

# BIKE SET-UP SHEET



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<b>CIRCUIT</b>	<b>DATE</b>
BIKE MAKE	
BIKE MODEL	
FRONT SPRING RATE	
FRONT AIR GAP	
REAR SPRING RATE	

SESSION NUMBER _____			
WEATHER AND TEMPERATURE			
TYRE MAKE/MODEL/COMPOUND			
TYRE CONDITION (NEW/SCRUB/WEAR REMAINING)			
TYRE PRESSURES	FRONT (HOT)	PSI	REAR (HOT) PSI
<b>FRONT SUSPENSION</b>			
PRELOAD	TENSION	REBOUND	
<b>REAR SUSPENSION</b>			
PRELOAD	TENSION	REBOUND	
STEERING DAMPER SETTINGS			
COMMENTS			
BEST LAP			

SESSION NUMBER _____			
WEATHER AND TEMPERATURE			
TYRE MAKE/MODEL/COMPOUND			
TYRE CONDITION (NEW/SCRUB/WEAR REMAINING)			
TYRE PRESSURES	FRONT (HOT)	PSI	REAR (HOT) PSI
<b>FRONT SUSPENSION</b>			
PRELOAD	TENSION	REBOUND	
<b>REAR SUSPENSION</b>			
PRELOAD	TENSION	REBOUND	
STEERING DAMPER SETTINGS			
COMMENTS			
BEST LAP			