

Table of Contents

The following presents the contents of each section of your owner's manual.

MOTORCYCLE SAFETY.....1
Important Safety Information.....2
Important Safety Precautions.....2
Accessories & Modifications.....3
Safety Labels.....4
OPERATING CONTROLS.....5
Operation Component Locations.....6
BEFORE RIDING.....7
Are You Ready to Ride?.....8
Is Your Motorcycle Ready to Ride?.....9
Pre-ride Inspection.....9
BASIC OPERATING INSTRUCTIONS.....11
Safe Riding Precautions.....12
Starting & Stopping the Engine.....13
Preparation.....13
Starting Procedure.....13
Flooded Engine.....13
How to Stop the Engine.....14
Break-in Guidelines.....15
SERVICING YOUR HONDA.....17
<i>Before You Service Your Honda</i>
The Importance of Maintenance.....18
Maintenance Safety.....19
Important Safety Precautions.....19
Maintenance Schedule.....20
General Competition Maintenance.....22
Before & After Competition Maintenance.....26
Between Motos & Practice Maintenance.....26
After Competition Maintenance.....26

<i>Service Preparations</i>
Maintenance Component Locations.....28
Seat Removal.....29
Fuel Tank Removal.....30
Subframe Removal.....32
<i>Service Procedures</i>
<i>Fluids & Filters</i>
Fuel System.....34
Engine Oil.....36
Transmission Oil.....39
Coolant.....41
Air Cleaner.....43
Crankcase Breather.....45
<i>Engine</i>
Throttle.....46
Engine Idle Speed.....48
Clutch System.....49
Hot Start Lever.....54
Spark Plug.....55
Valve Clearance.....56
Piston/Piston Rings/Piston Pin.....64
<i>Chassis</i>
Suspension.....72
Front Suspension Inspection.....72
Rear Suspension Inspection.....73
Fork Oil Change.....74
Brakes.....77
Wheels.....81
Tyres & Tubes.....82
Drive Chain.....84
Exhaust Pipe/Muffler.....87
Steering Damper.....91
Additional Maintenance Procedures.....93
Appearance Care.....95

ADJUSTMENTS FOR COMPETITION.....97
Front Suspension Adjustments.....98
Rear Suspension Adjustments.....112
Suspension Adjustments for Track Conditions.....116
Suspension Adjustment Guidelines.....117
Carburetor Adjustments & Tuning Tips.....120
Steering Damper Adjustment.....133
Steering Damper Adjustment Guidelines.....134
Chassis Adjustments.....135
Gearing.....136
Tyre Selection for Track Conditions.....137
Personal Fit Adjustments.....138
TIPS.....139
Transporting Your Motorcycle.....140
Storing Your Honda.....141
You & the Environment.....142
Troubleshooting.....143
TECHNICAL INFORMATION.....145
Vehicle Identification.....146
Specifications.....147, 148
Torque Specifications.....149
Petrol Containing Alcohol.....152
Competition Logbook.....153
Optional Parts List.....155, 156
Spare Parts & Equipment.....157
Wiring Diagram.....158
TABLE OF CONTENTS.....160
INDEX.....161