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› [RockShox](#) /

› RockShox Psylo Gold Isolator RC Suspension Fork User Manual

RockShox 00.4021.129.005

RockShox Psylo Gold Isolator RC Suspension Fork User Manual

Model: 00.4021.129.005

1. INTRODUCTION

This manual provides essential information for the proper setup, operation, maintenance, and troubleshooting of your RockShox Psylo Gold Isolator RC Suspension Fork. Please read this manual thoroughly before installation and use to ensure optimal performance and safety.

The RockShox Psylo Gold Isolator RC Suspension Fork is engineered for demanding trail conditions, offering a balance of performance and reliability. It features the Isolator RC three-position damper, a tunable DebonAir air spring, and Maxima Plush Dynamic Suspension Lube for smooth operation.





Figure 1.1: The RockShox Psylo Gold Isolator RC Suspension Fork. This image displays the fork from a front-side angle, highlighting its gloss black finish, the RockShox branding on the stanchions, and the overall robust construction.

2. SETUP

2.1. Installation

Proper installation is crucial for the safety and performance of your suspension fork. If you are unsure about any step, consult a qualified bicycle mechanic.

1. **Steerer Tube Preparation:** Cut the tapered steerer tube to the appropriate length for your bicycle frame and

headset. Ensure the edges are deburred.

2. **Crown Race Installation:** Install the crown race onto the steerer tube.
3. **Fork Mounting:** Insert the fork into the head tube of your bicycle frame. Install the headset bearings, spacers, and stem according to your bicycle manufacturer's instructions.
4. **Axle Installation:** Insert the 15mm Thru x 110mm Maxle Stealth axle through your wheel hub and the fork dropouts. Tighten securely.
5. **Brake Caliper Mounting:** Attach your Post Mount 180 brake caliper to the fork's brake mounts. Ensure proper alignment and torque specifications are met.





Figure 2.1: Side view of the RockShox Psylo Gold Isolator RC Suspension Fork. This perspective clearly shows the brake caliper mounting points and the Maxle Stealth axle, essential for proper installation.

2.2. Air Spring Setup (DebonAir)

The DebonAir air spring allows for precise tuning of the fork's feel. Proper air pressure setting is critical for performance and rider comfort.

1. **Determine Sag:** Sag is the amount the suspension compresses under the rider's weight. Consult your bicycle manufacturer's recommendations for ideal sag percentage (typically 15-25% for trail forks).
2. **Add Air:** Remove the air cap on the top of the left stanchion. Attach a high-pressure shock pump and add air in small increments.
3. **Measure Sag:** With the rider in full riding gear, sit on the bike in a normal riding position. Measure the sag.
4. **Adjust:** Add or release air until the desired sag is achieved. Replace the air cap.

2.3. Damper Adjustment (Isolator RC)

The Isolator RC damper provides three compression positions and externally adjustable rebound.

- **Compression Adjustment (Top of Right Stanchion):**
 - **Open:** Provides full travel and maximum sensitivity for rough terrain and descents.
 - **Pedal:** Offers increased compression damping for efficient pedaling on climbs and rolling terrain.
 - **Firm:** Provides a firm platform for climbing or smooth sections, minimizing suspension movement.
- **Rebound Adjustment (Bottom of Right Leg):** The red knob adjusts the speed at which the fork extends after compression.
 - **Slower Rebound (Clockwise):** Prevents the fork from "pogo-sticking" on successive bumps.
 - **Faster Rebound (Counter-clockwise):** Allows the fork to recover quickly for better traction on technical terrain.







Figure 2.2: Front view of the RockShox Psylo Gold Isolator RC Suspension Fork. This view highlights the top caps where air pressure and compression damping adjustments are made, and the lower leg where rebound is adjusted.

2.4. Fender Installation

The Psylo Gold fork is compatible with short bolt-on fenders (one is included). This helps to keep mud and debris away from the rider and the fork seals.

1. Align the fender with the mounting points on the fork arch.
2. Secure the fender using the provided bolts. Do not overtighten.



Figure 2.3: RockShox Psylo Gold Isolator RC Suspension Fork with the short bolt-on fender installed. The fender is designed to integrate seamlessly with the fork's arch, providing protection from trail debris.

3. OPERATING YOUR FORK

Understanding how to utilize the fork's adjustments while riding will significantly enhance your trail experience.

3.1. Understanding the Isolator RC Damper

The Isolator RC damper allows you to quickly adapt your fork's performance to changing terrain:

- **Open Mode:** Use for technical descents, rock gardens, and any terrain requiring maximum traction and plushness.
- **Pedal Mode:** Ideal for undulating terrain, fire roads, and climbs where you want to reduce bobbing but still maintain some suspension activity for bumps.
- **Firm Mode:** Best for long, smooth climbs or paved sections where you want to minimize energy loss from suspension movement.

3.2. Adjusting on the Trail

Experiment with the compression and rebound settings to find what works best for your riding style and the specific trail conditions. Small adjustments can make a significant difference.

- If the fork feels too harsh or doesn't use full travel, try reducing air pressure slightly or speeding up rebound.
- If the fork feels too soft, bottoms out easily, or "pogos," try increasing air pressure or slowing down rebound.



Figure 3.1: A rider navigating a trail with the RockShox Psylo Gold fork installed. This image demonstrates the fork in its intended environment, highlighting its role in absorbing impacts and maintaining control during off-road cycling.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your RockShox Psylo Gold fork.

4.1. Cleaning

- After every ride, especially in wet or muddy conditions, wipe down the stanchions (the shiny upper tubes) with a clean, soft cloth.
- Use mild soap and water to clean the lower legs and arch. Avoid high-pressure washers directly on seals.
- Periodically clean around the dust wipers to remove accumulated dirt and debris.

4.2. Lubrication

The fork uses Maxima Plush damping fluid and Maxima Plush Dynamic Suspension Lube for internal lubrication. External lubrication of the stanchions is generally not required beyond keeping them clean.

4.3. Service Intervals

While specific intervals depend on riding conditions and frequency, general guidelines include:

- **Every 50 hours of riding or annually (whichever comes first):** Lower leg service (clean, inspect, and replace bath oil).
- **Every 200 hours of riding or biennially:** Full service (disassembly, inspection, and replacement of all seals and fluids).

It is highly recommended to have full services performed by a certified RockShox service center or a qualified bicycle mechanic.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your suspension fork.

Problem	Possible Cause	Solution
Fork feels too stiff / Not getting full travel	Too much air pressure; Rebound set too slow; Air trapped in lower legs.	Reduce air pressure; Speed up rebound; Cycle fork through full travel several times; Consider lower leg service.
Fork feels too soft / Bottoms out easily	Too little air pressure; Rebound set too fast.	Increase air pressure; Slow down rebound; Consider adding Bottomless Tokens (if applicable).
Oil leaking from seals	Worn or damaged seals; Excessive dirt buildup.	Clean stanchions and seals; Replace dust wipers and foam rings; Seek professional service.
Creaking noise	Loose headset; Loose axle; Crown-steerer unit creak.	Check headset preload; Ensure axle is tight; Professional inspection may be required for CSU creak.

For more complex issues or if the problem persists, please contact RockShox customer support or visit a certified service center.

6. SPECIFICATIONS

Key technical specifications for the RockShox Psylo Gold Isolator RC Suspension Fork:

Feature	Specification
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Feature	Specification
Model Name	Psylo Gold Isolator RC
Part Number	00.4021.129.005
Wheel Size	29"
Travel	140 mm
Offset	44 mm
Front Axle	15mm Thru x 110mm (Boost)
Steerer Type	Tapered
Brake Type	Post Mount 180
Air Spring	DebonAir
Damper	Isolator RC (Open, Pedal, Firm)
Stanchion Diameter	35 mm
Material	Aluminum
Color	Gloss Black
Approx. Weight	8.1 Pounds (3.67 kg)
Designed for E-bike	Yes

7. WARRANTY INFORMATION

RockShox products are covered by a manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region and product. Please retain your proof of purchase.

For detailed warranty information, including terms, conditions, and how to make a claim, please refer to the official RockShox website or contact their customer service directly.

8. CUSTOMER SUPPORT

If you have any questions, require technical assistance, or need to arrange for service, please contact RockShox customer support.

- **Official Website:** Visit the [RockShox website](#) for product manuals, FAQs, service guides, and contact information.
- **Authorized Service Centers:** For professional service and repairs, locate an authorized RockShox service center near you through their website.