

# Suspension Adjustment Guidelines

Follow the procedures described below to accurately adjust your CRF, using the methods described on [pages 110 – 129](#). Remember to make all adjustments in one-click or 1/12 turn increments. Test ride after each adjustment.

## Front Suspension Adjustment Adjustments for Type of Track

Hard-surfaced track	Begin with the standard setting. If the suspension is too stiff/soft, adjust according to the chart below.
Sand track	Adjust to a stiffer position. Example: – Turn the compression damping adjuster to a stiffer position. – Install the optional stiff spring. (Adjust compression damping to a softer position and rebound damping to a stiffer position at this time.)
Mud track	Adjust to a stiffer position because mud build-up increases your CRF's weight. Example: – Turn the compression damping adjuster to a stiffer setting. – Install the optional stiff spring.

## Adjustments for Too Soft/Stiff Damping

	Symptom	Action
Soft suspension	Initial travel too soft: <ul style="list-style-type: none"> <li>• Steering is too quick.</li> <li>• Front end darts while cornering or riding in a straight line.</li> </ul>	<ul style="list-style-type: none"> <li>– Test stiffer compression damping adjustments in one-click increments.</li> <li>– Test stiffer rebound damping in one-click increments.</li> </ul>
	Middle travel too soft: <ul style="list-style-type: none"> <li>• Front end dives when cornering.</li> </ul>	If suspension isn't stiff in initial travel: <ul style="list-style-type: none"> <li>– Test stiffer compression damping adjustments in one-click increments.</li> </ul> If initial travel becomes stiff because of the above adjustment: <ul style="list-style-type: none"> <li>– Reduce the rebound damping in one-click increments.</li> <li>– Test softer compression damping adjustments in one-click increments.</li> </ul> If that doesn't solve the problem, install the optional stiff spring.
	Final travel too soft: <ul style="list-style-type: none"> <li>• Bottoms on landings.</li> <li>• Bottoms on large bumps, especially downhill bumps.</li> </ul>	If initial and middle travel aren't stiff: <ul style="list-style-type: none"> <li>– Test stiffer compression damping adjustments in one-click increments.</li> </ul> If initial and middle travel are stiff: <ul style="list-style-type: none"> <li>– Install the optional stiff spring.</li> </ul> If initial travel is stiff after installing the optional stiff spring: <ul style="list-style-type: none"> <li>– Test softer compression damping adjustments in one-click increments.</li> </ul> If initial travel is still soft after installing the optional stiff spring: <ul style="list-style-type: none"> <li>– Test stiffer compression damping adjustments in one-click increments.</li> </ul> If final travel is still soft after installing the optional stiff spring: <ul style="list-style-type: none"> <li>– Increase the fork oil capacity in increments of 0.2 US oz (5 cm<sup>3</sup>).</li> </ul>
	Entire travel too soft: <ul style="list-style-type: none"> <li>• Front end shakes.</li> <li>• Fork bottoms over any type of terrain.</li> </ul>	<ul style="list-style-type: none"> <li>– Install the optional stiff spring.</li> <li>– Test stiffer compression damping adjustments in one-click increments.</li> <li>– Increase rebound damping in one-click increments.</li> </ul>