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## REDSHIFT ShockStop Suspension Seatpost 31.6mm x 350mm (Model RS-50-42)

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Model: 31.6mm x 350mm (RS-50-42)

## INTRODUCTION

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The REDSHIFT ShockStop Suspension Seatpost is designed to enhance cycling comfort and control by absorbing road bumps, shocks, and vibrations. This system provides 35mm of tunable suspension travel, allowing riders to maintain consistent power output and reduce fatigue on various terrains. This manual provides essential information for the proper installation, adjustment, operation, and maintenance of your ShockStop Suspension Seatpost.

## SAFETY INFORMATION

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- Always ensure the seatpost is securely installed and tightened to the manufacturer's recommended torque specifications for both the seatpost clamp and saddle clamp.
- Do not exceed the minimum insertion line marked on the seatpost. Insufficient insertion can lead to frame or seatpost damage and potential injury.
- Regularly inspect the seatpost for any signs of damage, cracks, or wear. Discontinue use immediately if any damage is found.
- Ensure that the saddle angle is correctly adjusted for your riding style after installation to prevent discomfort or injury.
- If you are unsure about any installation or adjustment procedures, consult a professional bicycle mechanic.

## PACKAGE CONTENTS

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Your REDSHIFT ShockStop Suspension Seatpost package includes:

- REDSHIFT ShockStop Suspension Seatpost
- Swappable springs for rider weight adjustment
- All necessary hardware for installation

## SETUP

## 1. Installation

To install the ShockStop Suspension Seatpost:

1. Remove your existing seatpost from your bicycle frame.
2. Clean the inside of the seat tube and the exterior of the new seatpost.
3. Apply a thin layer of carbon assembly paste (for carbon frames/seatposts) or grease (for aluminum frames/seatposts) to the insertion area of the ShockStop seatpost.
4. Insert the ShockStop seatpost into the bicycle's seat tube, ensuring it is inserted beyond the minimum insertion line.
5. Tighten your bicycle's seatpost clamp to the manufacturer's recommended torque specification.
6. Attach your saddle to the seatpost clamp. Adjust the saddle angle and fore/aft position as desired, then tighten the saddle clamp bolts to the recommended torque.



Image: The REDSHIFT ShockStop Suspension Seatpost shown installed on a bicycle, ready for use.

The ShockStop seatpost is available in various diameters (e.g., 27.2mm, 30.4mm, 30.9mm, 31.6mm). If your bike's seat tube diameter is different, shims are available to ensure a proper fit. Always use the correct diameter seatpost or an appropriate shim.



Image: The ShockStop seatpost on a bike, illustrating the standard 27.2mm sizing and the availability of shims for larger seat tube diameters.

## 2. Initial Adjustment (Spring & Preload)

The ShockStop seatpost features swappable springs and adjustable preload to customize the suspension feel for your weight and riding preferences.



Image: An exploded diagram of the ShockStop seatpost, highlighting the removable mud guard, swappable springs for weight adjustment, and the adjustable preload mechanism for fine-tuning stiffness.

- **Spring Swapping:** The seatpost comes with different springs to accommodate various rider weights. Refer to the included spring chart (if provided) to select the appropriate spring combination for your body weight. This typically involves disassembling the lower part of the seatpost to access and replace the springs.
- **Preload Adjustment:** The preload adjustment knob, usually located at the bottom of the seatpost, allows for fine-tuning the initial stiffness of the suspension. Turning the knob clockwise increases preload, making the suspension firmer, while turning it counter-clockwise reduces preload, making it softer. Adjust this to achieve your desired ride feel.

## OPERATING THE SUSPENSION SEATPOST

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Once installed and adjusted, the ShockStop Suspension Seatpost operates automatically, providing 35mm of active suspension travel to absorb impacts from the road or trail. The optimized linkage geometry ensures that your saddle angle remains consistent throughout the suspension travel, maintaining a stable and comfortable riding position.



Image: The ShockStop Suspension Seatpost illustrating its 35mm of vertical suspension travel, absorbing bumps for a smoother ride.

This seatpost is suitable for a wide range of bicycles, including road, gravel, hybrid, and e-bikes, enhancing comfort and control across various riding conditions.



Image: A collage showing the versatility of the ShockStop seatpost, used on commuter e-bikes, mountain bikes (MTB), and road/gravel bikes.

## MAINTENANCE

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The ShockStop Suspension Seatpost is designed for minimal maintenance. However, regular inspection and basic care will ensure its longevity and optimal performance:

- **Cleaning:** Wipe down the seatpost regularly with a damp cloth to remove dirt and grime. Avoid using harsh chemicals or high-pressure washers directly on the suspension mechanism.
- **Inspection:** Periodically check all bolts for proper tightness, especially the saddle clamp bolts and

any bolts related to the suspension linkage. Inspect the seatpost body for any signs of wear, scratches, or damage.

- **Lubrication:** The internal mechanism is generally maintenance-free. If you notice any squeaking or unusual noises, consult the manufacturer's website or a professional mechanic for guidance on appropriate lubrication points.
- **Mud Guard:** The seatpost includes a removable mud guard. Ensure it is clean and properly installed to protect the internal components from debris.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Excessive movement or "bobbing"	Insufficient preload or incorrect spring for rider weight.	Increase preload by turning the adjustment knob clockwise. If still too soft, consider swapping to a firmer spring.
Suspension feels too stiff	Too much preload or incorrect spring for rider weight.	Decrease preload by turning the adjustment knob counter-clockwise. If still too stiff, consider swapping to a softer spring.
Squeaking or creaking noises	Loose bolts, dirt in mechanism, or lack of lubrication.	Check all bolts for proper torque. Clean the seatpost thoroughly. Consult Redshift Sports for lubrication recommendations if needed.
Saddle angle changes during riding	Saddle clamp bolts are not tightened sufficiently.	Ensure saddle clamp bolts are tightened to the recommended torque specifications.

If you encounter issues not listed here or require further assistance, please contact Redshift Sports customer support.

## SPECIFICATIONS

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- **Model:** ShockStop Suspension Seatpost
- **Part Number:** RS-50-42
- **Dimensions (Current Variant):** 31.6mm x 350mm
- **Material:** Aluminum
- **Suspension Travel:** 35mm
- **Weight:** Approximately 830 grams (for 31.6mm x 350mm variant)
- **Adjustments:** Infinitely adjustable preload, swappable springs
- **Compatibility:** Road, Gravel, Hybrid, E-Bikes (with appropriate diameter/shims)
- **UPC:** 850027370644

	CITY	ENDURANCE	PRO ENDURANCE	PRO RACE
RIDING TYPE	E-bike, commuter, recreational	All types	Gravel, singletrack, mixed terrain	Gravel racing & road
RIDE FEEL	Active Plush	Active Plush	Damped Responsive	Damped Race-Tuned
SUSPENSION TRAVEL	35mm	35mm	35mm	20mm
SEATPOST WEIGHT* Full weight details in FAQ	* * *	* * *	* *	*
DIAMETERS	30.9, 31.6mm (shims available for 34.9mm size)	27.2, 30.4, 30.9, 31.6mm (shims available for 34.9mm size)	27.2mm (shims available for larger sizes)	27.2mm (shims available for larger sizes)
LENGTHS	350, 400mm	280, 350, 400, 450mm	280mm, 350mm	280mm, 350mm
RIDER WEIGHT LIMIT* Full weight details in FAQ	Optimized for riders up to 139kg (308lb)	Optimized for riders up to 120kg (264lb)	Optimized for riders up to 110kg (242lb)	Optimized for riders up to 110kg (242lb)
TUNABILITY, STIFFNESS ADJUSTMENT	Adjustable dual spring	Adjustable dual spring	Adjustable dual spring + elastomer	Interchangeable dual spring + elastomer

Image: A detailed comparison table outlining specifications for different REDSHIFT ShockStop seatpost models, including suspension travel, diameters, lengths, and rider weight limits.

## WARRANTY AND SUPPORT

REDSHIFT Sports products are designed for durability and performance. For specific warranty details, please refer to the official REDSHIFT Sports website or contact their customer service directly. General return policy for this product is 30 days from purchase.

For technical support, replacement parts, or any questions regarding your ShockStop Suspension Seatpost, please visit the official REDSHIFT Sports website or contact their customer support team through the contact information provided on their site.

**Manufacturer:** Redshift Sports

**Website:** [www.redshiftsports.com](http://www.redshiftsports.com)