

Fox Alps

Fortunately the Fox Alps series of shocks are still decent performers today, and are a good option to run on older frames. However, they require regular maintenance, since, aside from cleaning, *the oil level is critical in the Alps*. Unfortunately, there is no one left who still works on them, and Fox can no longer supply parts or information for them.

This document specifically discusses the Alps 4r and 5r, and direct applicability to the 4 cannot be guaranteed.

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Parts of the shock

- | | |
|--------------|---|
| 1. bushing | 6. IFP * |
| 2. body | 7. urethane top out bumper |
| 3. air valve | 8. damper piston (negative coil spring not shown) |
| 4. shaft | 9. rebound adjuster |
| 5. seal head | |

* There are two types of IFPs, a black one and a white one. The black one has the air side machined out giving the air chamber approximately 0.8cc more volume.



Fox Alps Shock Manual

Henry J. Fox



Fox Alps Shock Manual:

A Geological Manual Henry Thomas De La Beche, 1833 **Backpacker**, 2003-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **The Lancet**, 1876 **Backpacker**, 2001-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured The Publishers' Circular and Booksellers' Record of British and Foreign Literature, 1897 **Bicycling**, 2008-04 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels *The Student's Common-place Book: a Cyclopedia of Illustration and Fact, Topically Arranged: English literature* Henry J. Fox, 1876 **The Bookseller**, 1906 *The Lancet*, 1875 Publishers' Circular and General Record of British and Foreign Literature, and Booksellers' Record, 1897 *The Publisher*, 1906 **Publishers' Circular and Booksellers' Record of British and Foreign Literature**, 1897 **The Builder**, 1907 *Nature* Sir Norman Lockyer, 1871 **The Publishers' Circular and Booksellers' Record**, 1906 **British Books**, 1907 *Flying Magazine*, 1973-08 Backpacker, 2001-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **The Publishers Weekly**, 1899 British Medical Journal, 1869

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