

Marin Alpine Trail Carbon 1-Suspension Setup

REAR SHOCK SETUP

Recommended Sag = 30%/19.5mm

Step 1: Set correct pressure in rear shock.

Step 2: Sit on the bike and cycle the suspension (*with correct riding gear).

Step 3: Reset O-ring and sit on the bike, DO NOT BOUNCE, carefully step off.

Step 4: Measure sag (from o-ring to seal of shock), If it does not match the bike's recommended sag in millimeters repeat process.

Step 5: Adjust rebound setting to ensure proper control.

FORK SETUP

Marin recommends that all bikes front and rear suspension feel balanced

Step 1: After rear sag is set follow the recommended pressure from the fork manufacturer.

Step 2: Bounce evenly up and down on the bike, cycling the suspension up and down to make sure both front and rear suspension feel balanced, if the front does not match the rear add or release pressure.

Step 3: Once the bike feels balanced adjust the rebound damping to ensure proper control.

Rock Shox Deluxe Select+ RT

Rider weight
and shock
setup

| LBS | KG | PSI |
|-----|-----|-----|
| 120 | 54 | 80 |
| 130 | 59 | 100 |
| 140 | 64 | 115 |
| 150 | 68 | 130 |
| 160 | 73 | 140 |
| 170 | 77 | 150 |
| 180 | 82 | 160 |
| 190 | 86 | 170 |
| 200 | 91 | 180 |
| 210 | 95 | 190 |
| 220 | 100 | 200 |
| 230 | 104 | 210 |
| 240 | 109 | 220 |
| 250 | 113 | 230 |
| 260 | 118 | 240 |
| 270 | 122 | 250 |