

Front Suspension Adjustments

Refer to *Safety Precautions* on page 19.

The front suspension can be adjusted for the rider's weight and riding conditions by using one or more of the following methods:

- **Oil volume** — The effects of higher or lower fork oil level are only felt during the final 100 mm (3.9 in) of fork travel.
- **Compression damping** — Turning the compression damping screw adjusts how quickly the fork compresses.
- **Rebound damping** — Turning the rebound damping screw adjusts how quickly the fork extends.
- **Fork springs** — Optional springs are available in softer and stiffer types than the standard rate. (pages 144, 146)

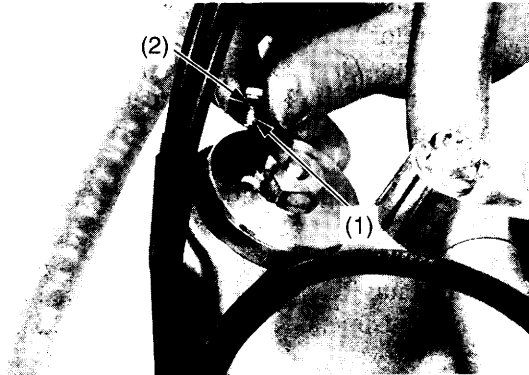
Front Suspension Air Pressure

Air is an unstable gas which builds up pressure as it is worked (such as in a fork). Air pressure acts as a progressive spring and affects the entire range of fork travel. This means the fork action on your CRF will get stiffer during a race. For this reason, release built-up air pressure in the fork legs between heats. Be sure the fork is fully extended with the front tyre off the ground when you release the pressure.

The standard air pressure is 0 kPa (0 kgf/cm², 0 psi). You may relieve accumulated air pressure in the fork legs by using the fork air pressure release screws. The front wheel should be off the ground before you release the pressure.

The air pressure should be adjusted according to the altitude and outside temperature.

1. Place an optional workstand under the engine, so that the front wheel is off the ground. Do not adjust air pressure with the front wheel on the ground as this will give false pressure readings.
2. Remove the fork air pressure release screw (1).
3. Check that the O-ring (2) is in good condition.
4. Install and tighten the fork air pressure release screw to the specified torque:
1.3 N·m (0.1 kgf·m, 1.0 lbf·ft)



(1) fork air pressure release screw

(2) O-ring

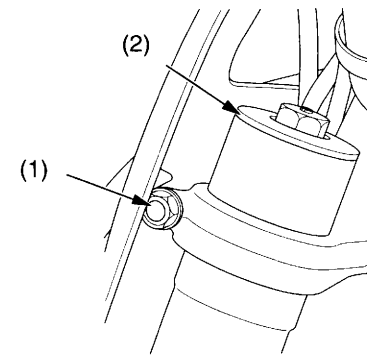
Front Suspension Oil Level

- If your CRF is brand-new, put enough part-throttle break-in time (about 1 hour) on it to ensure that the suspension has worked in.
- For optimum performance, and extended fork life, the fork should be completely disassembled and cleaned after the first 3 hours of riding. See the Shop Manual or your Honda dealer for this service.

1. Place your CRF on an optional workstand or equivalent support with the front wheel off the ground.
2. Loosen the fork bridge upper pinch bolts (1) (before loosening the fork caps to avoid damaging the fork caps).
3. Loosen the fork caps (2), but do not remove them yet.

NOTICE

Using an adjustable wrench to loosen the fork caps may damage them.



(1) fork bridge upper pinch bolt

(2) fork cap