

## 2005 HEADSHOK LEFTY 140MM FORK TECHNOLOGIES

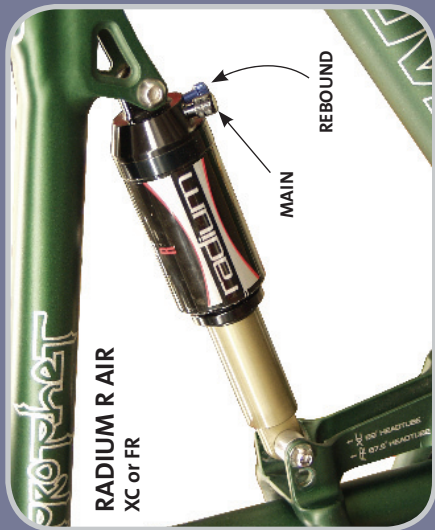
**STABLE PLATFORM VALVE - SPV**  
Features the Manitou SPV compression damper. Adjust SPV air pressure and volume externally to control pedalling platform and progressive or linear damping. Additional features include the new Cannondale-Specific rebound system which provides external rebound damping control with a new indexed dial and wider range of adjustment.

**TWIN PISTON CHAMBER - TPC**  
Features independent damping pistons: one optimized for rebound, and the other for compression. Additionally, we use a low pressure, high volume system to eliminate cavitation (which leads to compression spikes and stiffening) and heat related problems. Our new Quick Range TPC allows minimum to maximum compression damping adjustment in a half-turn of the knob. With the combination of Quick Range TPC and the Cannondale-Specific rebound system, riders can quickly and easily tune ride qualities.

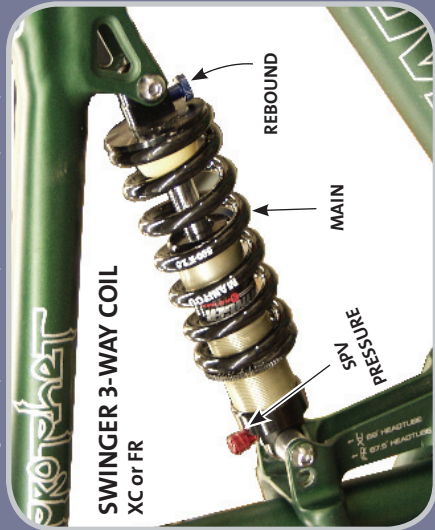
**FLUID FLOW DAMPING - FFD**  
A TPC derived hydraulic damping system featuring compression and externally adjustable rebound damping pistons. We use a low pressure, high volume system to eliminate cavitation (which leads to compression spikes and stiffening) and heat-related problems. The FFD still uses the Cannondale-Specific rebound system.

### MANITOU REAR SHOCKS

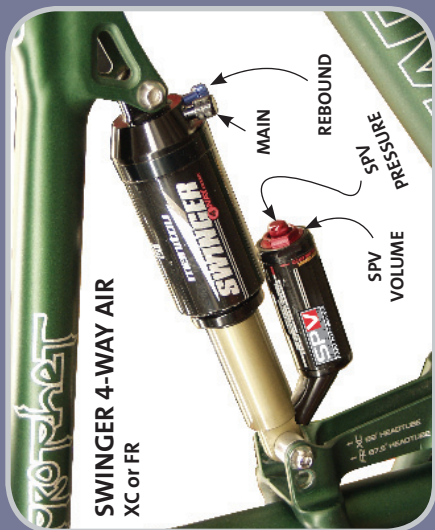
- SWINGER 3-WAY AIR**  
Adjustment: Main Pressure, SPV Pressure, and Rebound
- SWINGER 4-WAY AIR**  
Adjustment: Main Pressure, SPV Pressure, SPV Volume, and Rebound
- RADIUM R (AIR)**  
Adjustment: Main Pressure and Rebound
- SWINGER 3-WAY (COIL)**  
Adjustment: Spring Rate, Preload, SPV Pressure, and Rebound



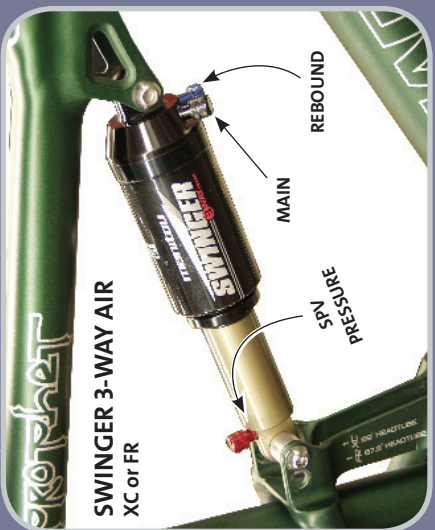
**RADIUM R AIR**  
XC or FR



**SWINGER 3-WAY COIL**  
XC or FR



**SWINGER 4-WAY AIR**  
XC or FR



**SWINGER 3-WAY AIR**  
XC or FR

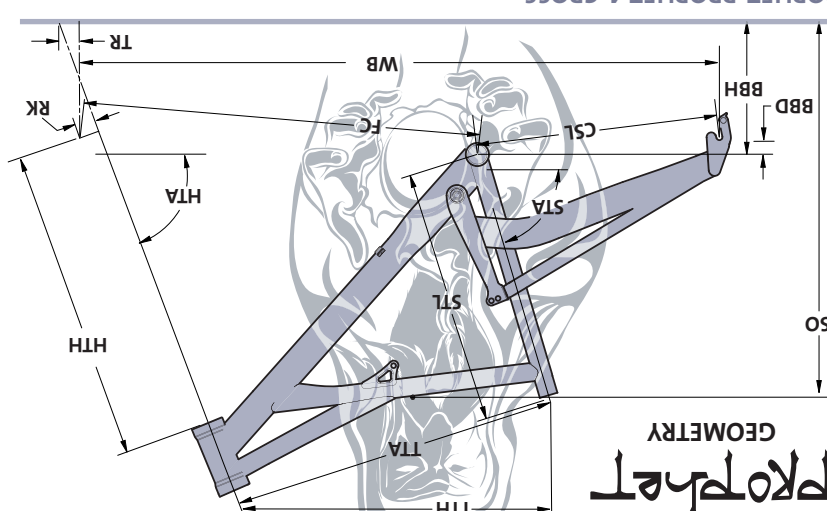
Answer Products (Manitou rear shocks) Owner's Manuals go to : <http://www.answerproducts.com/helpdesk.asp>

For proper adjustment and maintenance procedures, please consult the shock manufacturer's Owner's Manual.

Please note: All information and specifications are subject to change for product improvement without notice.

SIZE	SEAT TUBE LENGTH (cm/in)	SEAT TUBE HORIZONTAL (cm/in)	TOP TUBE ACTUAL (cm/in)	HEAD TUBE ANGLE (degree)	SEAT TUBE ANGLE (degree)	STANDOVER AT TOP TUBE MIDPOINT (cm/in)	WHEEL BASE (cm/in)	FRONT CENTER DISTANCE (cm/in)	BOTTOM BRACKET HEIGHT (cm/in)	BOTTOM BRACKET DROP (cm/in)	CHAINSTAY LENGTH (cm/in)	HEAD TUBE HEIGHT (cm/in)	FORK RAKE (cm/in)	FORK TRAIL (cm/in)	REAR TRAVEL (cm/in)	SHOCK EYE-TO-EYE (cm/in)	SHOCK STROKE (cm/in)	RECOMMENDED SAG 25%
X-LARGE	53.0/20.9	65.0/25.6	62.8/24.7	*	*	75.9/29.9	117.9/46.4	75.9/29.9	72.8/28.7	75.9/29.9	42.0/16.5	52.0/20.5	4.5/1.8	8.8/3.5	14.0/5.5	20.0/7.9	5.0/2.0	*
LARGE	48.0/18.9	60.0/23.6	59.0/23.2	*	*	75.0/29.5	114.8/45.2	72.8/28.7	69.7/27.4	72.8/28.7	42.0/16.5	52.0/20.5	4.5/1.8	8.8/3.5	14.0/5.5	20.0/7.9	5.0/2.0	*
MEDIUM	43.0/16.9	55.8/22.0	55.8/22.0	*	*	74.5/29.3	111.7/44.0	69.7/27.4	67.0/26.4	69.7/27.4	42.0/16.5	52.0/20.5	4.5/1.8	8.8/3.5	14.0/5.5	20.0/7.9	5.0/2.0	*
SMALL	40.5/15.9	51.5/20.3	51.5/20.3	*	*	74.4/29.3	109.0/42.9	67.0/26.4	64.0/25.2	67.0/26.4	42.0/16.5	52.0/20.5	4.5/1.8	8.8/3.5	14.0/5.5	20.0/7.9	5.0/2.0	*
PETITE	40.5/15.9	54.5/21.5	54.5/21.5	67.5 [69.0]	73.5 [75.0]	74.0/29.1	106.0/41.7	64.0/25.2	33.0/13.0 - 34.9/13.7]	0.0/0.0 - [1.9/-0.7]	42.0/16.5	52.0/20.5	4.5/1.8	8.8/3.5	14.0/5.5	20.0/7.9	5.0/2.0	*

\* All dimensions are given with suspension fully extended in FR and [XC] position.



## PROPHET GEOMETRY

### PROPHET, PROPHET 4-CROSS

Team Replica 4-Cross, Prophet 2000, Prophet 1000, Prophet 800, Prophet 600

# PROPHET

## Suspension Set-Up Guide



**HANDMADE IN USA**

**cannondale** feel it

For Cannondale Owner's Manual and Supplements visit our TECH CENTER : [www.cannondale.com/bikes/tech/](http://www.cannondale.com/bikes/tech/) See our "Warning Concerning Freeriding" and other important safety information at : [www.cannondale.com/bikes/tech/safety/](http://www.cannondale.com/bikes/tech/safety/)

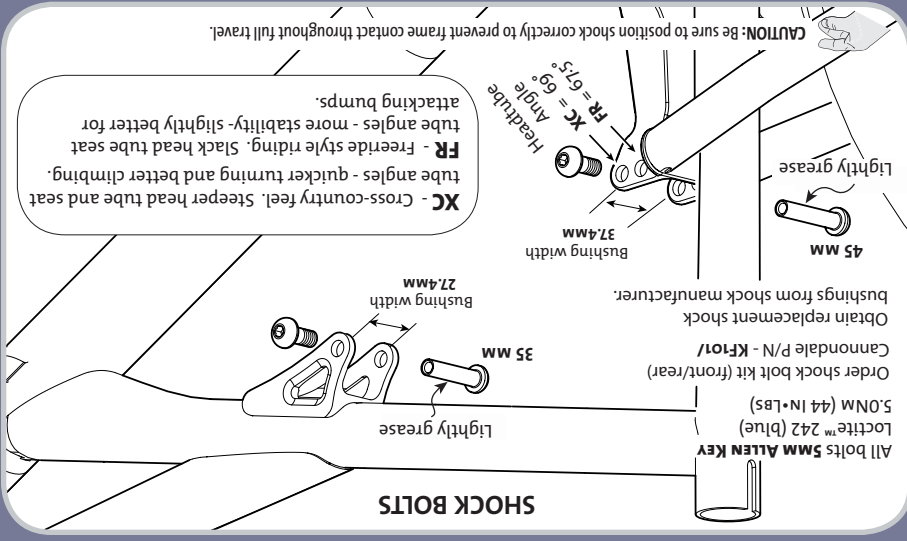
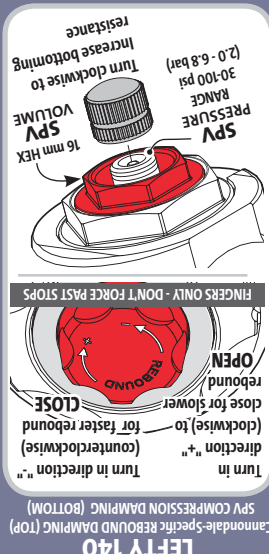
**WARNING:** This guide is NOT your Owner's Manual. For your safety, always read/follow all your bike's owner's manuals/supplements/instructions before riding.

RIDER WEIGHT	XC/FR (psi)		REBOUND (Blue knob) Clicks out from closed	FORK SIZE	SPRING COLOR	SPV PRESSURE (psi) (Schrader valve)	REBOUND (Red knob) Clicks out from closed
	SWINGARM ▲	MAIN ▲					
220	80	100	9	PT	GREEN	40	9
210	75	95	7	XL	BLACK	70	7
200	75	90	7	XL	BLACK	70	7
190	70	86	7	LG	BLACK	60	8
180	65	81	8	LG	RED	60	8
170	60	77	8	LG	RED	60	8
160	60	72	8	MD	BLUE	60	8
150	50	68	8	MD	BLUE	50	9
140	50	63	9	SM	GREEN	60	9
130	50	58	9	SM	GREEN	50	9
120	50	53	9	PT	GREEN	40	9

RIDER WEIGHT	XC (psi)		FR (psi)	REBOUND (Blue knob) Clicks out from closed	FORK SIZE	SPRING COLOR	SPV PRESSURE (psi) (Schrader valve)	REBOUND (Red knob) Clicks out from closed
	SWINGARM ▲	MAIN ▲						
220	80	100	85	9	PT	GREEN	40	9
210	75	95	80	7	XL	BLACK	70	7
200	75	90	80	7	XL	BLACK	70	7
190	70	86	75	8	XL	BLACK	60	8
180	65	81	70	8	LG	RED	60	8
170	60	77	65	8	LG	RED	60	8
160	60	72	65	8	MD	BLUE	60	8
150	50	68	55	9	MD	BLUE	50	9
140	50	63	55	9	SM	GREEN	60	9
130	50	58	55	9	SM	GREEN	50	9
120	50	53	55	85	PT	GREEN	40	9

**cannondale**

RIDER WEIGHT	XC/FR (psi)		REBOUND (Blue knob) Clicks out from closed	FORK SIZE	SPRING COLOR	REBOUND (Red knob) Clicks out from closed
	SWINGARM ▲	MAIN ▲				
220	100	180	100	PT	BLUE	9
210	95	170	185	7	XL	BROWN
200	90	165	180	7	XL	BROWN
190	86	160	175	8	XL	BLACK
180	81	150	165	8	LG	BLACK
170	77	140	155	8	LG	BLACK
160	72	130	145	8	MD	RED
150	68	120	135	9	MD	RED
140	63	110	125	9	SM	BLUE
130	58	105	115	9	SM	BLUE
120	53	100	110	9	PT	BLUE



**XC** - Cross-country feel. Steeper head tube and seat tube angles - quicker turning and better climbing.  
**FR** - Freeride style riding. Slack head tube seat tube angles - more stability - slightly better for attacking bumps.

All bolts **5mm ALLEN KEY**  
 Loctite™ 242 (blue)  
 5.0NM (44 IN•LBS)  
 Order shock bolt kit (front/rear)  
 Cannondale P/N - K-F101/  
 Obtain replacement shock  
 bushings from shock manufacturer.