

Simons Specifications for 12" Forks:

The standard oil weight is 5wt. Oil level is 6". Minimum Pressure is 16 PSI.

Fork Springs= rate= 6.1 lb .11 kg/mm

length= 26" 650 mm

OD= 1-3/16" 30 mm

ID= 7/8" 22 mm

Coils= 68

Rebounds= rate= 3 lb

length= 7"

Rebound Washer= OD= 1-3/16" beveled, between spring and bottom of tube, outer edge raised

ID= 13/16"

W= 3/32"

Setup Tips:

If the forks sag to much, add spacers on top of the fork springs in 1/2" increments. I use steel axle collars from the local ACE hardware store that are 1-1/8" in diameter. Do not fix sag by adding more air, that will change the tuning of your forks.

Forks bottom to harshly, add oil in 1/2" increments.

Air Pressure--the recommended starting point is 16 psi, the seals used in the flexible seal/wiper combination are pneumatic, they are designed to handle high pressure, the design rating is 5,000 psi. I've had mine as high as 40 psi.

My setup on the 78 CR250R: Weight 145-150 with gear, 1/2" sag spacer, std. oil level, 20 psi.

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