

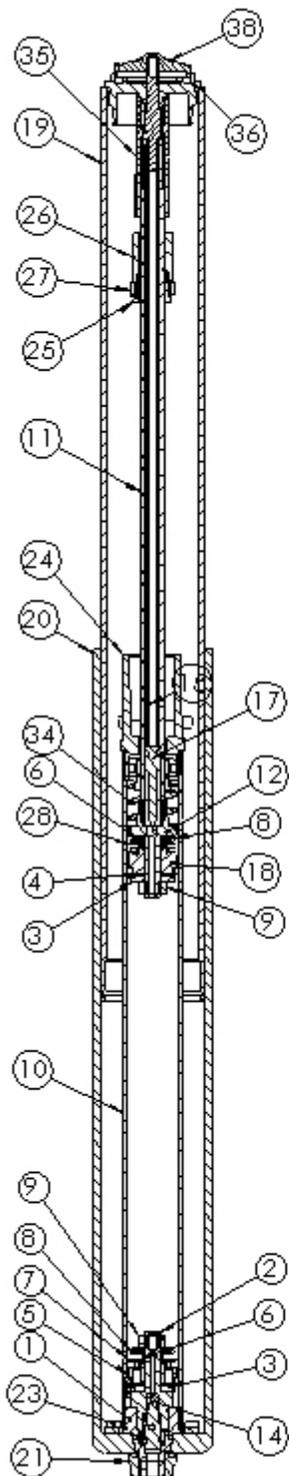
AVALANCHE
SUSPENSION

AVA
ADVANTAGE
PROGRAM

Making suspension better for everyone.

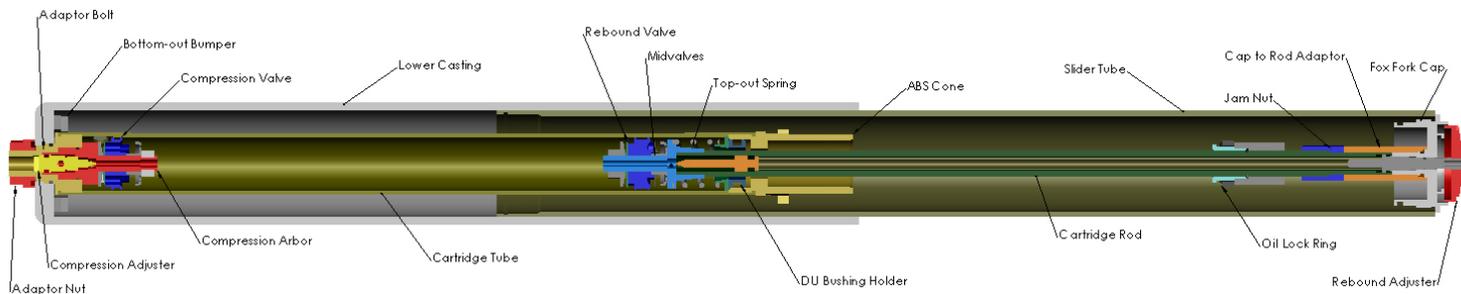


Models Included:
Fox 36
160 mm
Van, Talas, Float
2006-2014
2015-17 Float/Talas



ITEM NO.	QTY.	PART NO.
1	1	Comp bolt adapter fox 36
2	1	comp arbor bolt
3	1	valve stop
4	1	comp shims
5	1	20 comp piston
6	1	check spool
7	1	check valve
8	1	check valve cup
9	1	6 mm nut
10	1	cart tube 160 mm
11	1	cart rod fox 36 open bath
12	1	rebound stem
13	1	20 mm top out washer
14	1	high low adj needle-1
15	1	Rebound adjuster rod fox 36 ob
16	1	rebound needle 2
17	1	du bushing holder
18	1	20 rebound piston
19	1	Fox36 slider tube
20	1	Fox36 lower dimensions
21	1	Nut adapter
22	1	cart rod jam nut
23	1	Rubber Bumper Fox 36
24	1	20mm abs cone mod Fox 36
25	1	20mm abs piston holder
26	1	20mm abs nut
27	1	abs piston
28	1	17x.25x8mm shim
29	3	10x.25x8mm shim
30	1	11x.10x8mm shim
31	1	13x.10x8mm shim
32	1	15x.10x8mm shim
33	4	17x.10x8mm shim
34	1	Top out .081x.75 spring
35	1	Fork Cap Adaptor Fox 36 ob
36	1	Fork cap Fox 36 non fit
37	1	Fox rebound adjuster stem
38	1	Fox 36 rebound knob
39	1	check valve cup
40	1	check spool
41	1	comp shims
42	1	valve stop
43	1	6 mm nut





Preparing your Fox 36 for the Avalanche Advantage Cartridge upgrade kit

The following steps will help guide you through the disassembly process and show you how to install the new Cartridge :



Tools needed :

- 1/2 inch open end wrench, 2 sets
- 15 mm socket
- 2 mm Allen wrench
- 10mm shaft clamps(2006-14 forks only)
- 32 mm or 1-1/4 inch socket or box wrench
- tape measure
- hammer
- Propane torch



Uncrew protective cap.



Remove low speed knob set screw and knob.



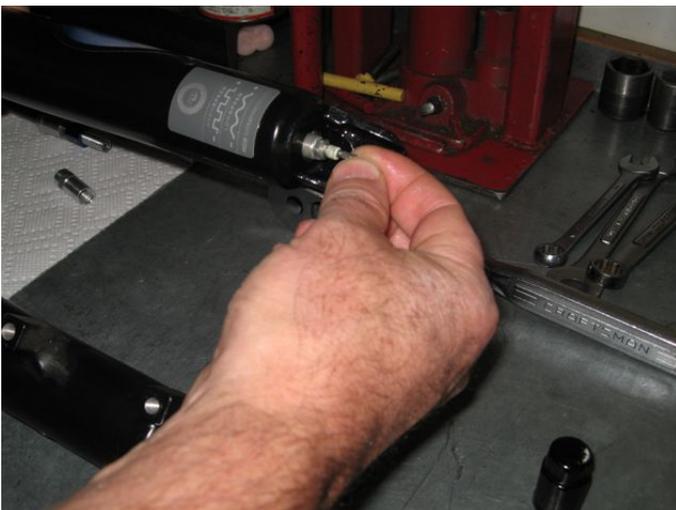
Remove high speed knob set screw and knob.



Loosen base nit with 15 mm socket.



With 15 mm socket, tap end to knock the base bolt in.



Remove and debris and make sure the base bolt is free of lower casting.



Loosen fork cap.



Pull Fox damper out of the stanchion tube.



Be careful when removing, there may be excess oil that needs to be dumped. Leave the bottom-out bumper in, if needed remove it for cleaning lower casting internals.



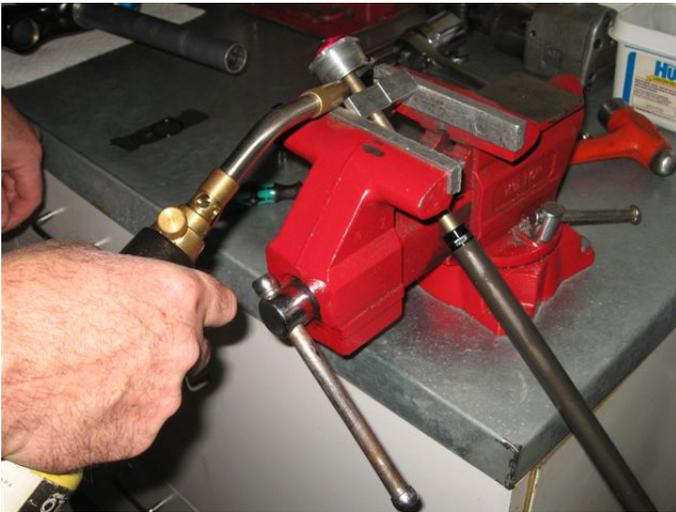
All these parts are not need for the AVA Cartridge.



Remove stock fork cap for 2016-2014 models. Clamp the cartridge rod with 10 mm shaft clamps. 2015-17 models skip to installing cartridge in stanchion.

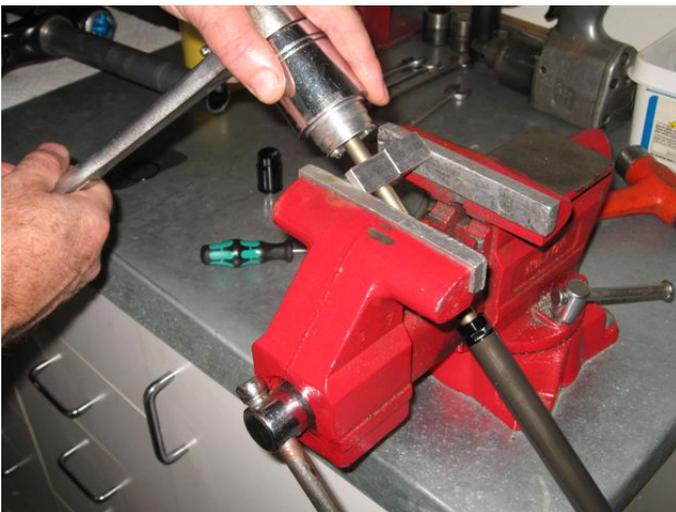


Remove old o-ring.



Loctite, 5-6 seconds should be enough.

Gently heat the rod in the area of the fork cap to loosen



Remove fork cap.

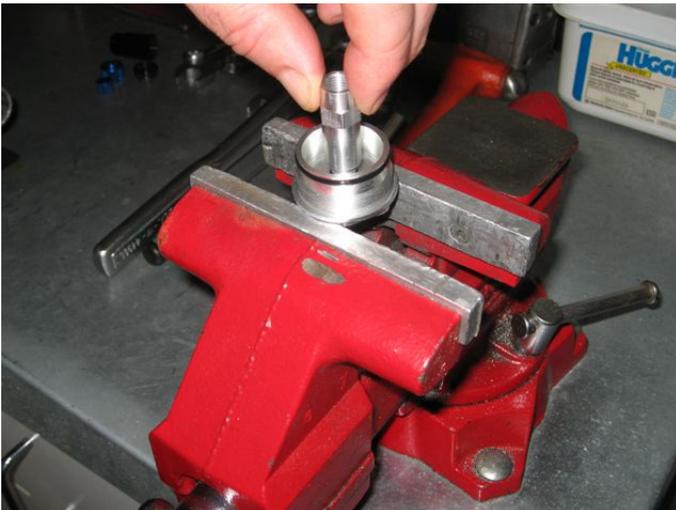


clean and replace as necessary.

Inspect the threads and oil ring for damage or old Loctite,



Install new -024 o-ring.



Apply blue Loctite, screw on adaptor until it bottoms out on inside of fork cap, be careful when starting threads, the pitch is very fine and can easily be cross threaded.



torque, after bottoming tighten 1/16 turn.

Snug up adaptor to fork cap with 1/2 inch wrench. Do not



Remove fork spring/air cap to allow forks to be compressed. **Warning: If it is an air fork be sure all pressure is released before removing cap assy.**

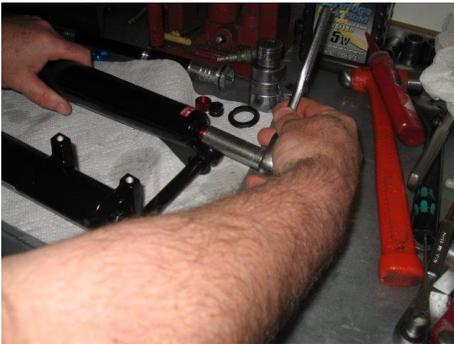
Separate the Uppers and Lower



Unscrew the Air spring cap **Skip this Step if your fork has a mechanical spring**



Depress the Schrader valve with a screwdriver to release the air pressure
Skip this Step if your fork has a mechanical spring



Loosen the retaining Nut on the Sprung side of the fork



On the Sprung side tap the nut with a soft face hammer to un-seat the press fit. Push the spring assembly through the casting just like the damper side. **Do not strike the lead of any exposed external thread. It will damage it!**



Gently separate the upper sliders from the lower casting



Using a bent coat hanger or welding wire create a hook and remove the factory bottom out bumper



Remove the bottom out bumper you will not need this, only on the damper side, the air side bumper can remain installed to prevent damage to the stanchions from severe bottom out.



Fully compress the stanchions.



installed.

Be sure the lower adaptor bolt has the 1.5 x 12 mm o-ring



Install AVA cartridge in stanchion.



enough for adaptor nut to be installed..

Make sure adaptor bolt protrudes thru lower casting



Snug up adaptor nut and tighten to 15-20 inch-lbs.



Pour in 85/150 fork oil.



Cycle upper stanchion to remove air bubbles between casting and stanchions.



Cycle cartridge rod up and down completely until smooth consistent damping with no air bubbles.

Cycle cartridge rod up and down completely until smooth



Add extra oil as needed to get oil level near top.

Add extra oil as needed to get oil level near top.



Pressurize the stanchion by placing palm of hand over stanchion and compress fork to force all air bubbles out of cartridge valving.



For 2006-14 models, adjust oil height to 30 mm(1.18 inches) from top with all components fully compressed. For 2015-17 models, adjust oil height to 40 mm(1.57 inches) from top with all components fully compressed.



rod.

Pull cartridge rod up and install fork cap adaptor end to



nut up to adaptor.

Thread down until fork cap bottoms on rod and bring jam



tighten assy.

Using two ½ inch wrenches squeeze together gently to



Install fork cap and tighten per Fox manual.

The fork can now be reassembled with the crowns and installed on your frame as described by your owners manuals.

Adjustments and internal settings are described in more detail in the following pages. The fork cap adjuster is the low speed rebound and the standard setting is 11 clicks out (counterclockwise) from full hard. The adaptor bolt contains the low speed compression adjuster and the standard setting is 11 clicks out (counterclockwise) from full hard. It can be turn by inserting a small (3.75 mm wide max) flat blade screwdriver up into the lower leg adaptor bolt.

Set-up Options:

Oil Type:

Recommended oil:

[Golden Spectro 85/150 Cartridge Fork Fluid 5wt or equivalent](#)

Pro Honda HP Fork Oil 5wt

Pro Circuit Fork Fluid PC-01

Yamalube 01 Suspension Oil / KYB 01

Bel-Ray Fork Fluid 5wt

There are many others that we have not tested but as long as they say for Cartridge Forks and or 85/150 rating they will work fine, all 5 wt fork oils are not the same so beware of lesser quality oils that may foam up easily

Wet/already assembled:

Approx. volume of 85/150 fork oil needed is 200 cc, use oil height from fully compressed for exact measurement.

Standard oil height from top fully compressed: 30-40 mm for Fox 36, 160 travel

Compression and Rebound Settings:

These are rough starting points, adjustments will vary from rider to rider

Standard:

Compression 11 clicks out from full clockwise

Rebound 11 clicks out from full clockwise

Downhill roots/rocky conditions:

Compression 17 clicks out from full clockwise

Rebound 15 clicks out from full clockwise

All Mountain smooth/drops conditions:

Compression 8 clicks out from full clockwise

Rebound 10 clicks out from full clockwise

Urban large drops to flat conditions:

Compression 5 clicks out from full clockwise

Rebound 8 clicks out from full clockwise

Disclaimer

Avalanche Suspension Inc. is not responsible for any damages to you or others from riding, transporting or other use of your Avalanche Advantage Fox 36 or mountain bike. User fully understands that mountain bike riding and/or racing is dangerous and hard on equipment. In the event your Avalanche Advantage Fox 36 cartridge kit fork breaks or malfunctions, Avalanche Suspension Inc. will assume no liability or obligation beyond the repair or replacement of your fork.



12 Davidson Road, Colchester CT 06415-1600 USA

860-537-4306

www.avalanchedownhillracing.com