



QUICK START - 2002 Judy C, TT and Metro

November 2001

IMPORTANT: THE FOLLOWING TIPS ARE TO BE USED IN CONJUNCTION WITH THE OWNER'S MANUAL AS THEY CONTAIN ADDITIONAL INFORMATION. CAUTIONS AND WARNINGS APPLY FROM THE OWNER'S MANUAL.

This guide will help you quickly find your preferred setting. Remember, what might be your perfect set-up may not be the same for someone else with the same bike and equal weight. Personal preferences and riding style influence suspension set-up.

SET-UP

Judy C/TT and Metro forks are designed to 'sag' when you are sitting on your bike. Sag is the compression of the fork caused by the rider's weight. Correct sag allows the front wheel to follow the contour of the terrain as you ride. Sag should be set between 10 and 25 percent of the total fork travel.

To measure sag, lift the left fork boot and install a zip tie on the upper tube flush against the resiwiper seal. Next, sit gently on the bike in your normal riding position, with your elbow against a wall to aid balance. Step off the bike, and measure the distance between the resiwiper seal and the zip tie. This is your sag. (Fig. 1 & 2)

Review the chart below to determine the appropriate sag setting. Keep in mind the following:

- More sag will allow your front wheel to better follow the contours of the ground. Your fork will feel more active, and will move more.
- Less sag will minimize bob while climbing and sprinting. Your fork will likely feel firmer, but front wheel traction may be compromised.

To increase sag, decrease preload on the coil spring by turning the preload adjuster counterclockwise. This lowers the spring rate of the fork, allowing your body weight to further compress the fork into the travel.

To decrease sag, increase preload on the coil spring by turning the preload adjuster clockwise. This increases the spring rate of the fork, providing more support for your body weight.

Adjust your sag in accordance with your model, travel, and style.

Model	Travel	Sag
Metro	60 mm	2-5 mm
Judy TT	80 mm	13-20 mm
Judy C	80 mm	13-20



Fig. 1



Fig. 2

For heavier riders, RockShox offers a Tuning Bumper Kit (110-006171-00). For instructions on installing this kit, please refer to the Judy C/TT and Metro Service Guide.

QUICK MAINTENANCE

Quick Maintenance

Keep your forks clean! Treat them like you would treat yourself after a long hard ride! Clean and dry the exterior of the fork. Avoid direct water pressure on the boot/lower leg junction. Before or after every ride, lift the fork boot and lightly lubricate the resiwiper seal area with a Teflon-based lubricant (fig. 3). This keeps the seals soft and lubricated, and helps do an even better job of keeping the dirt out!

FOR DETAILED INFORMATION ON ALL MAINTENANCE PROCEDURES AND HOW TO ADJUST THE TRAVEL PLEASE CONSULT THE OWNER'S MANUAL OR VISIT OUR WEBSITE. WWW.ROCKSHOX.COM

