



Suspension Recommendations for BCBR

1. Bike Selection

- a. XC style riders will feel comfortable on a modern style XC bike with ~120mm travel and a relatively slack head tube. Bumping up to a 130mm fork is great way to get a little extra capability without much downside.
- b. Trail/Enduro style riders will probably feel more comfortable on a bike with a bit more travel than that; 130-140mm should be about ideal if you hope to run in the top 50% of the field in regard to timing. However, if your goal is just to finish each stage and get the most out of the tech and descending sections, then 150 or even 160mm might be more to your liking.

2. Suspension Selection

- a. XC riders will want a setup along the lines of a FOX 34 SL fork, a Float SL shock. Both are very capable considering how light weight they are.
- b. Heavier or more aggressive riders will prefer either a FOX 36 SL or 36 fork, and either a Float or Float X shock.
- c. All riders will benefit from having dropper post with at least about 150mm of travel to help tackle the terrain with confidence.

3. Suspension Setup

- a. XC style riders looking to be very competitive on time will be best served by a Grip SL fork damper due to its ultra-light weight and easy-to-use 3-pos lever with Open, Medium, and Firm modes. The Float SL shock also features the same 3 modes. If you don't have a remote lever, we recommend leaving your suspension in the Medium mode so you can focus on riding rather than twisting levers.
- b. More aggressive riders will prefer a Grip X damper for its excellent descending performance yet relative light weight (60-75g more than Grip SL but 120g less than the Grip X2 Gravity damper).

4. Suspension Tuning

- a. We always recommend setting sag first (with suspension in Open mode) and then using the decal on the fork to set the dials to the recommended number of clicks based on your weight fully kitted up ready to race. Sag should be roughly 25-30% of the total stroke available. XC riders tend to prefer a bit less sag for pedaling efficiency, whereas Trail/Enduro riders tend to prefer a bit more sag for a more planted feeling.
- b. Once you've set sag, if you are still experiencing a lack of mid or end stroke support then you want to consider adding one or more volume spacers. This will reduce the air volume in your suspension, causing it to ramp up as it gets further into its travel.
- c. If you feel like the recommended clicker settings aren't quite to your liking, we suggest "bracketing" to home in on your perfect setup. Bracketing is a relatively simple albeit somewhat time-consuming method for fine tuning your settings and finding the absolute best setup. Here is a video we made that explains bracketing in more detail: https://www.youtube.com/watch?v=fc_9ievVHnU