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**From:** Mike McAndrews  
**Sent:** 24 January 2008 00:48  
**To:** Andy xxxxxxxx  
**Subject:** RE: E150 Forks & AFR Shocks

Hi Andy,

I apologize for being a little late getting back to you on this matter.

Generally the "stiction" issue on the E-150 fork can be caused by a few things. Our data shows that most of the time, when this fork starts losing its suppleness, it's a good indicator that the fork needs a lower leg service. The person who posted the '*fork alignment and lubrication "stiction" cure*' really did a great job explaining the proper procedure for this task; but as you can see, it is a complex procedure that should be handled by an authorized service center. The first thing I do when my fork starts feeling pooched, is this lower leg service.

I would also suggest at the time of this service to have the technician check and re-set the air pressure of the damper cartridge. After much testing we have settled on 50psi +/- 5psi. as the spec. The original spec. was a little higher; and this pressure does have a direct correlation to the small bump performance of the fork. The lower the better for small bump sensitivity but don't drop below 45 psi as it could start to affect the damping system in a negative way. It's easy to check and re-set when the damper is exposed. Simply use a shock pump on the Schrader valve and adjust it. Compressed air is fine for this application as we don't see the running temperatures that would require a nitrogen charge.

Now, if the fork is new and has the "stiction" sensation, it is probably more of a break-in issue. There are a lot of moving parts that will "bed-in" in the first 4-6 hours. When the fork damper is new, the piston ring seal to the cartridge bore can almost be too good producing more low speed damping (in both compression and rebound) than desired until these parts wear in.

I hope this helps with the discussion. If you have anymore questions, please let me know.

Best Regards,  
Mick

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**From:** Andy xxxxxxxx  
**Sent:** Wednesday, January 23, 2008 12:56 AM  
**To:** Mike McAndrews  
**Subject:** E150 Forks & AFR Shocks

Mick

Just touching base to see that you received copy ok and whether you've had chance to look over my "stiction" related letter emailed on Monday? It is just that only yesterday, I had four owners asking me on-line about the very points contained in the letter and I said that I'd get back to them as soon as I know more. Thank you

Kind regards

Andy xxxxxxxx