

Contents

ADJUSTMENTS FOR COMPETITION ...109	
Front Suspension Adjustments	110
Front Suspension Air Pressure.....	110
Front Suspension Damping.....	110
Fork springs.....	111
Front Suspension Disassembly	112
Damper Oil Change	115
Fork Assembly	118
Rear Suspension Adjustments	125
Rear Suspension Spring Pre-Load.....	125
Rear Suspension Damping.....	126
Rear Suspension Race Sag	127
Suspension Adjustments for Track Conditions	129
Suspension Adjustment Guidelines.....	130
Tuning Tips	133
Spark Plug Reading	133
Steering Damper Adjustment	134
Steering Damper Damping	134
Steering Damper Adjustment Guidelines.....	135
Chassis Adjustments.....	136
Rear End	136
Fork Height/Angle	136
Wheelbase	136
Gearing	137
Tire Selection for Track Conditions.....	138
Personal Fit Adjustments	139
Control Positioning.....	139
Handlebar Position, Width & Shape.....	139

TIPS	141
Transporting Your Motorcycle	142
Storing Your Honda.....	143
Preparation for Storage	143
Removal from Storage.....	143
You & the Environment	144
Troubleshooting.....	145
TECHNICAL INFORMATION	147
Vehicle Identification	148
Serial Numbers	148
Specifications	149
Torque Specifications.....	150
Nuts, Bolts, Fasteners	150
Oxygenated Fuels.....	153
Competition Logbook	154
Optional Parts List	156
Spare Parts & Equipment.....	157
Spare Parts	157
General Tools	157
Honda Special Tools	157
Chemical Products	157
Other Products	157
Wiring Diagram.....	158
CONSUMER INFORMATION	159
Authorized Manuals	160
Contacting Honda.....	161
Your Dealer	162
The Honda Rider's Club (USA only)	163

INDEX	164
--------------------	------------

QUICK REFERENCE