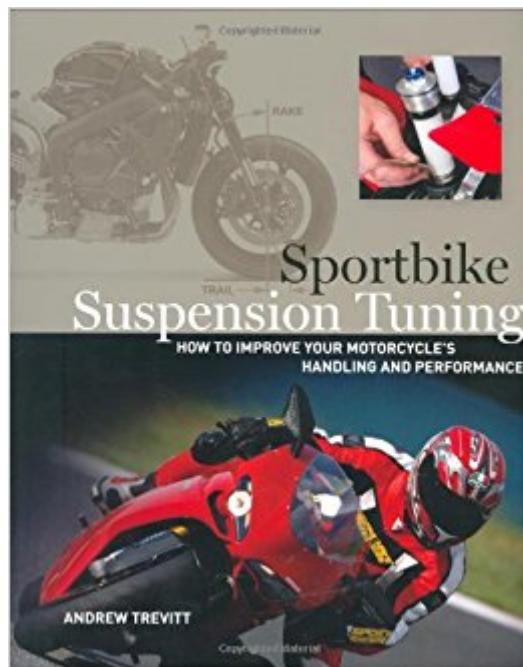


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# Sportbike Suspension Tuning



## Synopsis

Sportbike suspension systems offer an unmatched variety of adjustments, but understanding how those adjustments work, and how to combine them to tailor your motorcycle to your riding style can be as challenging as riding well. That's why many riders never try to make the most of their bike's high-tech suspension simply because they don't know where to start or are afraid of making their bike handle worse rather than better. Now, in the first book that specifically addresses sportbike suspension systems, Andrew Trevitt, senior editor of Sport Rider magazine and a former roadracer, guides you through the process of setting up your bike's suspension to suit your riding style. This book covers the basics setting static sag for your weight as well as more subtle and advanced adjustments, such as how to optimize rear-end squat. A comprehensive discussion on chassis geometry, suspension technology, and the many interactions among adjustments helps demystify suspension tuning. Andrew also explains how to analyze various handling symptoms and make adjustments to correct them. Plus, he offers specific setup techniques for both the street and the track. You will be amazed by how much better your bike will feel after its suspension is correctly set up, and by how much more confident your riding will be with the improved handling. Sportbike Suspension Tuning will give you the necessary skills to experience the difference.

## Book Information

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## Customer Reviews

"Highly recommended." Sportbike Suspension Tuning is an outstanding primer on a complex subject, and Trevitt leads us logically from ignorance to wisdom . . . The basic question for the

reader: can this material be used effectively in the real world of riding on the road and on track. Answer: definitely. Trevitt has produced a manual of high quality and daily usefulness, written in direct and accessible language. As usual with David Bull books, this is a beautifully produced offering with photographs of exceptional clarity (mostly by the author, the various sport-bike manufacturers, Marc Cook, and Riles & Nelson) that along with the diagrams illustrate the text beautifully. Highly recommended. --Roadracing World "A bargain." Trevitt's book neither insults the intelligence nor baffles us with arcane terminology or concepts. He starts with the basics and ends up explaining anti-squat via all points in between, all helped with copious color photos and a few diagrams. For the life of me I can't think of another book in English that covers the same sort of terrain, so I suspect that there's an audience for the information in this 128-page softback. It's published by David Bull Publishing for \$24.95, which given the state of the dollar on the international exchange markets, makes it a bit of a bargain. --SuperBike

Andrew Trevitt is the senior editor of Sport Rider magazine and has raced both in his native Canada and in the United States. His rigorous testing, clear analysis, and easy-to-follow approach has made Trevitt's technical articles the most highly read in the publication. This is his first book.

Andrew Trevitt really nailed it with this book. It doesn't get too in depth with things such as rebuilding shocks, re-valving, etc. and I don't blame him. With the variety of brands of just rear shocks on the market you could literally fill up an entire book with describing each one. Then the book would be more of a technical manual and not a guide. Anywho the book should literally be required reading for people doing trackdays or if they are going to at the least try to optimize their suspension. 99%+ of people I've run into don't have the first clue how motorcycle suspensions work and will aimlessly turn screws. With the super advanced nature of modern super sport motorcycle suspensions this is a baaaaad move and you'll wind up with an unpredictable and downright dangerous bike. Once you understand what the dynamic and static suspension adjustments do and how/why you should adjust them you are better suited to adjust them. Long story short: Get this book! Like I said if you have a certain Penske rear shock and want to know how to rebuild it, this isn't the book for you. If you're new to sport bikes and are going to be doing trackdays and want to not sound like an idiot when you go to get your suspension adjusted by an expert: READ THIS BOOK! You don't want to know how often people start explaining all the adjustment they've done to their damping, preloads, steering dampers, etc to a suspension tuner only to have them put everything back to stock specs (and often times fix the weird problems the user was experiencing).

There's an abundance of books out there on sport bike riding technique by a lot of authoritative personages, but, up to now, not a single one that I know of that's devoted strictly to sportbike suspension set up and tuning, which is the other half of the equation for going quicker. I've read many of Andrew Trevitt's articles in Sport Rider magazine on the subject and here he's put it all together and then quite a bit more. Not only does he explain how to set up your bike's suspension components in a very clear fashion, but, in sometimes excruciating detail, explains the why and the how it all works together. If you take the time to absorb its very well written 128 pages (and I had to do it in a number of sittings), you will end up with a comprehensive and thorough understanding of the subject, all you need to know. The accompanying photos and charts which are very well done certainly aid in the understanding of the subject matter. I had long been looking for one place where I could go and come away having all my questions answered about all aspects of suspension. Mr. Trevitt's book is where I found it.

This book is for the beginner to experienced road and track rider alike. It gives you a very clear grounding of how sports/race bike suspension works and a simple way to go about getting it performing the best for YOU! I've done some club racing and talked to lots of different "experts" about my suspension but no one could give me a clear easy understanding like this guy does. There's no magic or black art, just like any science it's all in the process and this book maps that out for you.

I already have all the pre-requisite motorcycling books in my collection; Twist of the Wrist, Proficient Motorcycling etc. I never had a bike with adjustable suspension until now and I was going to take my bike to a professional to get set up for me. Well, after making a few calls I found out it was going to cost me a few bills to get set up correctly. Found this book and read it cover to cover twice. I learned so much information about setup. Each chapter was covered slowly and with ample diagrams. I ended up going over certain sections a few times for what I wanted to change on my bike. I was able to make minor changes that ended up feeling like big improvements. This was all just for street riding, I'm sure for track preparedness I would want to take it to a professional. However, for the little that I was able to learn and do by myself clearly made this book an integral part of my collection.

If you are a motorcycle rider, you have to read this book.

Sportbike Suspension Tuning After reading the Motorcycle Suspension Bible, I wanted another reference for tuning the suspension on motorcycles. I was recommended this book because of the technical expertise of the author, Andrew Trevitt, from Sport Rider. However, after reading the book I found it to be just as generic as the Suspension Bible, but the photographs did help in showing where the adjustments are found as well as the different suspension designs. The troubleshooting guide isn't that much different from the one provided in Lee Parks' Total Control or the Suspension Bible. It seems a lot of the adjustments are based on a bunch of variables that can change dramatically depending on the rider and conditions. Overall, I found it to be more geared towards advanced riders and racers. For beginners to intermediate riders that don't really need that extra 0.1 of a second from a lap will find the book educational, but not as mandatory or useful. Overall: 4/5 stars

I chose this book over the Race-Tech book as it seemed a bit more accessible. "Sportbike Suspension Tuning" is an excellent introduction to suspension setup and adjustment. It is not an in depth look at the theory of suspension, but includes enough for most riders to understand the basics of how their suspension works and is affected by the available adjustments. This book gives you the basic information needed to begin adjusting your own suspension based on what you feel when you ride your motorcycle. I definitely recommend this as an introduction to suspension and suspension adjustment.

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