

# SANTA CRUZ BICYCLES

MY18 Nomad Suspension Setup



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## SAFETY INSTRUCTIONS

### ⚠ WARNING

Special tools and knowledge are necessary for the setup and service of your bicycle suspension. For your safety, only an authorized dealer should install, adjust, or service the frame or the components. Make sure to set up a maintenance schedule with your dealer to keep your bicycle safe and performing its best. Consult your dealer if you have any questions or concerns about proper setup and riding your bike. Stop riding immediately and consult your dealer if you suspect any problems with your bicycle.

For current service instructions, part numbers, and technical information, visit [www.santacruz bicycles.com](http://www.santacruz bicycles.com). Please contact your local Santa Cruz Bicycles® distributor or dealer for questions and orders. Information contained in this publication is subject to change at any time without prior notice. The appearance of your product appearance may differ from the images contained in this publication.

Adhere to all torque and sizing specifications for press fits and thread fits. Over-tightening can damage threads or cause parts to fail. Using the wrong size part can cause parts to fail and may cause a crash, which can result in serious injury and/or death.

You must register your bicycle in order to make a warranty claim (see the instructions on the Warranty page).

Always wear safety glasses and personal protective equipment, such as latex or nitrile gloves when setting up or servicing Santa Cruz Bicycles products.

Consult your fork or shock manufacturer's instructions for maximum and minimum air pressures.

## SAG SETUP

For optimal suspension performance, adjust the air pressure for your weight and riding style to achieve your appropriate sag setting. Sag is a measurement of how much your suspension compresses when you are seated on the bike in your normal riding gear, including hydration pack.

### AIR SPRING FORKS

The range for sag measurement is typically 15-20% of total fork travel. Consult your fork manufacturer's instructions for recommendations about setting sag.

1. Set the compression adjuster to Open, or fully counter-clockwise.
2. Unthread the air cap on the non-drive side fork leg to access the Schrader valve.
3. Attach a high-pressure pump to the Schrader valve.
4. Inflate the fork to the recommended air pressure setting listed in the following pages.
5. Remove the pump.
6. Slide the o-ring (or zip tie) against the fork dust wiper.
7. Without bouncing, stand on the pedals in a neutral position, with your weight centered on the bike. Carefully dismount the bike.
8. Measure from the dust wiper to the o-ring (or zip tie), which is your sag. Check your sag measurement with those listed in the following pages.
9. Add or release air until you reach your desired sag.
10. Reinstall the air cap when you are done setting sag.

If you cannot get the desired sag measurement, you may need to make an internal adjustment. Contact your dealer for more information.

### AIR SHOCKS

The range for sag measurement is typically 25-33% of total air shock travel. Consult your shock manufacturer's instructions for recommendations about setting sag.

1. Set the compression adjuster to Open, or fully counter-clockwise.
2. Unthread the air cap on the shock to access the Schrader valve.
3. Attach a high-pressure pump to the Schrader valve.
4. Inflate the shock to the recommended air pressure setting listed in the following pages. With the air pump attached to the valve, slowly cycle your shock through 25% of its travel 10 times as you reach the desired pressure. This will equalize the positive and negative air chambers and will change the pressure on the pump gauge.
5. Remove the pump.
6. Without bouncing, stand on the pedals in a neutral position, with your weight centered on the bike.
7. Pull the o-ring up against the rubber air sleeve seal.
8. Carefully dismount the bike.
9. Measure from the rubber air sleeve seal to the o-ring, which is your sag. Check your sag measurement with those listed in the following pages.
10. Add or release air until you reach your desired sag.
11. Reinstall the air cap when you are done setting sag.

**COIL SHOCKS**

The range for sag measurement is typically 25-33% of total shock travel. Consult your shock manufacturer's instructions for recommendations about setting sag.

**CHECK FOR CLEARANCE**

Before riding, ensure that a coil shock will not contact your specific frame while in motion. Follow these instructions to check for proper clearance:

1. Remove the coil spring from your shock according to your shock manufacturer's instructions.
2. Install the shock onto your frame according to your shock manufacturer's instructions.
3. Slowly compress the suspension through its entire travel.
4. Check that the shock does NOT contact any portion of your frame or linkage as it cycles through its travel.
5. Remove the shock from your frame, reinstall the coil spring and shock according to your shock manufacturer's instructions. Check that the spring does not contact any portion of your frame or linkage.

**SET SAG**

1. Measure the eye-to-eye distance of your bike's shock mounts.
2. Without bouncing, stand on the pedals in a neutral position, with your weight centered on the bike.
3. While you are still on the bike, have a friend measure the eye-to-eye distance again.
4. Carefully dismount the bike.
5. The difference between the two measurements is your sag.
  - To increase sag, turn the preload adjuster counter-clockwise. If you cannot achieve 25-33% sag by turning the preload adjuster, you will need to obtain a lower rate spring.
  - To decrease sag, turn the preload adjuster clockwise no more than two full turns. If you cannot achieve 25-33% sag by turning the preload adjuster, you will need to obtain a higher rate spring.
  - To change to a higher or lower rate spring, consult your manufacturer's instructions or bicycle dealer.

## FORK SETUP

### ROCKSHOX LYRIK™ RC/RCT3 SOLO AIR™

Wheel (in)	Travel (mm)	<140 lb (<63 kg)	140-160 lb (63 -72 kg)	160-180 lb (72-81 kg)	180-200 lb (81-90 kg)	200-220 lb (90-99 kg)	>200 lb (90 kg)	Max Psi
27.5	160	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85-95 psi	95+ psi	148 psi
	170, 180	35-45 psi	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85+ psi	

### ROCKSHOX YARI™ RC SOLO AIR™

Wheel (in)	Travel (mm)	<140 lb (<63 kg)	140-160 lb (63 -72 kg)	160-180 lb (72-81 kg)	180-200 lb (81-90 kg)	200-220 lb (90-99 kg)	>200 lb (90 kg)	Max Psi
27.5	150, 160	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85-95 psi	95+ psi	148 psi
	170, 180	35-45 psi	45-55 psi	55-65 psi	65-75 psi	75-85 psi	85+ psi	

## SHOCK SETUP

### ROCKSHOX SUPER DELUXE AIR RCT

Rider Weight	Air Pressure	Shock Sag
120 lb (54.4 kg)	135 psi	18-23 mm
140 lb (63.5 kg)	155 psi	18-23 mm
160 lb (72.6 kg)	175 psi	18-23 mm
180 lb (81.8 kg)	195 psi	18-23 mm
200 lb (90.7 kg)	215 psi	18-23 mm
220 lb (99.8 kg)	235 psi	18-23 mm

### ROCKSHOX SUPER DELUXE COIL RCT

Rider Weight	Spring Rate	Preload	Shock Sag
120 lb (54.4 kg)	300 lbs	1 turn	18-23 mm
140 lb (63.5 kg)	350 lbs	1 turn	18-23 mm
160 lb (72.6 kg)	400 lbs	1 turn	18-23 mm
180 lb (81.8 kg)	450-500 lbs	1 turn	18-23 mm
200 lb (90.7 kg)	500-550 lbs	1 turn	18-23 mm
220 lb (99.8 kg)	600 lbs	1 turn	18-23 mm

## MAINTENANCE SCHEDULE

Bicycle service requires special knowledge and tools and should be performed by a professional bicycle mechanic. This user manual is to be used in conjunction with the manuals supplied by the component manufacturers. If you did not receive the manual provided by the component manufacturer, download the materials off the Internet or contact your local dealer. Consult your local dealer to create a maintenance plan and refer to this Maintenance Schedule as a guide for frequent inspection, service, and replacement of parts.

BEFORE EVERY RIDE	WEEKLY	MONTHLY	EVERY 3 MONTHS	ANNUALLY
Check the frame and fork for signs of stress: scratches, cracks, dents, deformation or discoloration. Inspect the chainstay guard and ensure it is correctly and securely attached	Check that all bolts are tightened to proper torque specifications. Make sure to include pedals and any accessories or luggage carriers.	Check the shifter and brake cables for wear	Inspect the drivetrain for wear	Annual servicing at your dealer: overhaul service and inspection of frame, suspension, and all other components. Repair, service, and/or replace parts as needed
Check that the wheels are true	Check the rims and spokes for damage	Check that the bottom bracket is tightened to proper torque specifications	Inspect the crank arms and pedals	Clean and lubricate all parts as recommended by your component manufacturer's instructions or consult your dealer
Check the tire pressure	Clean the bicycle	Check that the headset is adjusted correctly	Top off grease ports in frame lower links, if applicable	Check for service instructions and intervals for your frame at <a href="http://www.santacruz bicycles.com">www.santacruz bicycles.com</a>
Check the brakes, including brake pads and brake lines	Check the tires for damage and wear	Check that the chain is tensioned correctly	Check tire sealant levels	
Check that both wheels are secure	Clean dust seals on suspension		Inspect suspension parts for wear	
Check that the handlebar and stem are correctly positioned and inspect for signs of stress: scratches, cracks, dents, deformities, and discoloration		Check the chainstay guard and bottom bracket guard (if applicable) for wear		
Check that the suspension settings are at your preferences				
Check that the lighting system and reflectors are in good working order				
Check that the saddle and seatpost are correctly positioned and tightened				
Check for smooth shifting operation				
Lubricate the chain				
This list provides some guidelines, but is not to be considered a complete inspection. Following these guidelines will help maintain the performance of your bicycle and prevent more serious problems from arising. It is important to remember that service intervals can vary depending on climate, trail conditions and riding frequency. For service instructions for your specific components, visit the manufacturer's website. If you detect any problems with your bike, and you are not able to repair them, take your bike to your authorized dealer for service.				

## CLEANING

Clean your bicycle with a soft, moist cloth and bicycle cleaner or a solution of dish soap and water. Do not use industrial solvents or harsh chemicals that can damage the paint or moving parts. Do not use high-pressure water. Every three months, clean and polish the frame finish. Some finishes do not require polish. If you are not certain, consult your retailer.

## WARRANTY

### LIFETIME FRAME AND FORK WARRANTY

Santa Cruz Bicycles will repair or replace at its option any frame or rigid fork made by Santa Cruz Bicycles it determines to be defective in materials or workmanship. The warranty will be in effect for the lifetime of the frame or rigid fork and is available only to the original, registered owner. In order to confirm that you are the original owner, please register using our [Warranty Registration Form](#) at the time of purchase. Notwithstanding the foregoing, frames purchased prior to May 1, 2015 are covered under the previously-existing warranty for five years from the original date of purchase.

### LIFETIME BEARING WARRANTY

Santa Cruz Bicycles pivot bearings are warranted for life to the original owner of the bike. The return process is simple: fill out the Warranty Bearing Replacement Form, upload a copy of your purchase receipt, and we'll get a new set of bearings out to you within 48 hours!

#### HANDLEBARS

Santa Cruz carbon handlebars are warranted against defects in materials and workmanship for a period of five years from the original date of purchase.

#### NO-FAULT REPLACEMENT

Santa Cruz Bicycles will make replacement frame parts available to the original, registered owner at a reduced charge in the event of a crash or other non-warranty situation for the life of the bike.

#### FILE A WARRANTY CLAIM

Something not right? Use our Warranty Claim Form to file a warranty claim. We'll do everything we can to get you back to riding as fast as possible.

If you have any other questions, or would like to follow up on a warranty claim, contact our Warranty Department.

#### LIMITATIONS, EXCLUSIONS, AND DISCLAIMERS

The sole remedy available under the foregoing express warranty and all implied warranties is the repair or replacement of defective parts with those of equal or greater value, as determined by Santa Cruz Bicycles in its sole discretion. The warranty does not cover labor costs, custom finishes, normal wear and tear, or damage from commercial use. The warranty is void if the part is modified from its original condition in any manner or used outside normal intended use, as determined by Santa Cruz Bicycles in its sole discretion. The warranty for damage arising from accidents, crashes and other impacts is limited to offered replacement at a reduced charge as set forth above.

THE FOREGOING WARRANTY IS THE SOLE AND EXCLUSIVE WARRANTY OFFERED BY SANTA CRUZ BICYCLES. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, ALL OTHER EXPRESS AND IMPLIED WARRANTIES (INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) ARE HEREBY DISCLAIMED. TO THE MAXIMUM EXTENT PERMITTED BY APPLICABLE LAW, IN NO EVENT SHALL SANTA CRUZ BICYCLES OR ANY OF ITS OWNERS, OFFICERS, EMPLOYEES, REPRESENTATIVES, AGENTS, OR AFFILIATES (OR ANY OF THEIR RESPECTIVE SUCCESSORS OR ASSIGNS) BE RESPONSIBLE OR OTHERWISE LIABLE FOR ANY DIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM THE PURCHASE, USE, OR OWNERSHIP OF ITS PRODUCTS, INCLUDING WITHOUT LIMITATION DAMAGES FOR PERSONAL INJURY, PROPERTY DAMAGE, OR ECONOMIC LOSSES, WHETHER BASED ON CONTRACT, WARRANTY, NEGLIGENCE, PRODUCT LIABILITY, OR ANY OTHER THEORY.

Some states and countries do not allow some or all of the foregoing exclusions or limitations, so they may not apply to you. If any portion of the foregoing warranty (or the exclusions or limitations thereto) is deemed invalid or unenforceable pursuant to applicable law, it shall be deemed modified so as to be valid and enforceable to the maximum extent consistent with such law. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state and country to country.

To print the forms mentioned above and to view the most current warranty information please visit <http://www.santacruz bicycles.com/en-US/warranties>.





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# Santa Cruz Bicycles

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