with Coil Spring service, go to Coil Spring Service.

Exploded View

30™ GOLD, RECON™ GOLD



SEKTOR™ GOLD



⚠WARNING - EYE HAZARD

Verify all pressure is removed from the fork before proceeding. Depress the Schrader valve again to remove any remaining air pressure. Failure to do so can result in injury and/or damage to the fork.

NOTICE

Inspect each part for scratches. Do not scratch any sealing surfaces when servicing your suspension. Scratches can cause leaks.

When replacing seals and o-rings, use your fingers or a pick to remove the seal or o-ring. Spray isopropyl alcohol on each part and clean with a lint-free rag. Apply Liquid-O-Ring® PM600 or SRAM® Butter grease to the new seals and o-rings.



1 Remove the air spring top cap from the upper tube. Clean the upper tube threads with a lint-free rag.



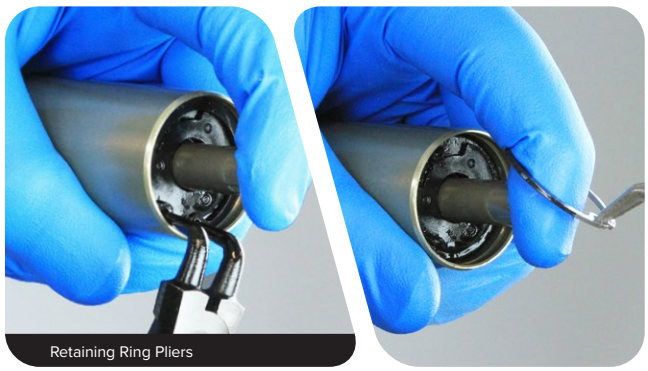
24 mm

2 Push the air shaft into the upper tube to prevent it from getting scratched while removing the retaining ring.

Place the tips of large retaining ring pliers into the eyelets of the retaining ring. Press firmly on the pliers to push the seal head into the upper tube enough to compress and remove the retaining ring.

NOTICE

Do not scratch the air spring shaft. Scratches on the air shaft will allow air to bypass the seal head into the lower leg, resulting in reduced spring performance.


Retaining Ring Pliers

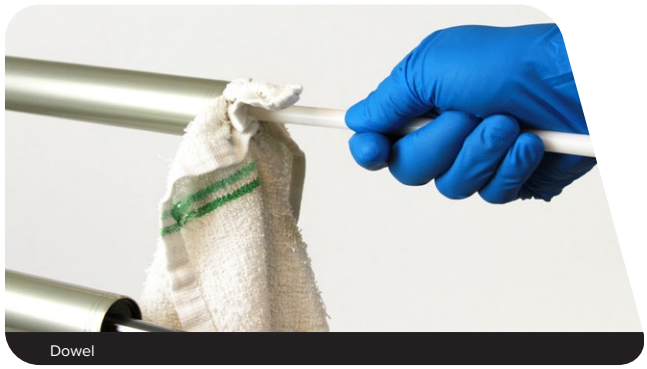
3 Firmly pull on the air shaft to remove the air spring assembly from the upper tube. Clean and inspect the assembly for damage.



4 Spray isopropyl alcohol on the inside and outside of the upper tube. Clean the outside of the upper tube with a lint-free rag.

Clean the upper tube threads with a lint-free rag.

Wrap a clean lint-free rag around a long dowel, insert it into the upper tube, and clean the inside of the upper tube.



Dowel

5 Remove the negative air piston assembly, washers, and air shaft guide from the air spring shaft. Spray isopropyl alcohol onto the shaft and clean it with a lint-free rag.



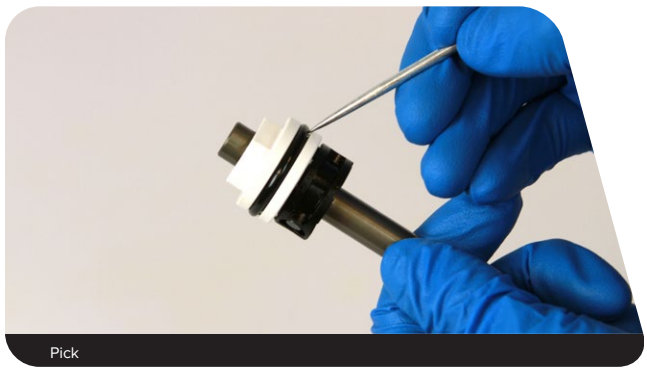


6 Remove and discard the positive air piston o-ring.

Install a new o-ring and apply grease to it.

NOTICE

Do not scratch the air piston. Scratches will cause air to leak.



Pick

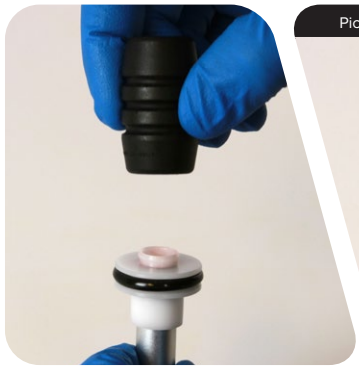
7 Remove the top out bumper and All-Travel spacer (if installed).

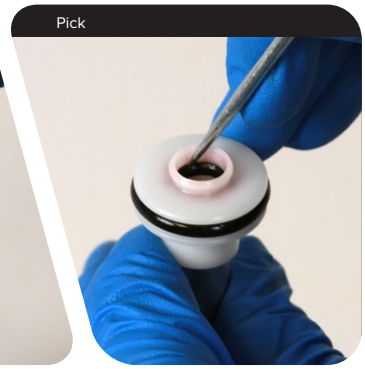
Remove the inner and outer o-rings from the negative air piston and discard them.

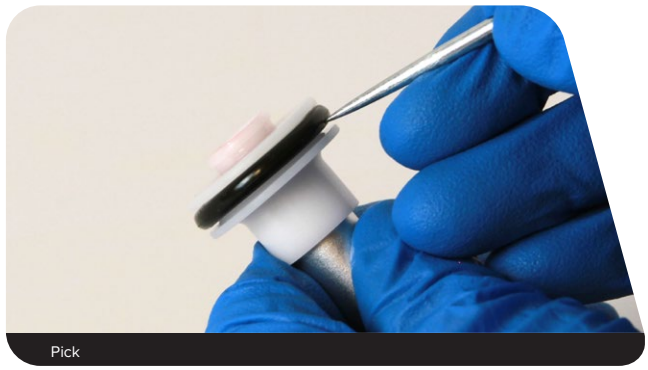
Install a new inner and outer air piston o-ring and apply grease to each.

NOTICE

Do not scratch the negative air piston. Scratches will cause air to leak.







All-Travel Spacer Configurations (optional) - Gold

The All-Travel spacer is located on the air shaft above the negative air piston (30™ Gold and Recon™ Gold) or below the negative air piston (Sektor™). An All-Travel spacer can be installed to decrease travel, or removed to increase travel.

NOTICE

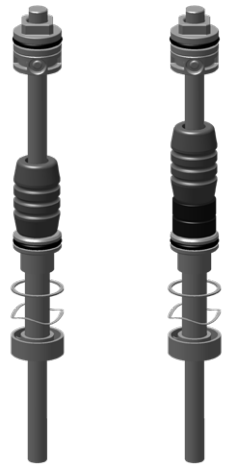
Do not install All-Travel spacers larger than the largest specified spacer for your fork.

Do not install a Solo Air™ spring assembly that exceeds the maximum travel specified for your fork.

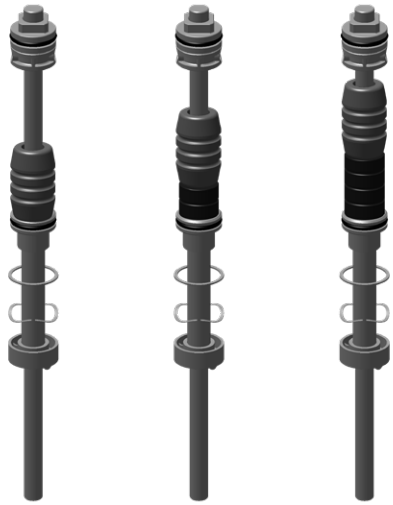
		Wheel Size				
2016		26"	27.5"	27.5" Boost/110mm	29"	29" Boost/110mm 27.5"+
Fork Model	Travel	All-Travel Spacer				
30 Gold	**80 mm**	20 mm	40 mm	-	40 mm	-
	100 mm	No Spacer	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	-	-
Recon Gold	**80 mm**	-	40 mm	-	40 mm	-
	100 mm	-	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	-	-
Sektor Gold	**130 mm**	-	20 mm	-	20 mm	-
	140 mm	-	10 mm	-	10 mm	-
	150 mm	-	No Spacer	-	-	-

		Wheel Size				
2017		26"	27.5"	27.5" Boost/110mm	29"	29" Boost/110mm 27.5"+
Fork Model	Travel	All-Travel Spacer				
30 Gold	**80 mm**	20 mm	40 mm	-	40 mm	-
	100 mm	No Spacer	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	No Spacer	-
Recon Gold	**80 mm**	-	40 mm	-	40 mm	-
	100 mm	-	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	No Spacer	-
Sektor Gold	**130 mm**	-	20 mm	-	20 mm	-
	140 mm	-	10 mm	-	10 mm	-
	150 mm	-	No Spacer	-	-	-

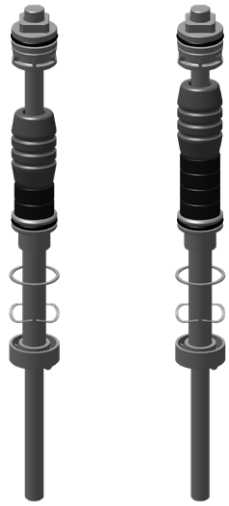
2016-2017 30™ Gold 26"
100mm 80mm



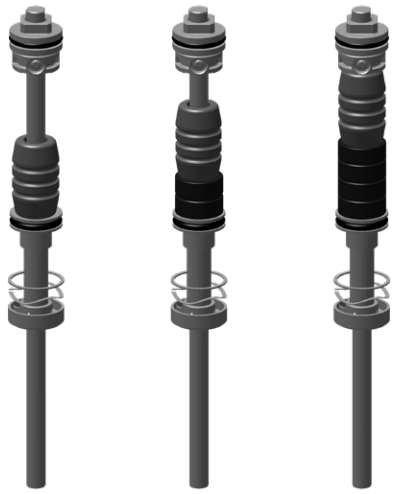
2016-2017 30 Gold 27.5"
2017 30 Gold 29"
120mm 100mm 80mm



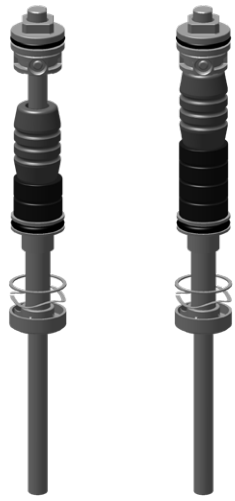
2016 30 Gold 29"
100mm 80mm



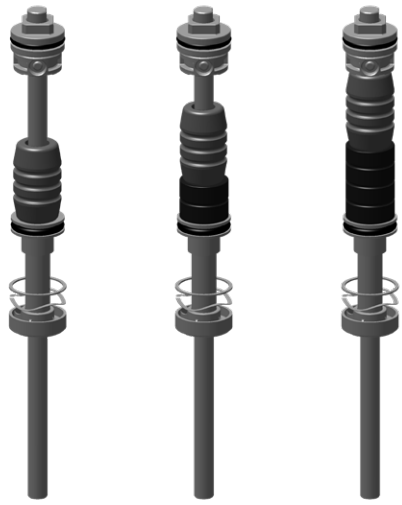
2016-2017 Recon™ Gold 27.5"
120mm 100mm 80mm



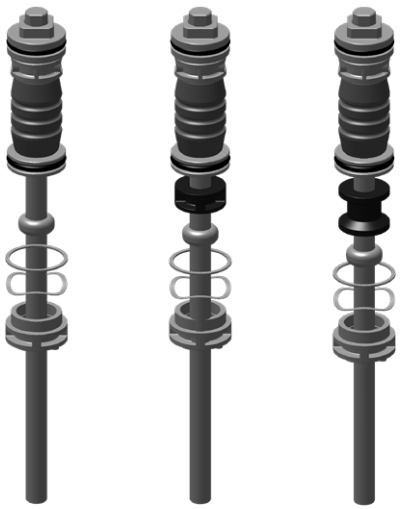
2016 Recon Gold 29"
100mm 80mm



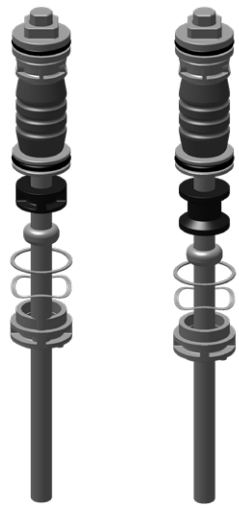
2017 Recon Gold 29"
120mm 100mm 80mm



2016-2017 Sektor™ Gold 27.5"
150mm 140mm 130mm



2016-2017 Sektor Gold 29"
140mm 130mm

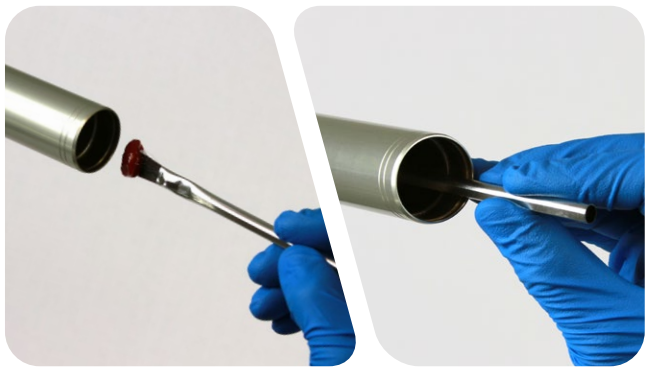


1 Apply grease to the air shaft.

Install the top out bumper, All-Travel spacer (if originally equipped, or added if travel is reduced), and the negative air piston assembly onto the air shaft. Slide it toward the positive air piston until it stops.



2 Apply grease to the inside of the upper tube approximately 60 mm into the tube.



3 Apply grease to the positive and negative air pistons and o-rings.



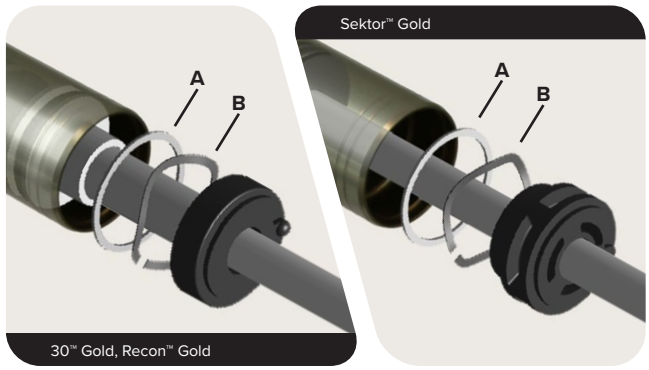
4 Insert the air spring assembly into the upper tube. Firmly push the positive and negative air pistons into the upper tube.



Position the flat base plate washer (A) into the upper tube, followed by the wavy washer (B).

Use your fingers to firmly press the air shaft guide into the upper tube until it snaps into place.

Make sure the shaft remains fully extended.



5 *Retaining rings have a sharper-edged side and a rounder-edged side. Installing retaining rings with the sharper-edged side facing the tool will allow for easier installation and removal.*

Position the retaining ring into the bottom of the upper tube retaining ring groove. The seal head tab should be positioned between the retaining ring eyelets.

Place the tips of the large internal retaining ring pliers into the eyelets of the retaining ring, then use the pliers to push the seal head into the upper tube while installing the retaining ring into the groove.

Use your finger and thumb to hold the retaining ring in place while seating the retaining ring eyelets on either side of the seal head tab.



NOTICE

Do not scratch the air spring shaft. Scratches on the air shaft will allow air to bypass the seal head into the lower leg, resulting in reduced spring performance.

Confirm the retaining ring is properly seated in the retaining ring groove by using the retaining ring pliers to rotate the retaining ring and seal head back and forth a few times, then firmly pull down on the shaft.

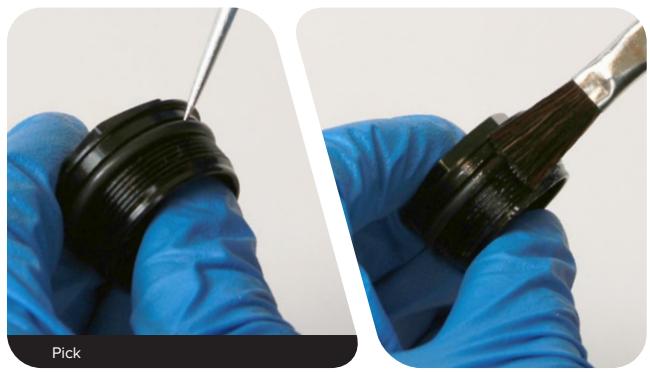
6 Remove the air top cap o-ring.

Apply grease to the new o-ring and install it.

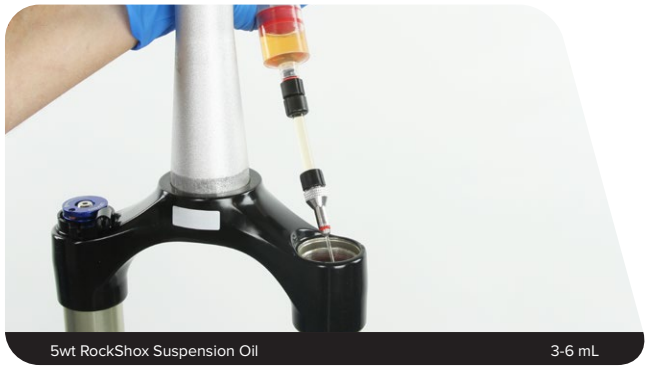
Apply a small amount of grease to the top cap threads.

NOTICE

Do not scratch the top cap. Scratches will cause air to leak.



7 Inject or pour 3-6 mL of RockShox 5wt suspension oil into the air spring upper tube.



8 Insert and thread the top cap into the upper tube.

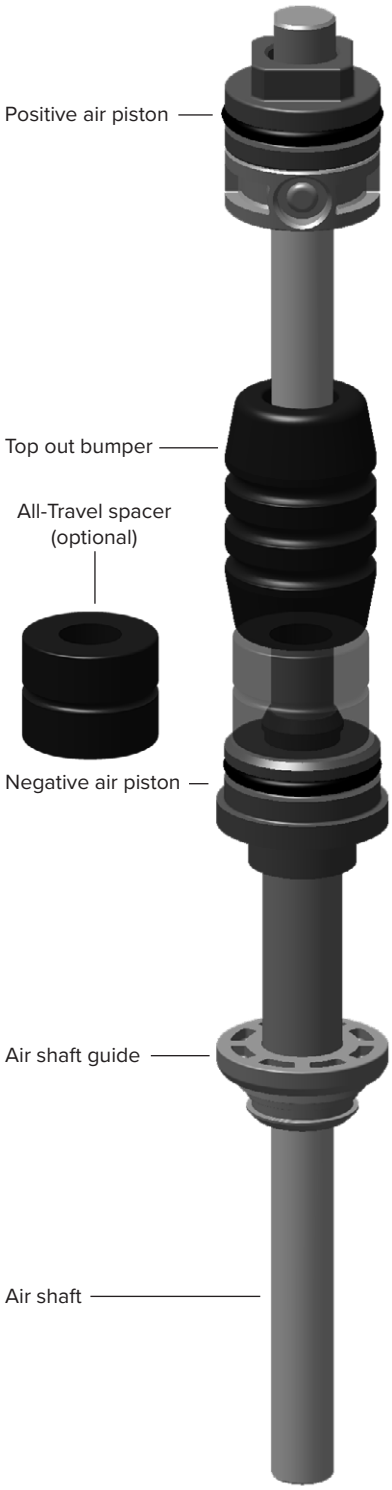
Tighten the top cap to 7.3 N·m (65 in-lb).



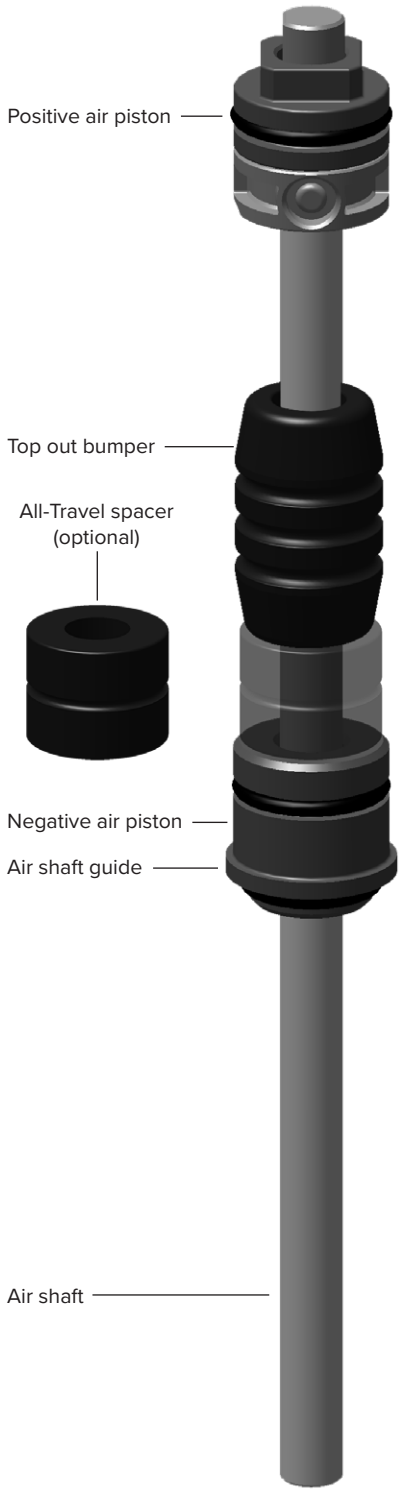
To continue with damper service, go to Damper Service (30™ Gold, Recon™ Gold, Sektor™ Gold).

Exploded View

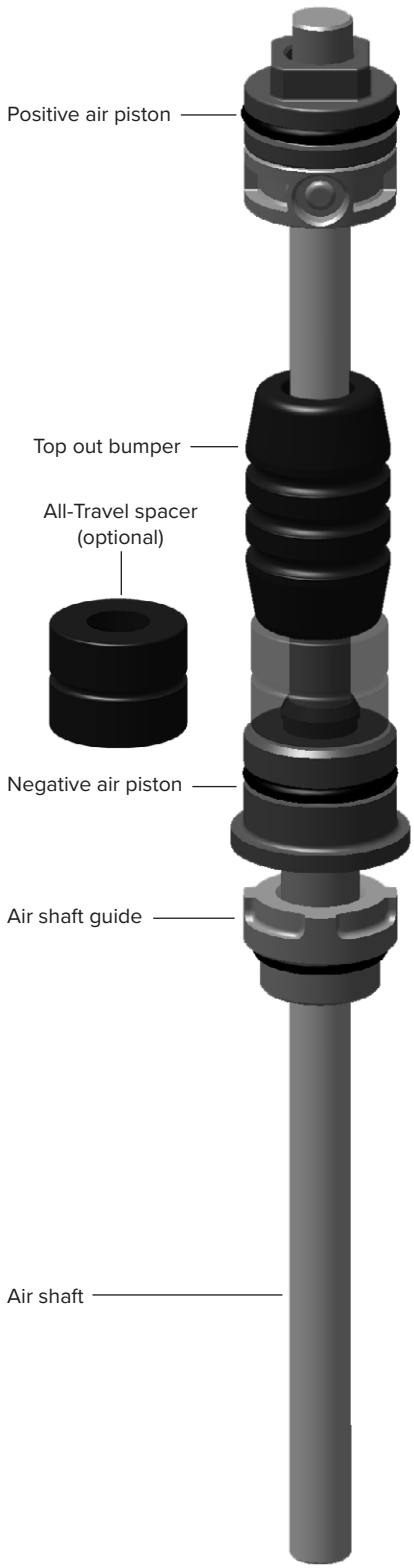
30™ SILVER



RECON™ SILVER
SEKTOR™ SILVER



RECON SILVER
SEKTOR SILVER



⚠WARNING - EYE HAZARD

Verify all pressure is removed from the fork before proceeding. Depress the Schrader valve again to remove any remaining air pressure. Failure to do so can result in injury and/or damage to the fork.

NOTICE

Inspect each part for scratches. Do not scratch any sealing surfaces when servicing your suspension. Scratches can cause leaks.

When replacing seals and o-rings, use your fingers or a pick to remove the seal or o-ring. Spray isopropyl alcohol on each part and clean with a lint-free rag. Apply Liquid-O-Ring® PM600 or SRAM® Butter grease to the new seals and o-rings.



1 Unthread the air spring top cap from the upper tube.

The air spring tube is attached to the top cap. Remove the top cap, air tube and air spring assembly from the upper tube.

Clean the upper tube threads with a lint-free rag.



2 Remove the top cap from the air tube.



3 Remove the air spring assembly from the air tube.



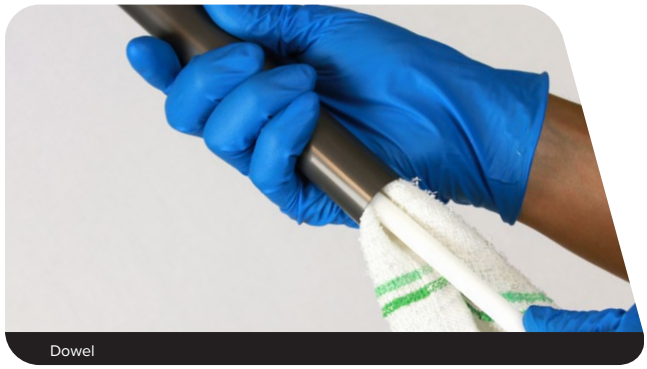
4 Spray isopropyl alcohol on the inside and outside of the air tube.

Clean the outside of the tube with a lint-free rag.

Wrap a clean lint-free rag around a long dowel, insert it into the air tube, and clean the inside of the tube.

NOTICE

Do not scratch the inside surface of the air tube. Scratches will cause air to leak.



Dowel

5 Slide the negative air piston assembly from the air spring shaft. Spray isopropyl alcohol onto the shaft and clean it with a lint-free rag.





6 Remove and discard the positive air piston o-ring.

Install a new air piston o-ring and apply grease to it.

NOTICE

Do not scratch the air piston. Scratches will cause air to leak.



Pick

7 Remove the top out bumper and All-Travel spacer (if installed).

Remove the inner and outer o-rings from the negative air piston and discard them.

Install new inner and outer negative piston o-rings and apply grease to each.

NOTICE

Do not scratch the negative air piston. Scratches will cause air to leak.



All-Travel Spacer Configurations (optional) - Silver

The All-Travel spacer is located on the air shaft above the negative air piston. An All-Travel spacer can be installed to decrease travel, or removed to increase travel.

NOTICE

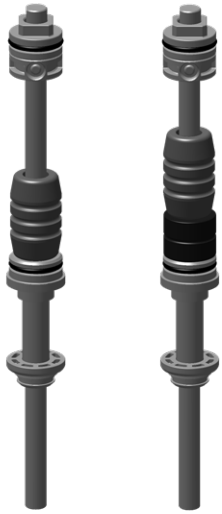
Do not install All-Travel spacers larger than the largest specified spacer for your fork.

Do not install a Solo Air™ spring assembly that exceeds the maximum travel specified for your fork.

		Wheel Size				
2016		26"	27.5"	27.5" Boost/110mm	29"	29" Boost/110mm 27.5"+
Fork Model	Travel	All-Travel Spacer				
30™ Silver	**80 mm**	20 mm	40 mm	-	40 mm	-
	100 mm	No Spacer	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	-	-
Recon™ Silver	**80 mm**	40 mm*	40 mm	-	40 mm	-
	100 mm	20 mm*	20 mm	-	20 mm	-
	120 mm	No Spacer*	No Spacer	-	No Spacer	-
Sektor™ Silver	**130 mm**	-	10 mm	-	10 mm	-
	140 mm	-	No Spacer	-	No Spacer	-
	150 mm	-	-	-	-	-
*FS-RCNS-TK-C1						

		Wheel Size				
2017		26"	27.5"	27.5" Boost/110mm	29"	29" Boost/110mm 27.5"+
Fork Model	Travel	All-Travel Spacer				
30 Silver	**80 mm**	20 mm	40 mm	-	40 mm	-
	100 mm	No Spacer	20 mm	-	20 mm	-
	120 mm	-	No Spacer	-	-	-
Recon Silver	**80 mm**	-	40 mm	40 mm	40 mm	40 mm
	100 mm	-	20 mm	20 mm	20 mm	20 mm
	120 mm	-	No Spacer	No Spacer	No Spacer	No Spacer
Sektor Silver	**130 mm**	-	10 mm	20 mm	10 mm	20 mm
	140 mm	-	No Spacer	10 mm	No Spacer	10 mm
	150 mm	-	-	No Spacer	-	-

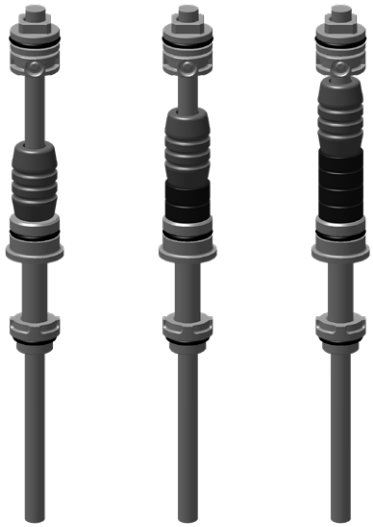
2016-2017 30™ Silver 26"
100mm 80mm



2016-2017 30 Silver 27.5", 29"
120mm 100mm 80mm



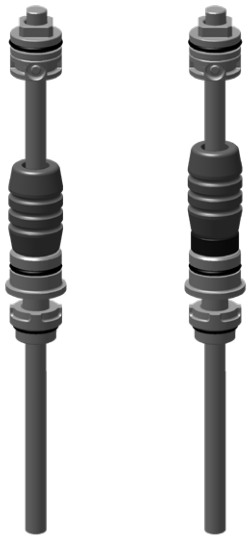
2016 Recon™ Silver 26", 27.5", 29"
2017 Recon Silver 27.5" Boost, 29" Boost/27.5"+
120mm 100mm 80mm



2017 Recon Silver 27.5", 29"
120mm 100mm 80mm



2016-2017 Sektor™ Silver 27.5", 29"
140mm 130mm



2017 Sektor Silver 27.5" Boost, 29" Boost/27.5"+
150mm 140mm 130mm



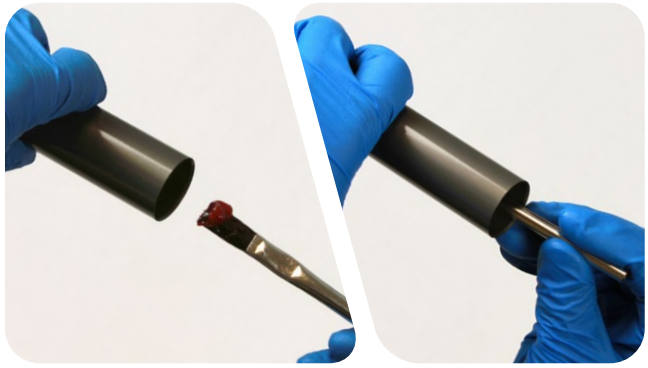
Air Spring Installation - Silver

1 Apply grease to the air shaft.

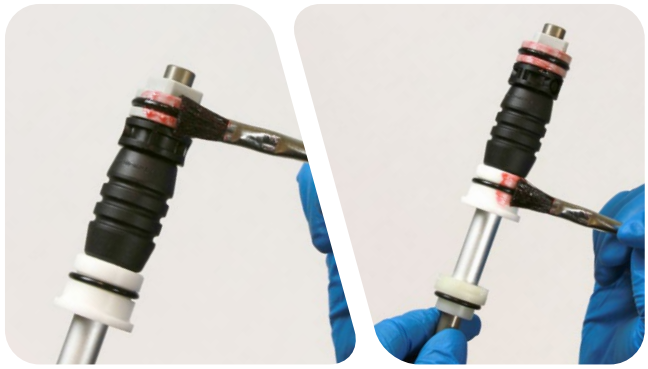
Install the top out bumper, All-Travel spacer (if originally equipped, or added if travel is reduced), and the negative air piston assembly onto the air shaft. Slide it toward the positive air piston until it stops.



2 Apply grease to the inside of one end of the air tube, approximately 60 mm into the tube.

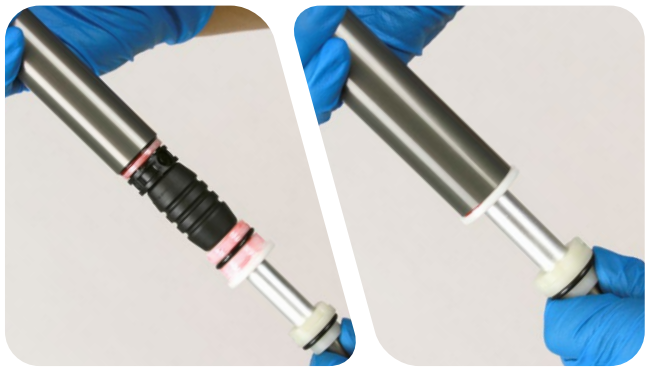


3 Apply grease to the positive and negative air pistons and o-rings.



4 Insert the air spring assembly into the greased end of the air tube.

Push the negative piston into the air tube until it is firmly seated.

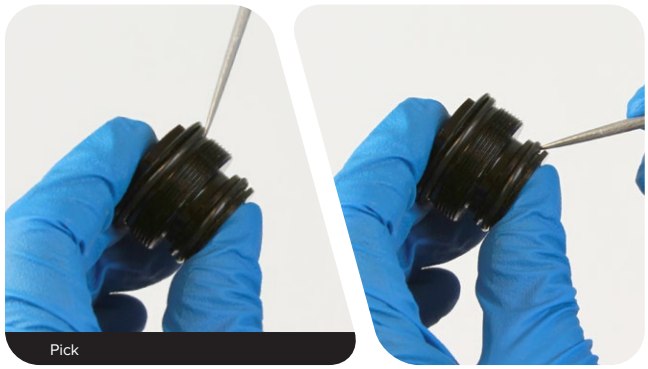


5 Remove the air top cap o-rings.

Apply grease to the new o-rings and install them.

NOTICE

Do not scratch the top cap. Scratches will cause air to leak.

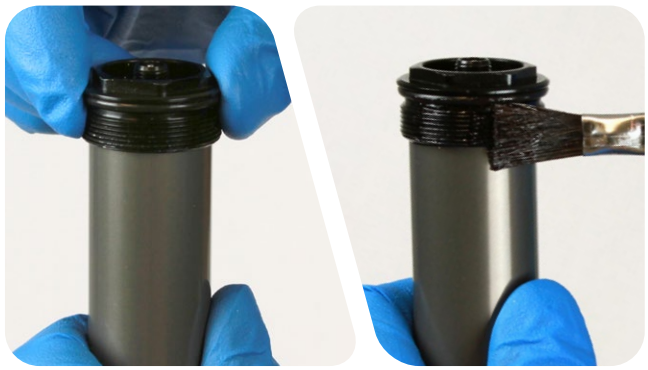


6 Inject or pour 3-6 mL of RockShox® 5wt suspension oil into the air spring tube.



7 Press the air top cap into the air tube.

Apply a small amount of grease to the top cap threads.



8 Insert the air assembly, shaft first, into the top of the upper tube.

Guide the air shaft through the shaft guide in the bottom of the upper tube.



9 Thread the top cap into the upper tube.



10 Tighten the top cap to 12.4 N·m (110 in-lb).



To continue with damper service, go to Damper Service (30™ Silver, Recon™ Silver, Sektor™ Silver).

Coil Spring Removal - Gold and Silver

1 Remove the spring adjuster knob screw.

Remove the knob.







2 Unthread the top cap.

Fixed Coil: Remove the top cap.

NOTICE

Press down firmly when loosening the top cap.





3 Remove the coil spring assembly.





4 Spray isopropyl alcohol on the spring and the spring shaft, and clean them with a lint-free rag.

Spray the inside and outside of the upper tube.

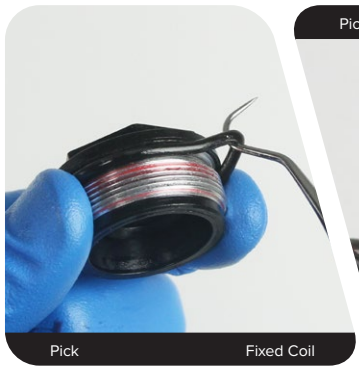
Clean the outside of the upper tube with a lint-free rag.

Wrap a clean lint-free rag around a long dowel, insert it into the upper tube, and clean the inside of the upper tube.





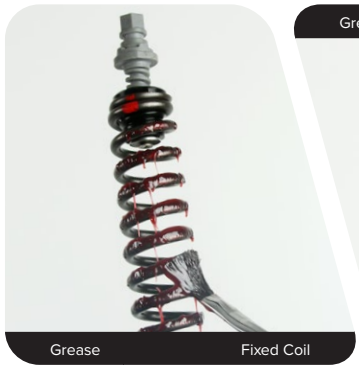
5 Remove the o-ring from the top cap. Apply grease to the new o-ring and install it.

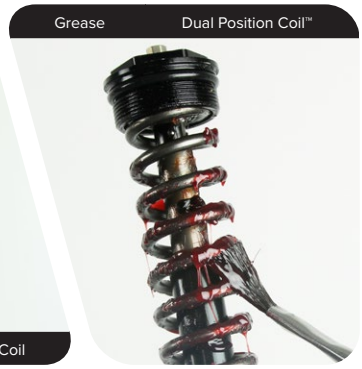




Coil Spring Installation - Gold and Silver

1 Apply a liberal amount of grease to the coil spring.





2 Insert the coil spring assembly into the upper tube.









3 Apply a thin film of grease onto the top cap threads.

Fixed Coil: Install the top cap and thread it in with a 24 mm socket wrench. Push down firmly to thread the top cap into the upper tube.



Dual Position Coil™: Push the top cap down and thread it into the upper tube by hand.



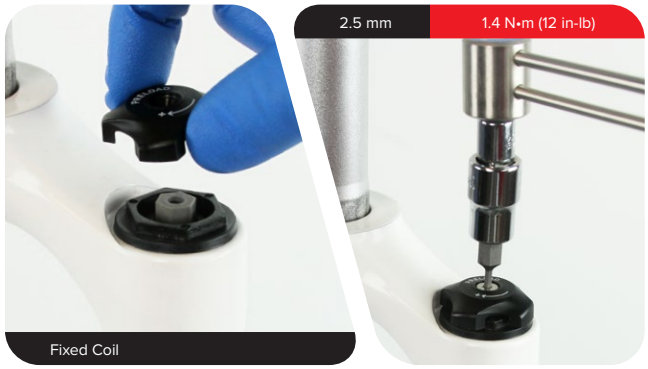
4 Tighten the top cap to 12.4 N•m (110 in-lb).



5 **Fixed Coil:** Install the preload adjuster knob.

Dual Position Coil™: Install the adjuster knob with the dial oriented forward.

Install and tighten the knob retaining screw to 1.4 N•m (12 in-lb).





To continue with damper service, go to Damper Service (30™ Gold, Recon™ Gold, Sektor™ Gold).

To continue with damper service, go to Damper Service (30 Silver, Recon Silver, Sektor Silver).

Damper Service - 30™ Gold, Recon™ Gold, Sektor™ Gold

Service procedures are the same for Motion Control™ and Turnkey™ dampers.

NOTICE

Inspect each part for scratches. Do not scratch any sealing surfaces when servicing your suspension. Scratches can cause leaks.

When replacing seals and o-rings, use your fingers or a pick to remove the seal or o-ring. Spray isopropyl alcohol on each part and clean with a lint-free rag. Apply Liquid-O-Ring® PM600 or SRAM® Butter grease to the new seals and o-rings.



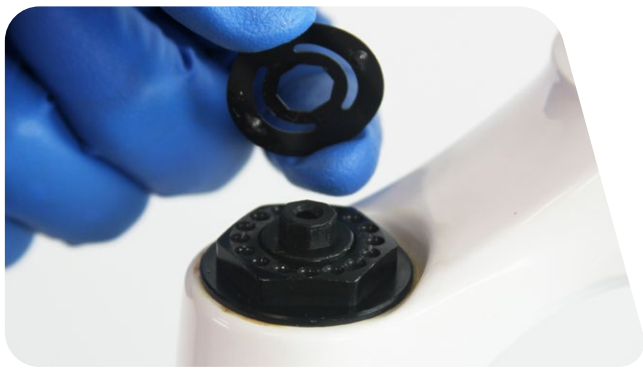
Damper Removal - Gold

1a **Crown Adjust:** Rotate the adjuster knob counter-clockwise to the open position. Remove the retaining screw and knob.





Recon Gold and Sektor Gold: Remove the detent spring.



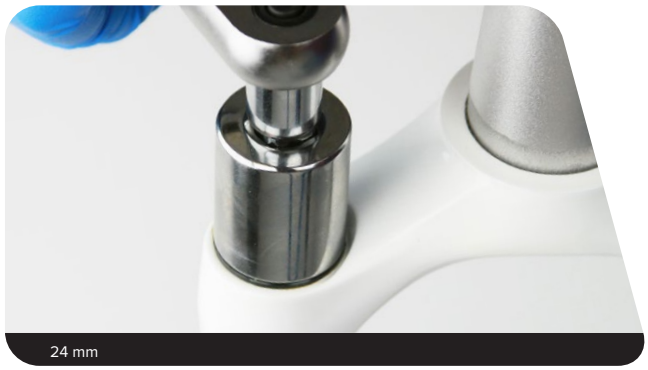
1b **Remote Adjust:** Remove the retaining screw and remote spool.



Recon™ Gold and Sektor™ Gold: Loosen the remote cable guide bolt and remove the cable guide.



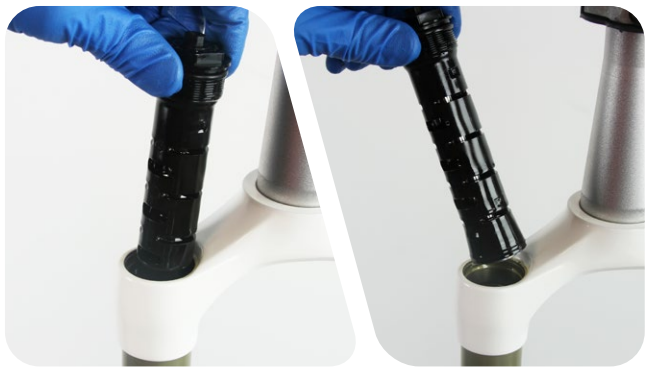
2 Unthread the compression damper top cap.



3 Remove the compression damper by pulling up firmly and slowly, while gently rotating the damper in a circular motion.

NOTICE

Do not force the damper out of the upper tube if there is resistance. This can cause separation of the piston from the damper tube.



30™ Gold Remote Adjust: Remove the cable guide from the damper.



4 Remove the top cap and damper piston o-rings.

Install new o-rings onto the top cap and piston.



5 Remove the fork from the bicycle work stand and pour the suspension oil into an oil pan.



6 Clamp the fork back into the work stand.

Push the rebound damper shaft into the upper tube and remove the rebound damper retaining ring.

NOTICE

Do not scratch the rebound damper shaft. Scratches will allow oil to leak into the lower leg, resulting in reduced damping performance.



7 Remove the rebound damper and seal head from the upper tube.



8 Spray isopropyl alcohol on the inside and outside of the upper tube. Clean the outside of the upper tube with a lint-free rag.

Clean the upper tube threads with a lint-free rag.

Wrap a clean lint-free rag around a long dowel, insert it into the upper tube, and clean the inside of the upper tube.



Dowel

9 Remove the seal head from the rebound damper shaft.

Spray isopropyl alcohol on the rebound damper shaft and clean it with a lint-free rag.



10 Remove the outer seal head o-ring. Install a new outer seal head o-ring.

Use a pick to pierce and remove the inner seal head o-ring. Install a new inner seal head o-ring.

Apply grease to both new o-rings.

NOTICE

When using a pick to remove o-rings, do not scratch the seal head. Scratches will cause oil to leak.



Pick

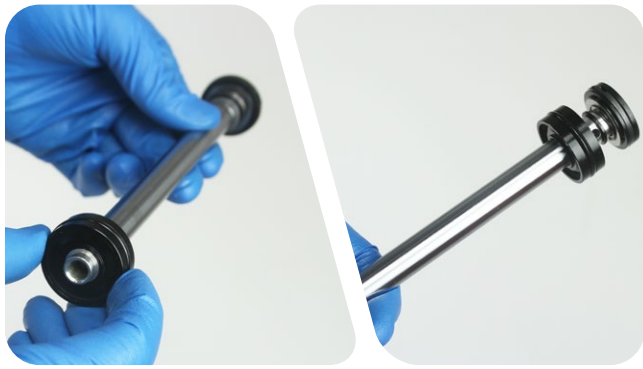
11 Remove the glide ring from the rebound damper piston.

Install a new glide ring onto the piston.



Pick

12 Install the seal head onto the rebound damper shaft.



1 Insert the rebound damper assembly and seal head into the upper tube.



2 Push the rebound seal head into the upper tube until the retaining ring groove is visible.



3 *Retaining rings have a sharper-edged side and a rounder-edged side. Installing retaining rings with the sharper-edged side facing the tool will allow for easier installation and removal.*

Push the rebound damper shaft into the upper tube to prevent it from getting scratched while installing the retaining ring.

Install the retaining ring into the upper tube groove.

NOTICE

Do not scratch the rebound damper shaft. Scratches will allow oil to leak into the lower leg, resulting in reduced damping performance.

Confirm the retaining ring is properly seated in the retaining ring groove by using the retaining ring pliers to rotate the retaining ring and seal head back and forth a few times.





4 Pull the rebound damper shaft out to the fully extended position.



5 Pour RockShox® 5wt suspension oil into the damper side upper tube.

NOTICE

Suspension oil volume is critical. Too much suspension oil reduces available travel and can damage the fork. Too little suspension oil decreases damping performance.



5wt RockShox Suspension Oil

2016	Model	Suspension Oil	Volume (mL)
30™ Gold	TK 26	5wt	85
	TK 27.5		102
	TK 29		
Recon™ Gold	RL and TK		133
Sektor™ Gold	RL - Solo Air™		130
	RL - Dual Position Coil™		125

2017	Model	Suspension Oil	Volume (mL)
30 Gold	RL 26	5wt	85
	RL 27.5		102
	RL 29		
Recon Gold	RL and TK		133
Sektor Gold	RL - Solo Air		130
	RL - Dual Position Coil		125

6 **Crown Adjust:** Verify the compression damper valve is in the open position.

A closed compression valve will restrict oil flow during installation.



Crown Adjust Compression Damper

7 **30™ Gold - Remote Adjust:** Insert the compression damper through the cable guide.


30 Gold - Remote Adjust

8 Apply a liberal amount of grease to the compression piston o-ring.



9 Insert the compression damper into the upper tube. Press down slowly and rotate in a circular motion until the damper is installed.



Remote Adjust - 30 Gold: Position the remote cable guide to the forward position.

Thread the top cap into the upper tube by hand.


30 Gold - Remote Adjust

10 Tighten the top cap to 12.4 N•m (110 in-lb).



11 **Remote Adjust - Recon™ Gold and Sektor™ Gold:** Install the remote cable guide onto the top cap with the housing guide in the 4 to 5 o'clock position. Tighten the clamp bolt to 0.6-1.1 N•m (6-10 in-lb).



12 **Crown Adjust - Recon Gold and Sektor Gold:** Apply a small amount of grease to the top cap detent spring holes. Install the detent spring onto the top cap.

30™ Gold, Recon Gold, and Sektor Gold: Install the compression adjuster knob with the large tab toward the front of the crown (open position).



Install the knob retaining screw and tighten it to 1.35 N•m (12 in-lb).



Remote Adjust: Install the remote spool with the cable set screw in the 7 to 8 o'clock position.

Install the spool retaining screw and tighten it to 1.35 N•m (12 in-lb).



To continue with lower leg installation, go to Lower Leg Installation.

Damper Service - 30™ Silver, Recon™ Silver, Sektor™ Silver

Service procedures are the same for Motion Control™ and Turnkey™ dampers.

NOTICE

Inspect each part for scratches. Do not scratch any sealing surfaces when servicing your suspension. Scratches can cause leaks.

When replacing seals and o-rings, use your fingers or a pick to remove the seal or o-ring. Spray isopropyl alcohol on each part and clean with a lint-free rag. Apply Liquid-O-Ring® PM600 or SRAM® Butter grease to the new seals and o-rings.



Damper Removal - Silver

1 **Crown Adjust:** Rotate the knob counter-clockwise to the open position. Remove the adjuster knob retaining screw and knob.





Remote Adjust: Remove the remote spool retaining screw and remote spool.





2 Unthread the compression damper.



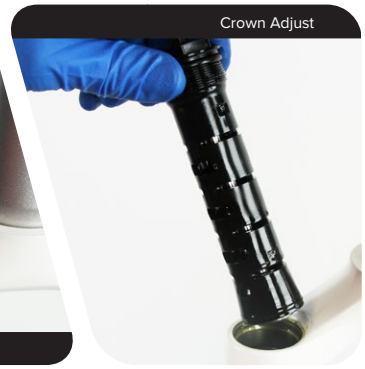


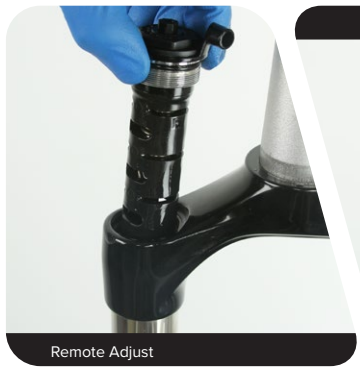
3 Remove the compression damper by pulling up firmly and slowly, while gently rotating the damper in a circular motion.

NOTICE

Do not force the damper out of the upper tube if there is resistance. This can cause separation of the piston from the damper tube.


Crown Adjust

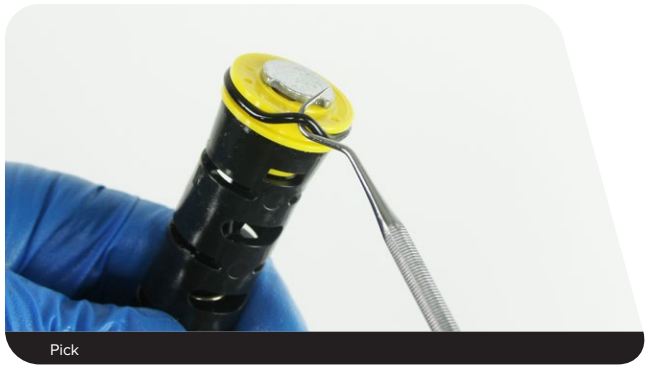

Crown Adjust


Remote Adjust

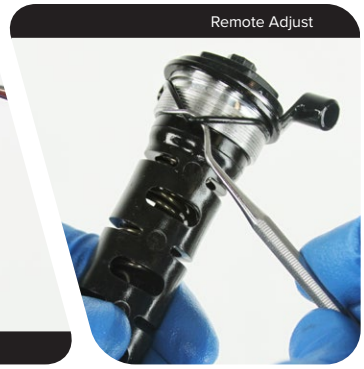

Remote Adjust

4 Remove the compression damper o-rings.

Install new o-rings and apply grease to them.


Pick


Crown Adjust


Remote Adjust


Remote Adjust


Grease

5 Remove the fork from the bicycle work stand and pour the suspension oil into an oil pan.



6 Hold the fork with the steerer tube oriented downward.

Push the rebound damper shaft into the upper tube and through the shaft guide. The damper will slide through the upper tube and exit through the crown into your hand.





7 Clamp the fork into the bicycle workstand.

Carefully remove the seal head retainer from the upper tube with a flat blade screwdriver.

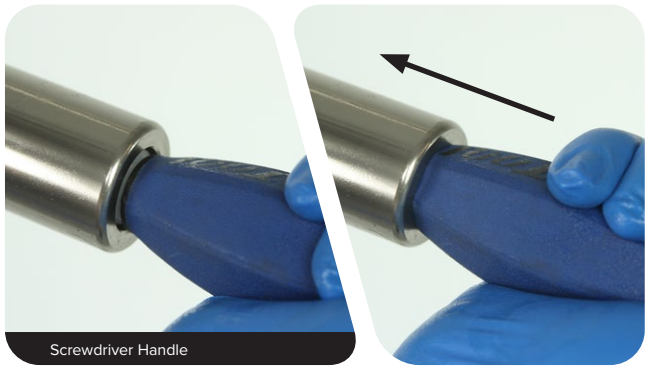
NOTICE

Do not damage the retainer during removal. Damage will prevent it from staying attached when reinstalled. If damaged during removal, the retainer must be replaced.



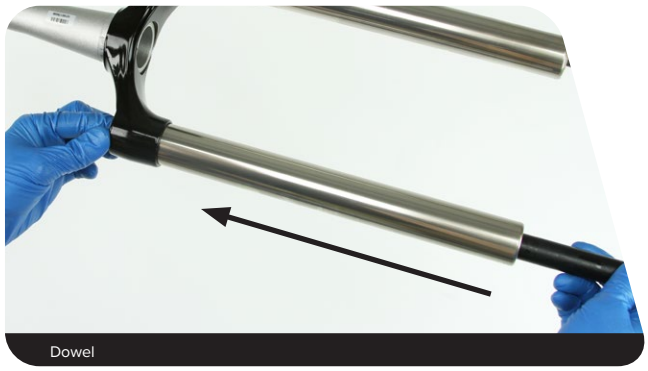
Flat Blade Screwdriver

8 Use the handle of a screwdriver, or similar, to firmly push the seal head into the upper tube.



9 Use a long dowel (15 mm - 18 mm diameter) to push the seal head out of the upper tube through the crown.

30™ Silver: Discard the seal head assembly.



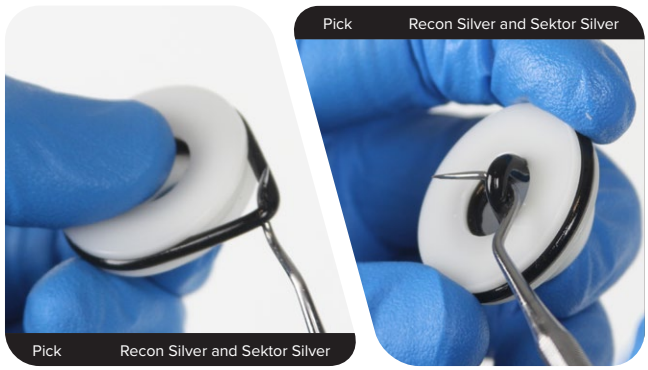


10 **Recon™ Silver and Sektor™ Silver:** Remove the o-rings from the seal head. Install new o-rings onto the seal head.

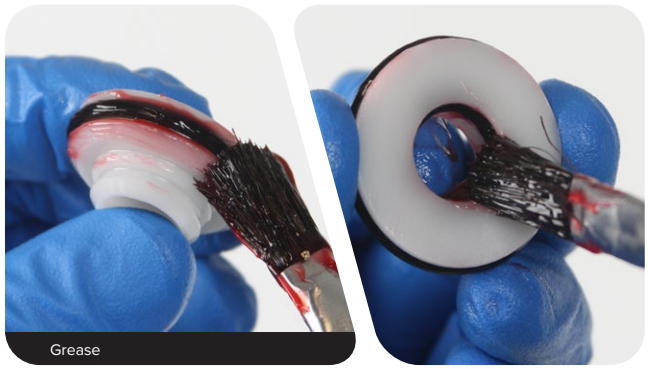
30 Silver: Install the new o-rings onto the new seal head.

NOTICE

Do not scratch the sealing surfaces. Scratches cause oil to leak.



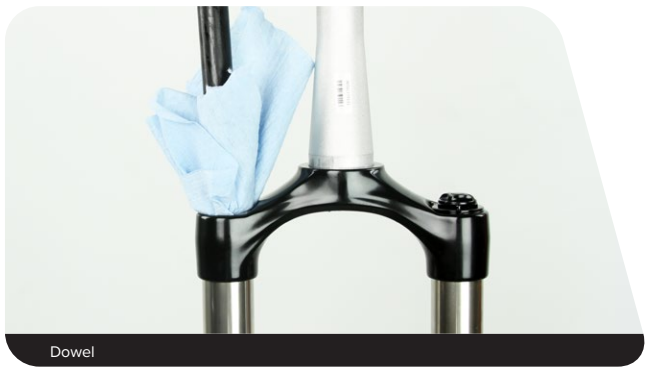
11 Apply grease to the new o-rings and seal head.


Grease

12 Spray isopropyl alcohol on the inside and outside of the upper tube. Clean the outside of the upper tube with a lint-free rag.

Clean the upper tube threads with a lint-free rag.

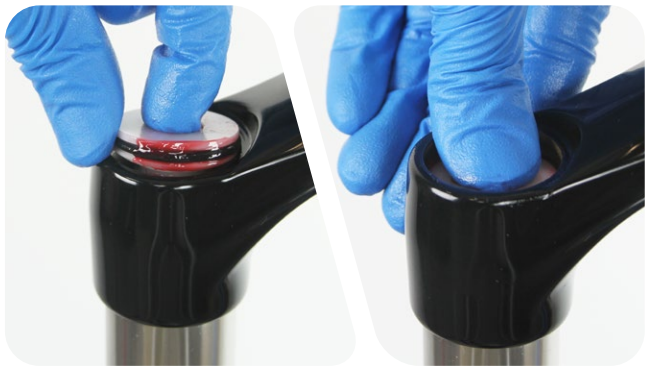
Wrap a clean lint-free rag around a long dowel, insert it into the upper tube, and clean the inside of the upper tube.


Dowel

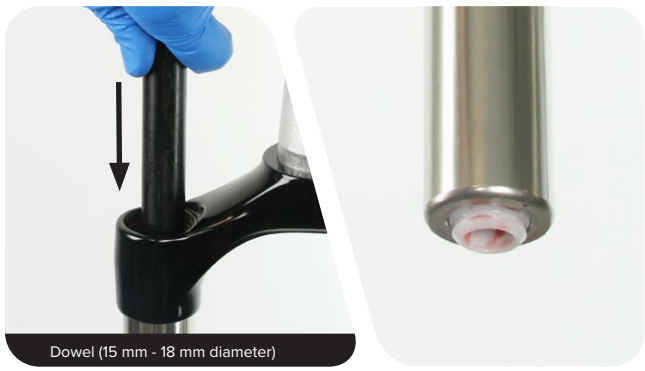
1 Insert the seal head into the upper tube through the crown, and push it down just below the upper tube threads. Use a dowel if needed.

NOTICE

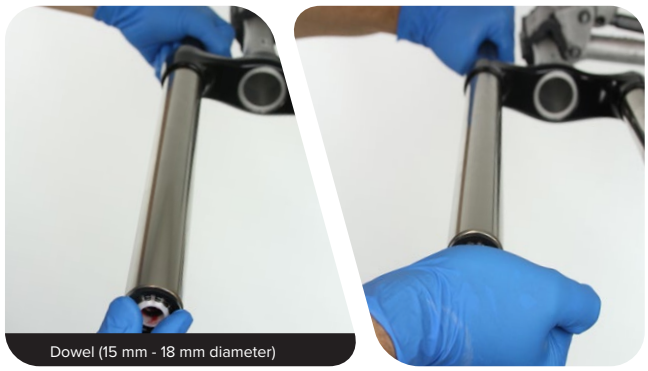
Use care to avoid damaging the outer o-ring.



2 Push the seal head down to the end of the upper tube.



3 While pushing the dowel down firmly against the seal head to secure it, use the palm of you hand to press the retainer onto the end of the seal head until it snaps into place.



Verify and confirm the retainer is installed securely.



4 Insert a long thin dowel (≤10 mm diameter) through the seal head into the upper tube, and through the crown.

The dowel will be used to guide the rebound damper shaft through the seal head as the damper is pushed into the upper tube.

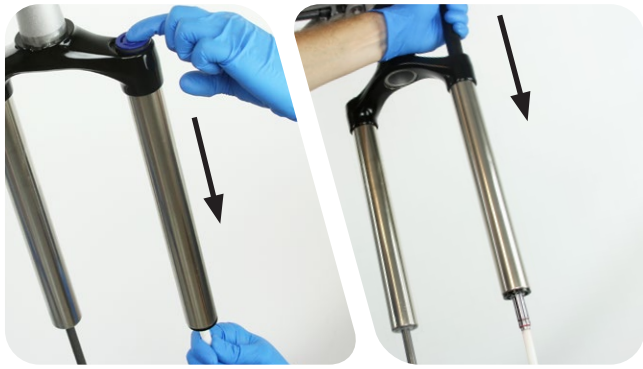
Place the end of the rebound damper onto the end of the dowel and insert the rebound damper shaft into the upper tube.



5 Push the rebound damper piston into the upper tube until the piston is just below the upper tube threads.

Hold the dowel in place and apply light pressure to the rebound damper as it is being inserted into the upper tube.

Insert a second dowel (15 mm - 18 mm diameter) into the upper tube, through the crown and push the damper into the upper tube while guiding it through the seal head with the other dowel.



Push the damper into the upper tube until it stops.



6 Pour RockShox® 5wt suspension oil into the damper side upper tube.

NOTICE

Suspension oil volume is critical. Too much suspension oil reduces available travel and can damage the fork. Too little suspension oil decreases damping performance.

2016	Model	Suspension Oil	Volume (mL)
30™ Silver	TK 26	5wt	100
	TK 27.5		123
	TK 29		122
Recon™ Silver	TK		150
Sektor™ Silver	TK		150

2017	Model	Suspension Oil	Volume (mL)
30 Silver	TK 26	5wt	100
	TK 27.5		123
	TK 29		122
Recon Silver	RL		118
	RL (Boost/110mm)		140
	TK (Solo Air)		150
	TK (Coil)		118
Sektor Silver	RL		150
	RL (Boost/110mm)		140



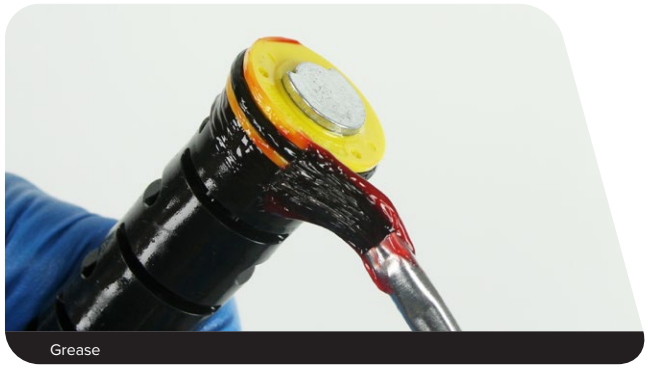
5wt RockShox Suspension Oil

7 **Crown Adjust Damper:** Verify the compression valve is in the open position.

A closed compression valve will restrict oil flow during installation.



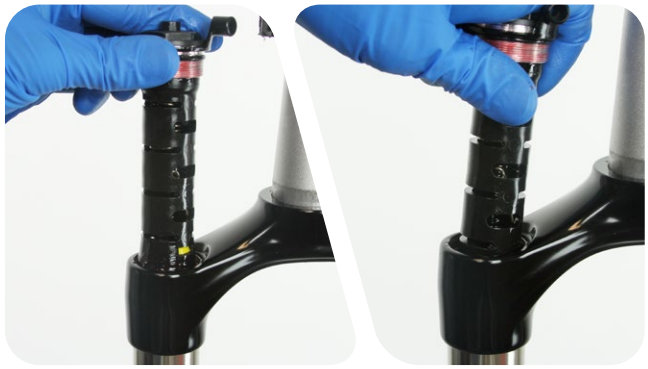
8 Apply a liberal amount of grease to the compression piston o-ring.



Grease

9 Insert the compression damper into the upper tube using care to avoid damaging the o-ring on the upper tube threads.

Press down slowly and rotate in a circular motion until the damper is installed.





10 **Remote Adjust:** Position the remote cable guide in the forward position.

Thread the damper top cap into the upper tube.



11 Tighten the compression damper to 12.4 N•m (110 in-lb).



12 **Crown Adjust - Recon™ Silver and Sektor™ Silver:** Apply a small amount of grease to the top cap detent spring holes. Install the detent spring onto the top cap.

Install the compression adjuster knob with the tab toward the front of the crown (open position).

Install the knob retaining screw and tighten it to 1.35 N•m (12 in-lb).





Remote Adjust: Install the remote spool with the cable set screw (A) in the 7 to 8 o'clock forward position.

Install the spool retaining screw and tighten it to 1.35 N•m (12 in-lb).



1 Spray isopropyl alcohol onto the upper tubes and clean them with a lint-free rag.



2 Install the lower leg assembly onto the upper tubes and slide it up just enough to engage the upper bushing with the upper tubes.

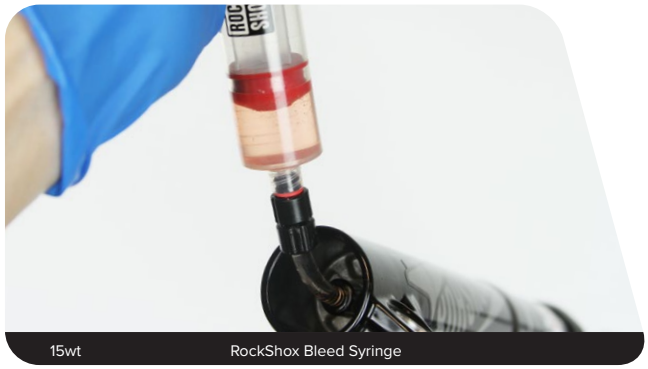
Verify both dust wiper seals slide onto the upper tubes without folding the outer lip of either seal.



The inside bottom of the lower leg should not contact the spring or damper shafts. A gap between the shaft ends and the lower leg bolt holes should be visible.



3 Position the fork at an angle with the bottom bolt holes oriented upward. Inject RockShox® 15wt suspension oil into each lower leg through the bottom bolt hole.



15wt RockShox Bleed Syringe

NOTICE

Do not exceed the recommended oil volume per leg as this can damage the fork.

2016	Spring	Suspension Oil	Damper Side	Spring Side
			Volume (mL)	
30™ Gold	Solo Air™	15wt	5	10
30 Silver	Coil			
	Solo Air			
Recon™ Gold	Solo Air		6	6
Recon Silver	Coil			12
	Solo Air			6
Sektor™ Gold	Coil		5-8	10-16
	Solo Air			3-8
Sektor Silver	Solo Air		6	6

2017	Spring	Suspension Oil	Damper Side	Spring Side
			Volume (mL)	
30 Gold	Solo Air	15wt	5	10
30 Silver	Coil			
	Solo Air			
Recon Gold	Solo Air		6	6
Recon Silver	Coil		6	12
	Solo Air			6
Sektor Gold	Coil		5-8	10-16
	Solo Air			3-8
Sektor Silver	Solo Air		6	6

4 With the fork at an angle, slide the lower leg assembly along the upper tubes until it stops.



The spring and damper shafts should be visible through the bottom bolt holes.

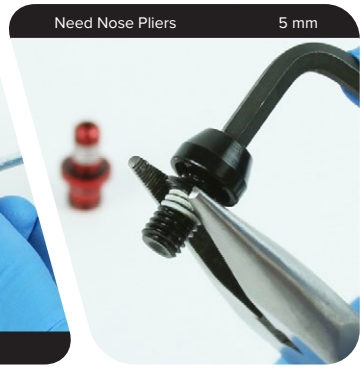
Verify each shaft is centered and seated in the lower leg shaft/bolt hole and no gap is visible between the lower leg and the shaft ends.



5 Use a pick and needle nose pliers to remove the old crush washers from each bottom bolt.

Hold the crush washer with needle nose pliers and unthread the crush washer from the bolt by turning the bolt counter-clockwise with a 5 mm hex wrench.





NOTICE

Dirty or damaged crush washers can cause oil to leak from the fork.

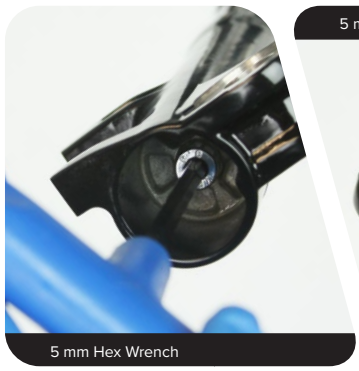
Install a new crush washer onto each bottom bolt.





6 Install the hollow bottom bolt into the damper shaft, and install the solid bottom bolt into the spring shaft.

Tighten each bolt to 6.8 N·m (60 in-lb).





7 Install the rebound adjuster knob onto the rebound damper bottom bolt. Press the knob firmly onto the bolt until it clicks into place.









8 **Solo Air™:** Refer to the air chart on the fork lower leg for the recommended air pressure and pressurize the air spring.

You may see a drop in indicated air pressure on the pump gage while filling the air spring, this is normal. Continue to fill the air spring to the suggested air pressure.

Install the air valve cap onto the top cap.



Shock Pump

9 Spray isopropyl alcohol on the entire fork and clean it with a lint-free rag.



This concludes service for the RockShox® 30™, Recon™ and Sektor™ front suspension forks.

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