

Front Suspension Damping

Compression Damping Adjustment

This adjustment affects how quickly the fork compresses. The fork compression damping adjuster (1) has 18 positions or more. Turning the adjuster screw one full turn changes the adjuster four positions. To adjust the compression damping to the standard position, proceed as follows: Turn the adjuster clockwise until it will no longer turn (lightly seats). This is the full hard position. The adjuster is set in the standard position when the adjuster is turned counterclockwise 12 clicks. Make sure that both fork legs are adjusted to the same position.

Rebound Damping Adjustment

The fork rebound damping adjuster (2) has 16 positions or more. Turning the adjuster screw one full turn clockwise advances the adjuster four positions. To adjust the rebound damping to the standard setting, proceed as follows: Turn the adjuster clockwise until it will no longer turn (lightly seats). This is the full hard position. The adjuster is set in the standard position when the adjuster is turned counterclockwise 8 clicks. Make sure that both fork legs are adjusted to the same position.

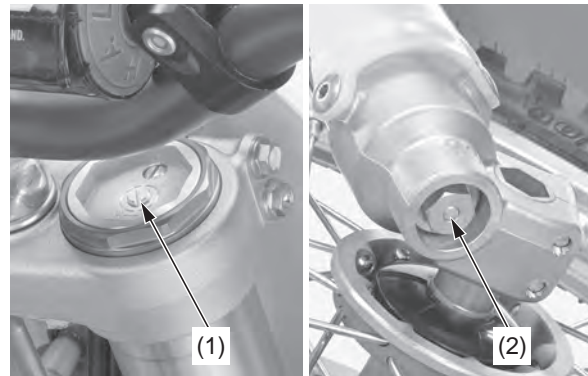
Both compression and rebound damping can be increased by turning the adjuster clockwise.

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 compression and rebound adjusters are firmly located in a detent, and not between positions.



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

Fork Springs

The fork springs in CRF's are about right for riders weighing between 68 kg (150 lb) and 73 kg (160 lb) (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 5 cm³ (0.2 US oz, 0.2 Imp oz) in both fork legs until the desired performance is obtained. Do not, however, lower the oil capacity below the minimum oil capacity.

Minimum oil capacity:

- Standard spring: 305 cm³ (10.3 US oz, 10.7 Imp oz)
- Softer spring: 303 cm³ (10.2 US oz, 10.7 Imp oz)
- Stiffer spring: 300 cm³ (10.1 US oz, 10.6 Imp oz)

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.

