

Fork Springs

The fork springs in CRF's are about right for riders weighting between 68 kg (150 lbs) and 73 kg (160 lbs) (less riding gear). So if you're a heavier rider, you have to go up on the oil level or get a stiffer spring. Do not use less oil than the minimum specified for each spring or there will be a loss of rebound damping control near full extension.

If the fork is too hard on big bumps, turn the damping adjuster counterclockwise 1/4 turn and lower the oil level in increments of 5 mm (0.2 in) in both fork legs until the desired performance is obtained. Do not, however, lower the oil level below the minimum oil level.

Minimum oil level: (CRF150R)

Standard Spring:	189.0 mm (7.44 in)
Softer Spring:	193.7 mm (7.63 in)
Stiffer Spring:	194.3 mm (7.65 in)

Minimum oil level: (CRF150RB)

Standard Spring:	193.7 mm (7.63 in)
Softer Spring:	188.4 mm (7.42 in)
Stiffer Spring:	190.6 mm (7.50 in)

When adjusting oil levels, bear in mind that the air in the fork will increase in pressure while riding; therefore, the higher the oil level, the higher the eventual pressure of any air in the fork.

Fork Travel Characteristics

