SCRATCH SUSPENSION SETUP GUIDE

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SUSPENSION SETUP GUIDE (SCRATCH COIL 9, SCRATCH COIL 7)

Bike	Scratch Coil 9										Scratch Coil 7					
Travel	160mm Front / 170mm Rear										160mm Front / 170mm Rear					
Shock stroke	63mm										63mm					
Shock Sag %	25-35% - sitting on bike										25-35% - sitting on bike					
Fork Sag %	20-25% - standing on bike										20-25% - standing on bike					
Suspension	Front Fox 36 Vanilla RC2				Rear Fox DHX Coil RC4						Front Fox 36 Vanilla R		Rear Fox DHX Coil 4.0			
Rider Weight (lbs)	Spring	Reb (clicks out)	LS Comp (clicks out)	HS Comp (clicks out)	Spring (lb/in)	Boost Valve (PSI)	Boost Valve Progression (turns out)	Low Speed Compression (clicks out)	High Speed Compression (clicks out)	Rebound (clicks out)	Spring	Reb (clicks out)	Spring (lb/in)	Reb (clicks out)	Boost Valve (PSI)	Pro Pedal (clicks out)
Under 120	50	13	8	12	300	140	3.5	12	12	14	Black	13	300	14	150	0
120-140	55	12	8	12	350	160	3.5	10	12	12	Purple	12	350	12	175	0
140-160	60	12	8	12	400	160	3.5	10	11	10	Blue (std S)	12	400 (std S)	10	175	0
160-180	65	9	7	10	450	160	3.5	9	10	8	Blue (std M)	9	450 (std M)	8	175	0
180-200	70	9	7	10	450	160	3.5	9	10	8	Green (std L)	9	450 (std M)	8	175	4
200-220	75	7	6	8	500	160	2	7	8	6	Green (std L)	7	500 (std L)	6	175	5
Over 220	80	7	6	8	550	160	2	6	8	4	Yellow	7	550	4	175	6

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike:

1. Determine rider weight (individual weight plus riding gear).
2. Apply initial pressure and settings as indicated in chart.
3. Install Trek Sag Meter (included with bike purchase). If you cannot locate your sag meter, skip ahead to step 4.
4. Straddle the bike without bouncing up and down.
5. Slide O-ring so that it rests against dust seal.
6. Dismount bike.
7. If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
8. If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.

SCRATCH SUSPENSION SETUP GUIDE (SCRATCH AIR 8, SCRATCH AIR 6)

Bike	Scratch Air 8					Scratch Air 6			
Travel	160mm Front / 170mm Rear					160mm Front / 170mm Rear			
Shock stroke	63mm					63mm			
Shock Sag %	25-35% - sitting on bike					25-35% - sitting on bike			
Fork Sag %	20-25% - standing on bike					20-25% - standing on bike			
Suspension	Front Fox 36 Talas R		Rear Fox DHX Air 4.0			Front Lyrik Solo Air		Rear Float RP-2 w/XV	
Rider Weight (lbs)	Spring (PSI)	Reb (clicks out)	Spring	Reb (clicks out)	Boost Valve (PSI)	Spring (PSI)	Reb (clicks out)	Spring	Reb (clicks out)
Under 120	42-45	13	130	8	150	30	11	110	7
120-140	45-50	12	150	7	175	35-45	11	130	7
140-160	50-60	12	170	6	175	45-55	10	150	6
160-180	60-70	9	190	6	175	55-65	10	170	5
180-200	70-76	9	210	5	175	65-75	9	190	4
200-220	76-83	7	230	4	175	75-85	9	210	3
Over 220	83-90	7	250	4	175	85	8	230	2

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike:

1. Determine rider weight (individual weight plus riding gear).
2. Apply initial pressure and settings as indicated in chart.
3. Install Trek Sag Meter (included with bike purchase). If you cannot locate your sag meter, skip ahead to step 4.
4. Straddle the bike without bouncing up and down.
5. Slide O-ring so that it rests against dust seal.
6. Dismount bike.
7. If o-ring falls within sag meter's window, or if o-ring is within recommended sag measurement, you're ready to ride.
8. If the o-ring falls outside of that window, or is greater or less than recommended measurement, add or subtract pressure as needed.

COIL FORK SUSPENSION SETUP GUIDE

Tools needed to adjust Fox fork :

Fork sag indicator

A person to hold you up

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike front suspension:

1. Install suggested spring rate based on rider weight (include rider + gear)
2. Adjust high speed compression [RC2 only]
   a) Turn adjustment knob clockwise until knob stops – this is your base setting
   b) Turn knob counter-clockwise to your recommended setting.
3. Adjust low speed compression [RC2 only]
4. Turn adjustment knob clockwise until knob stops – this is your base setting
5. Turn knob counter-clockwise to your recommended setting
6. Adjust rebound
   a) Turn adjustment knob clockwise until knob stops – this is your base setting
   b) Turn knob counter-clockwise to your recommended setting
7. Make sure the coil is preloaded properly
   a) Turn spring preload adjustment knob counter-clockwise to minimum setting.
8. Mount bike and have your friend hold you up. Cycle fork, settling into a standing riding stance centered on the bike. Slide o-ring on stanchion down to contact seal head.
9. Dismount and check o-ring placement in comparison to sag indicator marks. Compare your measurement with the suggested fork sag range.
   a) If sag is too great, you can turn preload adjustment knob as necessary. If you reach maximum preload adjustment range and you still have too much sag, it is recommended that you go up to the next spring rate.
   b) If sag is too little and you are at minimum preload, it is recommended that you go to the next softer rate.
   c) If you do not achieve proper sag, swap to the appropriate spring and repeat steps #1-8.
10. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal setting.

COIL SHOCK SUSPENSION SETUP GUIDE

Tools needed [for bikes with Fox coil rear shocks]

17mm socket and ratchet (Fox RC4 only]

tape measure

A person to measure shock eye-to-eye

Follow these steps to optimize the performance of your Trek Full Suspension Mountain Bike rear suspension:

1. Install suggested spring rate based on rider weight [include rider + gear]
2. Adjust high speed compression [RC4 only]
   a. Using a 17mm socket and ratchet, turn adjustment knob clockwise until knob stops – this is your base setting
   b. Turn knob counter-clockwise to your recommended setting. You will feel clicks when turning with the 17mm socket and ratchet.
3. Adjust low speed compression
   a. Turn adjustment knob clockwise until knob stops – this is your base setting
   b. Turn knob counter-clockwise to your recommended setting
4. Adjust rebound
   a. Turn adjustment knob clockwise until knob stops – this is your base setting
   b. Turn knob counter-clockwise to your recommended setting
5. Make sure the coil is preloaded properly
   a. Loosen the collar until the coil is in a fully decompressed state, with the collar tight enough to prevent loose movement of the coil.
   b. Turn the collar clockwise one full turn.
6. Mount bike and cycle shock, settling into a seated riding stance
7. Have your friend measure the eye-to-eye of the shock
8. Compare your measurement with the suggested shock sag range (refer to setup table).
   a. If sag is too great, turn coil collar clockwise up to 2 full turns.

      IMPORTANT: do not turn collar more than 3 total turns from a fully relaxed state, as spring could coil bind before full travel.
   b. If sag is too little and you are at 1 turn in, it is recommended that you go to the next softer rate. The spring must have a minimum of half a turn of preload, but this is an indication that you need the next softer rate.
   c. If this 2.5 -turn range does not achieve proper sag, swap springs and repeat steps #1-8.
9. It's important to note that spring rate is a highly personal setting. Some riders prefer a firmer spring rate for more control on big hits, while others prefer a lower spring rate for optimized suspension performance on lower-speed technical terrain. Consider riding a variety of spring rates to determine your optimal wheel rate setting (spring rate at a given point in travel at the wheel).