

What is race sag? Race sag is one of the single most important adjustments you can make to your bike. It is the measurement of compression that the suspension makes with and without a rider onboard. Why? Race sag affects things like the geometry of the bike, ei, the rake, which affects how the bike handles on different terrain. Race sag insures the proper **ride height** that will determine how stable the bike will handle and more importantly, affects how the power is transferred to the track. A balanced bike, as far as suspension goes, is a fun and fast bike to ride.



1. With the bike on the stand, measure the unloaded distance from the axle to a fixed place on the rear fender, with a tape measure. Be sure to write down your measurement and label it measurement-1.



2. Measure the same distance with the rider on the bike with full gear on. Check all fluids-oil, coolant, fuel, so the bike is at normal riding weight. Be sure to compress the suspension a few times to let the shock move freely. Take the measurement again, label this measurement-2. Write it down. Subtract measurement-2 from measurement-1 and that is your race sag.

Sag Measurement should be between 90mm – 110mm



3. To adjust the sag you will need a punch and a mallet. Start by loosening the top locking nut on the rear shock. Tighten or loosen the adjusting nut. You can do this by hand or with the punch and mallet. Tightening the spring will decrease your sag, and loosening the spring will increase you sag. Be sure that if you twist it by hand that the locking nut turns, as this will hold your adjustment.



4. Lastly, tighten the top locking nut and recheck the measurement. Note: if the desired height can't be obtained by this method, it probably time to t replace the spring-softer or harder depending on the application and rider weight. Keep in mind the rear spring is made of metal, and metal will fatigue. Check the sag on regular intervals.