

Marin Alpine Trail E1-Suspension Setup

REAR SHOCK SETUP

Recommended Sag = 30%/19.5mm

Step 1: Use your finger to slide the rubber bump stop (on the shock shaft) up to the seal head.

Step 2: Sit on the bike and put all of your weight on the bike. Do **not** cycle the suspension.

Step 3: Measure sag (from shock body to bumper), If it does not match the bike's recommended sag in millimeters repeat process, and replace coil spring with appropriate rate.

Step 4: 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 Shock Super Deluxe Coil R

Rider weight and shock setup

LBS	KG	COIL LB/IN
120	54	300
130	59	300
140	64	300
150	68	300
160	73	350
170	77	350
180	82	350
190	86	400
200	91	400
210	95	400
220	100	400
230	104	450
240	109	450
250	113	450
260	118	450
270	122	450