

Base minus 10 degrees

Base (aka "0")

Base plus 12 degrees

Category	Trail Description	Front Index (Dependent)	Default 'Base' Setting (Independent)	Rear Index (Dependent)	Why this setup?	Example Trails / Regions
Winch and Plummet	Typically longer climbs with moderate pitches followed by moderate blue/black descents	- 13 degrees	- 3 degrees	+ 9 degrees	Offers balanced coverage for moderate climbing grades, and steep slopes riding up or down	Whistler, Squamish, NorthShore, Galbraith
Enduro Racing / Riding	Variable climbs in between stages followed by full on World Cup DH descents	- 10 degrees	0 degrees	+ 12 degrees	Offers balanced coverage with slight bias for descending	EWS or local enduro race scene
Aggro Freeride / Park	Biased for double black tech, speed lines, air and some climbing, some shuttling	- 8 degrees	+ 2 degrees	+ 14 degrees	Biased for descending and aggressive riding but offers climbing option	Whistler Bike Park, Seymour Darkside laps, Cypress shuttles, Ditch Pig
All Day Epics / Backcountry	Long high elevation climbs followed by long moderate descents	- 15 degrees	- 5 degrees	+ 7 degrees	Optimized for long days spent climbing on the saddle	Lord of the Squirrels, The Whole Enchilada
Rolling XC Trails	Marked by relatively shorter sustained climbing and undulating trail slopes	- 14 degrees	- 4 degrees	+ 8 degrees	Mid setting provides all around comfort for majority of time spent on saddle	Lunch Loops, Fruita, Moab, Sedona