



Bike Suspension Service

SERVICE INTERVALS

Rear Shocks

Service item	New	After each ride or race	Every 30 hours	Every 100 hours or annually
Set sag	•			
Check sag; reset if necessary		•		
Set damping adjustments	•			
Clean shock exterior with mild soap and water only; wipe dry with soft towel		•		
Air sleeve maintenance (FLOAT and DHX Air shocks)			•	
Clean and inspect bushings and reducers			•	
Suspension fluid service (must be performed by FOX or Authorized Service Center)				•

Air Spring Forks (all 32, 34, 36 FLOAT, TALAS, DRCV, 40 FLOAT)

Service item	New	After each ride or race	Every 30 hours	Every 100 hours
Set sag	•			
Check sag; reset if necessary		•		
Set damping adjustments	•			
Clean fork exterior with mild soap and water only; wipe dry with soft towel		•		
Inspect dropout thickness (9mm)			•	
Inspect bushings			•	
Change oil in lower legs (visit FOX Help for more info)			•	
Change FLOAT fluid in air chamber of FLOAT, TALAS, and DRCV forks				•
Service damper: 32, 34, and 36 FIT; open cartridge (OC) and Terralogic®				•

Coil Spring Forks (36 & 40 VAN)

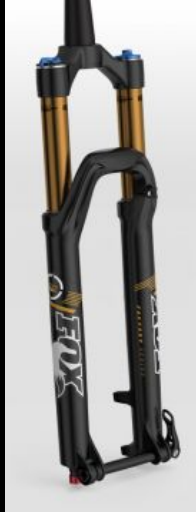
Service item	New	After each ride or race	Every 30 hours	Every 100 hours
Set sag	•			
Check sag; reset if necessary		•		
Set damping adjustments	•			
Clean shock exterior with mild soap and water only; wipe dry with soft towel		•		
Inspect bushings			•	
Change oil in lower legs (visit FOX Help for more info)			•	
Service damper: 36 RC2, 40 RC2				•



40 YEARS
of Redefining Ride Dynamics



FORK- 2015 34 TALAS 29



Travel

5.5-4.3 in./140-110mm

5.9-4.7 in./150-120mm

Features/Adjustments

Factory FIT CTD w/Adj; 140-110, 150-120; Kashima Coated or anodized upper tubes, 1.5" tapered steerer, lever actuated Climb/Trail/Descend (3 position), Trail adjust range (1-7), rebound, TALAS 2 position travel adjust, air spring pressure.

Factory FIT CTD Remote; 140-110, 150-120; Kashima Coated or anodized upper tubes, 1.5" tapered steerer, remote actuated Climb/Trail/Descend (3 position), rebound, TALAS 2 position travel adjust, air spring pressure.

Performance FIT CTD; 140-110, 150-120; Anodized upper tubes, 1.5" tapered steerer, lever actuated Climb/Trail/Descend (3 position), rebound, TALAS 2 position travel adjust, air spring pressure.

Evolution CTD; 140-110, 150-120; Anodized upper tubes, 1.5" tapered steerer, lever actuated Climb/Trail/Descend (3 position), rebound, TALAS 2 position travel adjust, air spring pressure.

Evolution CTD Remote; 140-110, 150-120; Anodized upper tubes, 1.5" tapered steerer, remote actuated Climb/Trail/Descend (3 position), rebound, TALAS 2 position travel adjust, air spring pressure.

Lower leg

15QR thru axle system, post style disc brake mounting

Spring

Travel Adjustable air spring

Riding style

Trail, AM

Sections

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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

34 TALAS maximum air pressure is 200psi

Sag should be set to 15 – 20% of total fork travel

1. Set your TALAS travel adjuster to the long travel setting (fully clockwise).
2. Unscrew the blue air cap on top of the left fork leg counter-clockwise to expose the schrader valve.



3. Attach a FOX High Pressure Pump to the schrader valve.
4. Pump your fork to the appropriate pressure as listed in the 'Suggested starting points for setting sag' table below, then remove the pump.
5. 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.



6. Rotate the CTD lever to the Descend mode (the riders 1 o'clock position).
 - o If you have a Remote CTD fork, click the black release lever once to set the fork to Descend mode.
7. 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.

8. While in your riding position, slide the o-ring (or zip tie) down against the fork dust wiper.
9. 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.
10. Add or remove air pressure until your sag measurement is between 15-20% of your forks total travel.
11. Repeat steps 2-8 and recheck sag measurement.
12. When sag measurement is correct, screw the blue air cap on clockwise until snug.

Rider Weight lbs/kgs	140mm	150mm	
≤125	≤57	85psi	75psi
125 - 135	57 - 61	90psi	85psi
135 - 145	61 - 66	100psi	90psi
145 - 155	66 - 70	120psi	110psi
155 - 170	70 - 77	125psi	120psi
170 - 185	77 - 84	135psi	125psi
185 - 200	84 - 91	145psi	145psi
200 - 215	91 - 98	165psi	165psi
215 - 230	98 - 104	180psi	180psi
230 - ≥250	104 - ≥113	200psi	200psi

Travel	15% sag (Firm)	20% sag (Plush)
5.5 in./140mm	.82 in./21mm	1.1 in./28mm
5.9 in./150mm	.88 in./22mm	1.2 in./30mm

Adjusting Rebound

Rebound controls how fast the fork extends after compressing



The red rebound adjuster is located at the bottom of the right fork leg. 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 CTD fork is in Descend mode (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.

Climb, Trail, Descend

Easy on-the-fly adjustments for unprecedented control and performance

The blue CTD lever lets you to switch between the Climb, Trail, and Descend modes. Each mode is optimized for each specific type of terrain, providing exceptional performance and riding enjoyment with your fork. CTD allows for complete rider control as one can experiment using different modes on various different types of terrain.

Climb Mode:



Rotate the blue CTD lever fully clockwise to set the fork in Climb mode. Climb mode is a very firm low-speed compression setting (not designed to be a solid lockout). This setting is most useful for climbing and sprinting.

Trail Mode:



Rotate the blue CTD lever to the middle setting to set the fork in Trail mode. Trail mode offers less compression damping than Climb mode. Use this setting when pedaling on undulating terrain, and for preventing excessive travel in technical riding situations (such as low-speed drops). Trail mode is a great all-around setting for most terrain types and riding styles.

Descend Mode:



Rotate the blue CTD lever fully counter-clockwise to set the fork to Descend mode. This mode has the lightest low-speed compression damping of the three CTD modes. Descend mode offers the most plush ride to ensure optimal traction over varied terrain.

Adjusting Trail Mode

FIT CTD w/Trail Adjust models allow for added fine tuning



SOFT



MEDIUM



FACTORY

CTD w/Adj Descend

Trail

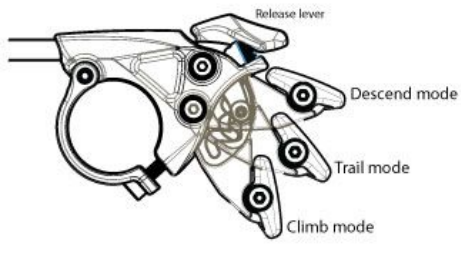
Climb

Factory CTD w/Trail Adjust model forks feature a seven-position Trail Adjust control that regulates low-speed compression damping only in Trail mode. For firmer low-speed compression in Trail mode, turn the black Trail Adjust knob clockwise. For lighter low-speed compression, turn the Trail Adjust knob counter-clockwise.

Trail adjustments (1-soft, 2, 3, 4-medium, 5, 6, 7-firm) only function in Trail mode.

Using the CTD Remote

Easy on-the-fly adjustments for unprecedented control and performance



The CTD Remote lets you to switch between the Climb, Trail, and Descend modes while riding. Each mode is optimized for a specific type of terrain, providing best performance and riding enjoyment. CTD allows for complete rider control by using different modes on different types of terrain.

Climb Mode:

- Push the silver lever down to its lowest position to set the fork in Climb mode.

Climb mode is a very firm low-speed compression setting (not designed to be a solid lockout). This setting is most useful for climbing and sprinting.

Trail Mode:

- From Climb mode, push the black release lever once and then push the silver lever down one click to the middle position to engage Trail mode.
- From Descend mode, push the silver lever down one click to the middle position to engage Trail mode.

Trail mode offers less compression damping than Climb mode. Use this setting when pedaling on undulating terrain, and for preventing excessive travel in technical riding situations (such as low-speed drops). Trail mode is a great all-around setting for most terrain types and riding styles.

Descend Mode:

- Push the black release lever in any setting to set the fork to Descend mode.

Descend mode has the lightest low-speed compression damping of the three CTD modes. Descend mode offers the most plush ride to ensure optimal traction over varied terrain.

Using the TALAS Travel Adjustable Air Spring

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.



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