

Rear Suspension Adjustments

The rear suspension can be adjusted for the rider's weight and riding conditions by changing the spring pre-load and the rebound and compression damping.

The rear suspension assembly includes a damper unit that contains high pressure nitrogen gas. Do not attempt to disassemble, service, or dispose of the damper; see your Honda dealer. The instructions found in this owner's manual are limited to adjustments of the shock assembly only.

Puncture or exposure to flame may also result in an explosion, causing serious injury. Service or disposal should only be done by your Honda dealer or a qualified mechanic, equipped with the proper tools, safety equipment and an official Honda Shop Manual.

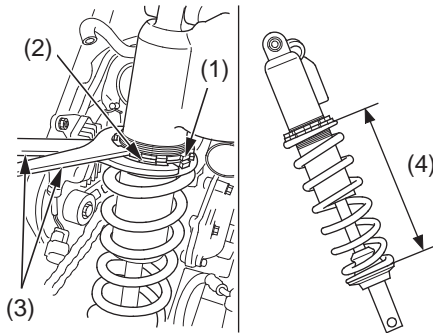
If your CRF is new, put enough part-throttle break-in time (about 1 hour) on it to ensure that the suspension has worked in.

Rear Suspension Spring Pre-Load

Pre-load should be adjusted when the engine is cold because it is necessary to remove the muffler. An optional pin spanner is available for turning the shock spring lock nut and adjusting nut to adjust spring pre-load.

1. Place your CRF on an optional workstand or equivalent support with the rear wheel off the ground.
2. Remove the subframe (page 40).

3. Check that the spring pre-load is adjusted to the standard length. Adjust as necessary by loosening the shock spring lock nut (1) and turning the adjusting nut (2). Each complete turn of the adjuster nut changes the spring length by 1.5 mm (0.06 in).
4. After adjustment, hold the adjusting nut and tighten the shock spring lock nut to the specified torque:
28 N·m (2.9 kgf·m, 21 lbf·ft)



- (1) shock spring lock nut (3) pin spanners
(2) adjusting nut (4) spring length

To increase spring pre-load

Loosen the shock spring lock nut with the optional pin spanners (3) and turn the adjusting nut to shorten the spring length (4). Do not shorten to less than:

- Standard spring (54 N/mm (308.3 lbf/in)):
240.0 mm (9.45 in)
Optional softer spring (52 N/mm (296.9 lbf/in)):
239.0 mm (9.41 in)
Optional stiffer spring (56 N/mm (319.8 lbf/in)):
238.0 mm (9.37 in)

To decrease spring pre-load

Loosen the shock spring lock nut with the optional pin spanners (3) and turn the adjusting nut to increase the spring length (4). Do not increase to more than:
250.5 mm (9.86 in)

Each turn of the adjuster changes spring length and spring pre-load. One turn equals: spring length/
spring pre-load:
Standard: 1.5 mm (0.06 in)/81 N (18.21 lbf)

Pin spanners should be used for turning the shock spring lock nut and adjusting nut. See page 160 for optional pin spanners.

Spring pre-load length (Standard spring)
Standard: 249.5 mm (9.82 in)
Max. : 250.5 mm (9.86 in)
Min. : 240.0 mm (9.45 in)