



THE TRAILHEAD

MOUNTAIN BIKING TIPS FROM THE BIKESMITH

Welcome to the first issue of The Trailhead! Whether you're new to mountain biking, an experienced rider or just thinking about starting, our goal is to provide you with tips to help you enhance your mountain biking experience. Each issue contains helpful suggestions on topics like care & maintenance of your bike, improving your riding skills, great places to ride, and getting connected to the local mountain biking community. In addition, we'll provide a link to a **FREE GUIDE** with more in-depth information on the featured topic.

FEATURED TOPIC

IS YOUR MOUNTAIN BIKE SUSPENSION LETTING YOU DOWN?

In this issue our Head Mechanic Jesse Burris provides his top tips for maintaining your mountain bike suspension. Jesse is an accomplished BMX & Downhill mountain bike racer with 10 years experience servicing a wide range of mountain bike suspension systems.



JESSE'S TOP 5 TIPS ON MAINTAINING YOUR SUSPENSION SYSTEM

- As a starting point, set the air pressure in your suspension system to achieve 25% Sag. To fine tune, try increasing or decreasing Sag in small increments.
- Wipe off dust seals and stanchions with a clean rag after every ride.
- Inspect upper stanchions for scratches after every ride.
- Monitor for cracks and misalignment of dust seals. Check for oil leakage.
- Have your suspension serviced at a minimum once per year, and once a season if you ride a lot.

To learn more about setting up your mountain bike suspension for a better ride, download our **Free Guide** by copying this link: **TheBikeSmithLLC.com/TheTrailHead** in your browser, or stop in and talk with Jesse.

ABOUT US

The BikeSmith is an award winning local bike shop owned by a family that rides and cares deeply about people, Albuquerque, and amazing biking experiences. We offer caring & expert service, distinctive rentals and quality products from our convenient shop near the entrance of the Bosque River Trail. Our co-owners Rick & Rose Noland are PMBI Certified Mountain Biking Instructors

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Caring Service, Amazing Rides