

Konflikt Motorsports Fork Solution for the BMW F800GS

by Bret Tkacs

No longer does your *BMW F800GS* need to be plagued by the limitations of its suspension. Since its inception in 2008, the sportiest *GS* has fallen short in keeping with the off-road class leader from *KTM*, the *990 Adventure*, when the terrain turns rough or the pavement gets twisty. Even with the updated and improved 2013–2014 model, all *F800GS* bikes are limited by cartridge forks which lack compression, rebound or preload adjustments.

Konflikt Motorsports offers fork suspension solutions from a simple spring and oil swap to fully adjustable cartridge conversions for those who want to go head-to-head with *KTM*'s best. While refitting the 2009 *BMW F800GS* project bike for an upcoming four-month trip through South America it was time to upgrade both ends of the mid-size *GS*. In the last issue of *ADVmoto* I reviewed the *Touratech Extreme Rear Shock*; around the same time we had *Konflikt Motorsports* do a full "Shiver Fork Conversion" up front. The fork conversion is intended to give the *F800GS* new life—a modern-style cartridge along with adjustable compression and rebound adjusters (the conversion for the



PROS

- Maintains stock fork tubes so obtaining parts to rebuild while traveling is easy
- Adds adjustable rebound damping
- Adds adjustable compression damping
- Includes new springs
- Price includes new cartridges, seals, machine work, oil... forks are ready to go when delivered
- Updates your older *F800GS* to stay consistent with current ADV bike offerings
- Small shop atmosphere with a desire to take care of their customers

CONS

- \$1,500 is not a small investment
- No adjustable preload
- You have to mail your forks in (no DIY option)
- You don't get to ride while you are waiting for the work to be done

2013–2014 includes preload adjustment).

After giving Alex Martens (founder of *Konflikt Motorsports*) details about my bike, travel habits, loading and riding style, the guys at *Konflikt Motorsports* bent over backwards to meet our tight deadline. With the work done, the only visible change was the presence of damping adjusters at the top of the forks and some flashy decals on the fork legs. The bike now performs better than any other *F800GS* I've ridden and is on par with my previous stock *KTM990*, both on road and off—a HUGE accomplishment!

Although I still prefer the balance of the *KTM* when carving corners I now favor the *F800GS* in the dirt. Compared to a stock *F800GS* the bike is more planted, and it corners harder and faster with quicker steering response. On the 2008–2012 conversion there's no spring preload adjuster like the conversion for the newer *F800GS*, but with 9" of travel, 20–30mm of spring preload doesn't make that much difference. Compression now allows softer hits without bottoming out on sharp impacts and the rebound is more composed and controlled.

I couldn't help myself and had to play around with spring rates and oil levels a bit to find that perfect balance between the firm ride desired for the street and the softness needed for the bumps off-road. But take

note, if the initial settings are anything other than perfect Alex will work with you until you're completely satisfied. This turned out to be just what the *F800GS* needed. Now that this suspension is ready to go, I'm off to finish up outfitting the *GS* for South America.

This was not an inexpensive conversion but since it gave new life to this aging steed it was far cheaper than buying a new bike.

2008–2012 BMW F800GS—“Shiver Fork Conversion” \$1500.00

Feature Summary:

- Adjustable compression and rebound adjustment
- Increases cartridge rod diameter which creates more oil flow
- Machining of the lower fork lugs to accept compression adjustment
- Custom re-valve to fit your weight, riding style, locations, and ability
- Installation of proper spring rate for your weight and luggage

2013–2014 BMW F800GS Works Kit—\$2,000.00

The *BMW F800GS Works Kit* provides the newest *F800GS* series with adjustable compression, rebound, and spring preload. This, tied in with the custom settings set for your riding ability, terrain, and weight, makes this kit infinitely adjustable.

2013–2014 BMW F800GS Fork Re-valve—\$275.00

Because the new *F800GS* no longer has sealed cartridges, *Konflikt* offers an option to update the stock valving to match the rider's needs. Although still limited, without any external adjustments this should be a no-brainer for all mid-size *GS* riders whose budgets are limited.

KonfliktMotorsports.com



Warp 9 Racing's Short-Style Folding Levers and Chain Guide

by Aaron Demo

Warp 9 Racing started as a quality discount aftermarket wheel supplier and has stepped up with some great CNCed farkles for your bike. I recently added the *Warp 9 Racing's* short style folding clutch and brake levers to my 2006 *DR650* and was immediately impressed. Besides looking great, the short levers were a breeze to install with the included hardware. They fit nicely behind my *Barkbusters* handguards without any adjustments. The action was smoother than the stock levers, and they are fully adjustable to accommodate different hand sizes and personal preferences for both clutch and brake pull. With an MSRP of \$39 for each lever, you will be hard pressed to find a better value for your money.

I also installed the *Warp 9 Racing* black chain guide to replace the OEM plastic unit that was broken. The chain guide is easy to install without removing the chain or the rear wheel, and has a replaceable *Delrin* lower slider-block. A diagram of the chain guide showing where to put the spacers would have sped up the installation a little, but it didn't take long to figure out where they belonged. At \$59.99,

another great deal from *Warp 9* as they continue to bring adventure and dual-sport products to their line-up. Warp9Racing.com



PROS

- ✓ Excellent price point on all items
- ✓ Easy lever install. Fits behind bark busters without having to cut levers
- ✓ Excellent durability
- ✓ Great looks

CONS

- ✗ Diagram for chain guide installation would be helpful
- ✗ Only one color available

