

Manitou R 7



ef6a0ac96a5c4d87424dcfe462ecbfaf.jpg

Rating: Not Rated Yet
[Ask a question about this product](#)
Manufacturer: [Manitou](#)

Description

Step up and onto the podium, you've just won your first XC race and not because your riding one of the lightest pound for pound XC forks. No, it's because you've trained and you are focused on doing your best. Interesting, we're doing the same thing with the new R7 MRD fork and its true like minds well, think alike.

	R7 MRD	R7 PRO
Weight Lbs / Grams	3.0 / 1362 (80mm)	3.38 / 1533 (80mm)
Travel	80, 100	80, 100
Spring	TS Air	TS Air
Spring Rate	NA	NA
Bottom Out	Rubber Bumper	Rubber Bumper
Steerer	1 1/8" Aluminum	1 1/8" Aluminum
Crown	Forged Deep Bore Hollow Crown	Forged Hollow Crown
Crown Finish	Polished MRD Gray	Black Ano
Offset	38.1	38.1
Compression Damping	TPC Technology Absolute+ (cartridge)	TPC Technology Absolute+
Rebound Damping	Adjustable TPC (cartridge)	Adjustable TPC
Adjustments	Air Compression to Lockout Rebound	Air Compression to Lockout Rebound
Leg Diameter	30mm	30mm
Leg Material	7050 Butted AL	7050 Butted AL
Wheel Size	26	26
Brake	Post Mount	Post Mount
Axle	9mm	9mm

Crown to Axle	456 / 476	456 / 476
Colors	Black, White, Red	Black or White