

General Suspension Set-up for **FLAT TRACK / ICE**

In order to accomplish the best performance of your suspension, it's important to have some basic set-up guidelines. Below are the steps to help you achieve the most from your suspension.

Static Sag

This is the distance the suspension sags under the bikes own weight.

Measurement A



Measurement B



Measurement A

With the bike on a stand with the wheels not touching the ground; measure from the left inside fender bolt to a point on the rear axle.

Measurement B

With the bike off the stand and the rider off the bike, push down on the back end and let the bike come up by itself several times. Measure the distance between the rear axle and the rear fender.

The difference between Measurement A and Measurement B should equal 3/8". This is a standard setting.

You can run anywhere between 1/4" – 5/8" Static Sag. On a smooth track I would recommend 1/4". On a rough track I would recommend as much as 5/8".

Use your High Speed Comp. for front end feel:

- A tighter setting (harder clockwise) will give you more front end
- A lighter setting (softer counter clockwise) will give you less front end
- As a rule... the faster rebound you can run the better