Ask the other helper to measure the *loaded with rider* dimension.

SEAT MOUNTING BOLT

LOADED MEASUREMENT (with rider)
EXAMPLE:
20.7 in (525 mm)

CHAIN ADJUSTER LOCK NUT
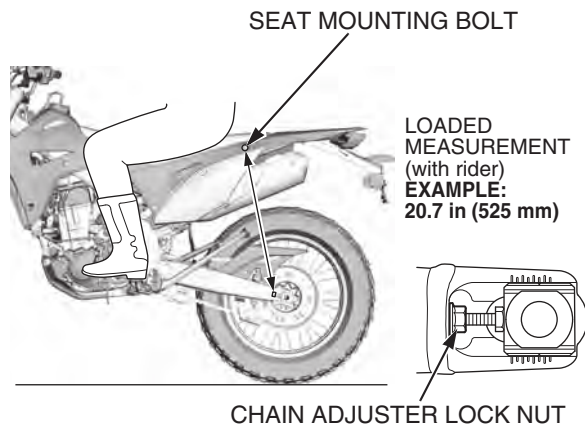
Example:

Unloaded	= 24.6 in (625 mm)	
– Loaded	= 20.7 in (525 mm)	
Race Sag	= 3.9 in (100 mm)	

4. Calculate the *race sag* dimension.
    To do this, subtract the *loaded with rider* dimension (step 3) from the *unloaded* dimension (step 2).
    Standard Race Sag: 4.1 in (105 mm)

    Adjust spring pre-load as necessary to obtain the desired handling results.
    Decreasing the race sag dimension (example: 3.7 in, 95 mm) improves turning ability for tight terrain at the cost of slightly reduced straight line stability.
    Increasing the race sag dimension (example: 4.5 in, 115 mm) may improve stability on faster terrain with less turns, but will reduce turning performance slightly and may upset the balance between the front and rear suspension, producing a harsher ride. This will happen if the adjustment shifts the effective wheel travel toward the more progressive end of its range.