

# www.RPSRaceTeam.com Suspension Solution Worksheet

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Problem Area	Symptoms	Corrective Action(s)
<b>Entering the turn</b>	<ul style="list-style-type: none"> <li>Won't Turn In (runs wide)                             <ul style="list-style-type: none"> <li>Bike feels "stable" →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Raise rear ride height 2mm-3mm OR lower forks 2mm-4mm</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Under Trail Braking →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Check to see if forks are "bottoming", if not then raise front end 2mm-4mm OR lower shock height 2mm-3mm</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Feels "sloppy" and "bouncy" →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Add 1-2 clicks of rebound to forks and shock until the bike is "behaved" while going through the turn.</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Feels Harsh →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Raise front end up 2mm - 4mm AND/OR add 2-3 clicks of rebound in shock</li> </ul>
<b>Mid-Turn</b>	<ul style="list-style-type: none"> <li>Front Pushes (runs wide)                             <ul style="list-style-type: none"> <li>As throttle is applied →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Add 2 clicks of rebound to front forks AND/OR add 1-2 clicks to rear low speed compression and/or 2 clicks of high speed compression.</li> </ul>
	<ul style="list-style-type: none"> <li>Harsh                             <ul style="list-style-type: none"> <li>Under trail braking →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Caused by too much compression damping OR from bottoming out front forks/too little trail (forks). Remedy by either taking 2 clicks of compression out of forks (if not bottoming out/low in stroke) OR raising front end up 2mm-4mm (adds trail)</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Under neutral load (no braking/acceleration) →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Either raise the front end up 2mm - 4mm OR take 2-4 clicks of compression out of the forks AND 1-2 clicks of compression out of the shock (you can remove 1-2 clicks out of the high speed compression in the shock if it is set "stiff")</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Will hold line (wallows) →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Add 2-3 clicks of rebound damping to rear shock AND/OR raise rear ride height 1mm - 2mm</li> </ul>
<b>Exiting the Turn</b>	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Will hold line (chatter/harsh) →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Remove 2-4 clicks of compression (1-2 clicks of high speed compression additionally if set on the "stiff side")</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Can change direction quickly →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Raise front end 2mm - 4mm OR lower the rear 2mm - 3mm</li> </ul>
	<ul style="list-style-type: none"> <li>Unstable                             <ul style="list-style-type: none"> <li>Won't hold line/runs wide →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>NOTE: 90% of the time, the bike runs wide because it is "pushing", which is caused by the front ride height being too low, if not add 1mm - 2mm of ride height to the rear shock until problem is corrected. Generally a bike will "wallow" if the geometry requires more rear ride height.</li> </ul>
	<ul style="list-style-type: none"> <li>Stable                             <ul style="list-style-type: none"> <li>Runs wide →</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>IF bike is wallowing out of the turn then, add rebound. IF THE TIRE SPIN IS SUDDEN, the lower the rear ride height 2mm-3mm.</li> </ul>
	<ul style="list-style-type: none"> <li>Stable                             <ul style="list-style-type: none"> <li>Excessive Tire Spin →</li> </ul> </li> </ul>	