

Contents

Motorcycle Safety1	<i>Service Procedures</i>	Tyre Selection for Track Conditions.....139
Important Safety Information.....2	<u>Fluids & Filters</u>	Personal Fit Adjustments.....140
Loading.....3	Fuel System.....41	Tips141
Accessories & Modifications.....4	Engine Oil.....43	Transporting Your Motorcycle.....142
Safety Labels.....5	Transmission Oil.....46	Storing Your Honda.....143
Operating Controls7	Coolant.....48	You & the Environment.....145
Operation Component Locations.....8	Air Cleaner.....51	Troubleshooting.....146
Before Riding9	Crankcase Breather.....53	Taking Care of the Unexpected147
Are You Ready to Ride?.....10	<u>Engine</u>	If a Fuse Blows.....148
Is Your Motorcycle Ready to Ride?.....11	Throttle.....54	If Your Battery Is Low (or Dead).....149
Basic Operating Instructions13	Clutch System.....56	Technical Information151
Safe Riding Precautions.....14	Hot Start Lever.....60	Vehicle Identification.....152
Starting & Stopping the Engine.....15	Spark Plug.....61	Specifications.....153
Shifting Gears.....17	Exhaust Pipe/Muffler.....63	Torque Specifications.....155
Braking.....18	Spark Arrester.....66	Petrol Containing Alcohol.....158
Parking.....19	Valve Clearance.....67	Competition Logbook.....159
Post-ride Inspection.....20	Piston/Piston Rings/Piston Pin.....76	Optional Parts List.....161
Break-in Guidelines.....21	<u>Chassis</u>	Spare Parts & Equipment.....162
Servicing Your Honda23	Suspension.....84	Wiring Diagram.....163
<i>Before You Service Your Honda</i>	Brakes.....88	Table of Contents164
The Importance of Maintenance.....24	Wheels.....92	Index166
Maintenance Safety.....25	Tyres & Tubes.....93	
Important Safety Precautions.....25	Side Stand.....95	
Maintenance Schedule.....26	Drive Chain.....96	
General Competition Maintenance.....29	Additional Maintenance Procedures.....99	
Before & After Competition Maintenance.....33	<u>Electrical</u>	
<i>Service Preparations</i>	Battery.....101	
Maintenance Component Locations.....35	Headlight & Taillight.....103	
Seat Removal.....36	Appearance Care.....105	
Fuel Tank Removal.....37	Adjustments for Competition107	
Subframe Upright Position.....39	Front Suspension Adjustments.....108	
	Rear Suspension Adjustments.....122	
	Suspension Adjustments for Track	
	Conditions.....126	
	Suspension Adjustment Guidelines.....127	
	Carburetor Adjustment & Tuning Tips.....130	
	Chassis Adjustments.....137	
	Gearing.....138	