



QUICK-START

2001 JUDY RACE/SL/XC/C

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 settings. Remember, what might be your perfect set-up may not be the same for someone else with the same bike and equal weight – we, like our bikes, are individuals! Left and right are as viewed from the saddle.

HYDRA-COIL SET-UP

Judy 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 is adjusted by turning the top cap preload adjusters. Turning the adjusters clockwise increases spring preload (stiffness of the spring) decreasing sag. Turning it counterclockwise decreases spring preload which increases sag. Sag should be set between 10 and 25 percent of the travel selected. To change travel refer to the owner's manual.

To **measure sag**, install a zip-tie on the upper tube of the fork flush against the XXX seal. Sit 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 XXX seal and the zip-tie. This is your sag. (Fig. 1 & 2)

To **determine** the existing **travel**, measure the distance between the crown and XXX wiper seal. (Fig. 3)

Judy Race: 63 travel = 94 mm / 80 travel = 111 mm / 100 travel = 128 mm

Judy SL/XC/C: 63 travel = 90 mm / 80 travel = 107 mm / 100 travel = 124 mm

ADJUST YOUR SAG IN ACCORDANCE WITH YOUR MODEL, TRAVEL and STYLE

Model	Travel	Sag - XC/Race (Firm)	Sag - Enduro (Plush)
Judy Race/SL/XC/C	63 mm	6-9 mm	10-15 mm
Judy Race/SL/XC/C	80 mm	8-12 mm	12-20 mm
Judy SL/XC	100 mm	10-15 mm	15-25 mm

If you're unable to achieve your correct sag by turning the preload adjuster, you may need to change the springs. All RockShox products are designed for the 'average' rider's weight (160-180lb or 70-80kg) and style. If you are not 'average' it may be necessary to change the spring in your fork to achieve ultimate performance. Use the guidelines below for spring selection. Note: spring selection depends on travel selected.

SPRING SELECTION

Weight		Spring	
63mm	80/100mm	Left	Right
	<100 lb (45 kg)	silver	silver
<100 lb (45 kg)	100-120 lb (45-55 kg)	silver	yellow
100-120 lb (45-55 kg)	120-150 lb (55-70 kg)	yellow	yellow
120-150 lb (55-70 kg)	150-180 lb (70-80 kg)	yellow	red
150-180 lb (70-80 kg)	180-200 lb (80-90 kg)	red	red
180-200 lb (80-90 kg)	200-230 lb (90-105 kg)	red	black
>200 lb (90 kg)	>230 lb (105 kg)	black	black



Fig. 1
Checking SAG



Fig. 2
Measure SAG



Fig. 3
Travel Check

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DAMPING ADJUSTMENTS

The damping system on Judy HydraCoil forks has adjustable rebound damping with the exception of Judy C.

1. To **change the rebound damping** (speed of return after compression) turn the black knob at the bottom of the right-hand leg. Looking from underneath, gently turn the rebound adjuster clockwise until it stops. This is the slowest rebound setting. (Note the adjuster only has 90 degrees of movement from maximum to minimum). Now turn the adjuster counterclockwise approximately 15 degrees. From this point you can fine-tune your fork. If you feel the fork is too fast in rebound turn the adjuster clockwise, if it's too slow – counterclockwise. Make small adjustments and try again. (Fig. 4)



Fig. 4
Adjust Rebound

FINE TUNING

The rest is experience on the trail. Go to your favorite trail and ride various obstacles to experience how your fork works. Only change one thing at a time and then determine if this is good or bad. Each time you change a setting make a note of the change. **Setting up suspension takes time. Experiment a little and enjoy!**

QUICK MAINTENANCE

Keep your fork clean. Treat it like you would treat yourself after a long hard ride! Clean and dry the exterior of your fork. Avoid direct water pressure on the upper tube/XXX seal junction. Before or after every ride put some drops of Teflon-based lube on the XXX seal. Push the fork up and down before wiping off the excess oil, this will keep the seals soft and help them do an even better job of keeping the dirt out. (Fig. 5)



Fig. 5
**Keep it clean
& smooth**

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