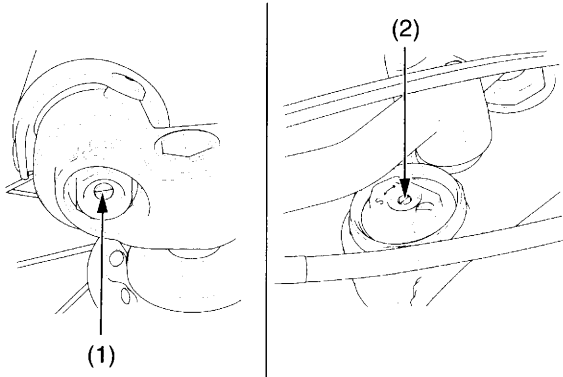


Both compression and rebound damping can be increased by turning the adjuster clockwise.

NOTICE

Always start with full hard when adjusting damping.

Do not turn the adjuster screw more than the given positions or the adjuster may be damaged. Be sure that the rebound and compression adjusters are firmly located in a detent, and not between positions.



(1) rebound damping adjuster
(2) compression damping adjuster

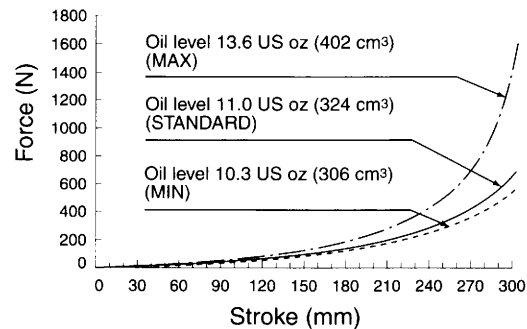
Fork Springs

The fork springs in CRF's are about right for riders weighing between 150 lbs (68 kg) and 160 lbs (73 kg) (less riding gear). So if you're a heavier rider, you have to go up on the oil capacity 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-turn and lower the oil capacity in increments of 0.2 oz (5 cm³) in both fork legs until the desired performance is obtained. Do not, however, lower the oil capacity below the minimum oil capacity.

Minimum oil level:

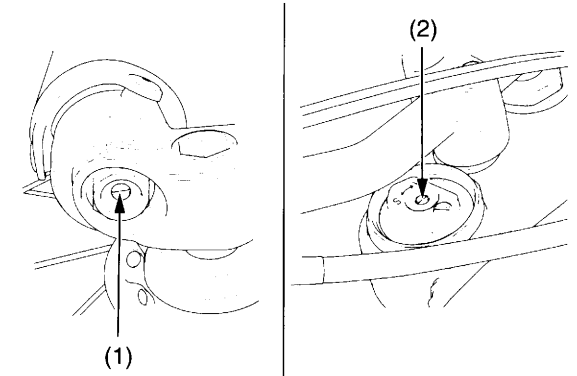
Standard spring:	10.3 US oz (306 cm ³)
Softer spring:	10.5 US oz (311 cm ³)
Stiffer spring:	10.5 US oz (309 cm ³)

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



Front Suspension Disassembly

- If your CRF is brand-new, put enough part-throttle break-in time (about 1 hour) on it to ensure that the suspension has worked in.
- For optimum performance, and extended fork life, the fork should be completely disassembled and cleaned after the first 3 hours of riding. See the Service Manual or your Honda dealer for this service.
- When disassembling the fork, turn the rebound (1) and compression (2) damping adjusters counterclockwise to the softest position to prevent damaging the adjustment needle (be sure to record the number of turns from the starting position).



(1) rebound damping adjuster
(2) compression damping adjuster