



THE SUSPENSION SPECIALIST

Professional Service and Suspension Set Up • After Market Sales • Mobile Service Van
Proven Results 2009/2010: Hayward Suspension Bikes have brought home 12 National Championships
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IMPORTANT CHECKS TO IMPROVE SUSPENSION PERFORMANCE

Wheel and suspension:

- Wheelbearings
- Steering bearings
- Swingarm bearings
- Shock bearings

Frame:

- All frame and subframe mountings incl. seat

Chain:

- Chain/sprocket wear
- Chain tension
- Suspension components (make sure they have been serviced recently, make sure the fork legs have been bled)

Suspension mounting:

- Make sure the suspension components are mounted correctly
- Pay special attention to the front fork mounting (torque and alignment)