

Fork: Marzocchi 380 CR coil 200mm

Mondraker recommended Marzocchi 380 CR coil fork settings based on Rider weight & Downhill application:

SAG		RECOMMENDED SETTING*
rider weight	spring preload	clics from full open
lbs / kg	turns	rebound
120 / 54	1	3-4
140 / 64	1	4-5
160 / 73	2	5-6
180 / 82	2	6-7
200 / 91	2	6-7
220 / 100	2	6-7
240 / 109	2	6-7

Size S/M: k=6.5 N/mm

Size L/XL: k=7.7 N/mm

Suggested fork sag 20%

Rear shock: FOX VAN RC Performance

Size S: 400lbs

Size M: 450lbs

Size L/XL: 500lbs

SAG		RECOMMENDED SETTING*	
rider weight	spring rate	clics from full open	
lbs / kg	lbs	spring compression	rebound
120 / 54	400	1	6-7
140 / 64	400	2	7-8
160 / 73	450	3	8-9
180 / 82	450	4	9-10
200 / 91	500	5	10-11
220 / 100	500	6	11-12
240 / 109	500	7	12-13

Settings based on Downhill application & 35% recommended sag

* These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.