RIDER WEIGHT	SPRING WEIGHT	SAG SETTING
2003-2004 Foes FXR		
	FXR <><><> 4X	ABOUT 1/2" EACH POSITION
130-145	250 <><><> 300	
146-160	300 <><><> 350	
161-175	350 <><><> 400	
176-190	400 <><><> 450	
191-210	450 <><><> 500	
211-230	500 <><><> 550	
2004-2005 Foes The	INFERNO	ABOUT 1/2"- 3/4"
130-145	200	
146-160	200	
161-175	250	
176-190	300	
191-210	350	
211-230	400	
2004 Foes DHS MON	0	ABOUT 1"
130-145	300	
146-160	350	
161-175	400	
176-190	450	
191-210	500	
211-230	550	
2002-2004 Foes THE	FLY	ABOUT 1/2" EACH POSITION
130-145	300	
146-160	350	
161-175	400	
176-190	450	
191-210	500	
211-230	550	
2005 Foes THE FLY		ABOUT 1" EACH POSITION
130-145	250	1
146-160	300	
161-175	350	
176-190	400	

450

500



updated 08-22-05

Sag should be measured in each travel setting to insure that the spring rate is correct. Heavier riders will more than likely need to increase spring rate by about 50lb when going into longer travel settings. Lighter riders may or may not need to change spring rate when changing travel settings....This is why it is always important to check sag in each travel setting!

Your dealers should ask you your riding weight with any gear that you wear while riding, this will determine the recommended spring rate. This spring rate is only a recommendation and requires you the rider with the help of a friend or your dealer to measure sag in each travel setting...just like this...

- 1) Set air pressure via Curnutt Manual..
- 2) Adjust sag via spring preload ONLY... Measure first the distance with no one on the bike, then hop on cautiously and have your friend measure. The sag settings listed to the side here is the difference you should get when you are weighted in riding position. Sit on the bike in riding position, propping yourself to a level position - have a friend measure the distance from center to center of the main shock bolts of the XTD Shock.
- 3) Once you check the sag in each travel setting you can adjust the bottom out control to about two turns out from all the way bottomed. The Inferno and Flys have the bottom out control integrated into the schrader valve, it is BLUE... The FXR and Mono have a RED control knob. with the schrader valve coming through the middle of the knob. The bottom out control has a max of 4 turns from all the way in.

Make sure to read the manual that comes with your Foes frame. It will tell you in more detail how to properly setup your Curnutt Shock specific to each Foes frame. If you didn't get a manual with your frame they are available in the 'Tech Section' of the Foes website.... www.foesracing.com

Ti springs are available in 200-450 spring rates Steel springs are available in 200-550 spring rates

191-210

211-230