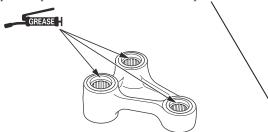
General Competition Maintenance

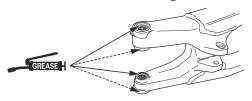
Suspension Linkage Lubrication

Disassemble, clean, inspect and lubricate all suspension linkage pivot bearings with molybdenum disulfide grease (containing more than 3% molybdenum disulfide additive Moly Paste 77) after each 7.5 hours of running time in order to maintain proper suspension performance and minimize component wear.



Swingarm Pivot Lubrication

Clean, inspect and lubricate the swingarm and suspension linkage pivots with molybdenum disulfide grease (containing more than 3% molybdenum disulfide additive Moly Paste 77) after each 7.5 hours of running time in order to maintain proper suspension performance and minimize component wear. Be sure all of the dust seals are in good condition.



Swingarm

Do not attempt to weld or otherwise repair a damaged swingarm. Welding will weaken the swingarm.

Fuse

Check the fuse before looking elsewhere for the cause of an electrical problem.

Engine Oil and Filter -

Drain and replace engine oil often to ensure the greatest service life of the piston, cylinder, crankshaft, transmission and clutch.

Also replace engine oil filter often to ensure the greatest service life. Frequent changes will also assure consistent performance of power, response, both shifting and clutch action (page 65).

Brake Fluid Replacement

Refer to *Brake Pad Wear* on page 122.

Brake Caliper Inspection: Be sure both the front and rear calipers are able to move freely on the caliper pin and caliper bracket pins. Check pad thickness periodically and replace the pads when minimum thickness is reached. If the brakes fade when they are hot, inspect the pads for glazing or damage, and replace if necessary.

Brake Fluid Replacement: Refer to an official Honda Service Manual (page 186) for brake fluid replacement instructions. Replace the brake fluid in the brake system every 2 years. Replace the fluid more frequently if you subject your brakes to severe use. Heavy braking heats the brake fluid and it may deteriorate sooner than expected. Any type of riding, that requires frequent use of the brakes, such as in tight woods, can shorten the service life of brake fluid.

Handgrips

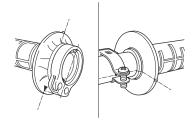
Always use Pro Honda Handgrip Cement or an equivalent when replacing handgrips.

Refer to an official Honda Service Manual (page 186) for installation instructions.

Throttle Grip/Handlebar Grip

Right throttle grip: Align the index mark on the throttle grip with the index mark of the throttle pipe.

Left handlebar grip: Align the index mark on the left handlebar grip with the paint mark on the handlebar.



For added security, you may choose to bind the handgrips to the handlebar and throttle pipe with safety wires to prevent the possibility of them loosening. Position the twisted wire ends away from your palms and be sure to bend the wire ends well into the handgrip rubber so they will not snag your glove.



Bleed Hole

After every moto (CRF250R)/race (CRF250RX), check the bleed hole below the water pump cover for leakage. Clean away any clogged dirt or sand, if necessary. Check the bleed hole of the water pump for signs of seal leakage. If water leaks through the bleed hole, replace the mechanical seal. If oil leaks through the bleed hole, replace the oil seal. Make sure that there is no continuous coolant leakage from the bleed hole while operating the engine. A small amount of coolant weeping from the bleed hole is normal. See an official Honda Service Manual (page 186) or consult your dealer (page 188) for replacing the mechanical seal or oil seal. Both seals should be replaced at the same time.

Throttle Control

Remove the throttle control every few rides, clean the inside of the throttle pipe and handlebar thoroughly. Inspect the cable carefully for kinks or other damage that may restrict throttle control in anyway. Move the handlebar from lock to lock to be sure there is no cable interference. Make certain the throttle operation is perfect after servicing and inspecting.