



2007 Honda Suspension Specs

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| Model | Fork Size | Manufacturer | Fork Rate | Oil Level | Rear Spring | Race Sag | Weight | Suggestions |
|----------------------|-----------|--------------------|-----------|-----------|-------------|----------|---------------|--|
| CR85 | 37mm | Showa | 0.26 | 105mm | 4.8kg | 85mm | 115lbs ±10 | Racers around 100 lbs suggest 4.6 spring with revalve. Racers 120 lbs+ suggest .28 fork spring. Racers should revalve for weight and ability |
| CR85 Expert | 37mm | Showa | 0.28 | 100mm | 5.2kg | 100mm | 135lbs ±10 | For 125 lb racer, sugg 5.0 spring, revalve. |
| CR125 | 46mm | KYB | 0.44 | 65mm | 4.8kg | 100mm | 170lbs ±10 | Bike is stiff for most 125 racers. Suggest proper spring rates and valving for lighter riders. |
| CRF150R | 37mm | Showa | 0.36 | 141cc | 5.1kg | 100mm | 125lbs ±10 | Forks are softer compared to the rear. Suggest proper springs and valving for racers weight and ability. |
| CRF150 Expert | 37mm | Showa | 0.35 | 141cc | 5.1kg | 100mm | 135lbs ±10 | Forks are soft compared to the rear. Suggest a .36 fork spring for better balance. |
| CR250 | 47mm | Showa Chamber Twin | 0.44 | 380cc | 5.1kg | 100mm | 170lbs ±10 | Revalve forks for plusher action, rear shock needs a Tech-Care compression and rebound valving mod. Rear shock is springy. |
| CRF250R | 47mm | Showa Chamber Twin | 0.45 | 370cc | 5.3kg | 100mm | 165lbs ±10 | Forks are more plush for '06. Rear shock is set for heavy or more aggressive racer. Suggest softer rear spring for average rider. Suggest stiffer fork springs for 165 lb expert rider. |
| CRF250X | 47mm | Showa Chamber Twin | 0.43 | 370cc | 5.1kg | 100mm | 155lbs ±10 | Suspension is softer on the CRF250X than the CRF250R, most enduro riders are heavier than 165 lbs, they will need to increase spring rates. |
| CRF450R | 47mm | Showa Chamber Twin | 0.46 | 380cc | 5.5kg | 100mm | 185lbs ±10 | '07 forks are more plush than the '06, Shock valving has been lightened up. Suggest stiffer fork springs for expert racer. 185 lb +, go to .48 or .49. These bikes benefit from a 1.61 kg fork comp. pressure spring |
| CRF450X | 47mm | Showa Chamber Twin | 0.47 | 330cc | 5.5kg | 100mm | 185lbs ±10 | Fork springs are stiffer than CRF-450R, but feel plusher due to lower oil ht. Sugg. valving and spring rate for rider. |

2007 Honda Suspension Tips

| Model | Tips |
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| CRF 450 | |

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| | New and improved large 41 mm Keihen carburetor, smaller exhaust valves for improved durability and and power control. new improved clutch basket and hub. Two pounds lighter. Most likely the bike of the year |
| CRF 250 | New accelerator pump, higher rev limiter (14,000 rpm). Improved clutch basket, not much changed over the 06 still a top running 250 two stroke |
| CR 125 | No change for 07. Same bike as last year. This is Honda's last year that they will produce the mighty two stroke. |
| CR 250 | No change for 07. Same bike as last year. This is Honda's last year that they will produce the mighty two stroke. |
| CR 85 | Same as the '06 model. No changes, no improvements. This model has bee replaced with the new bike Tech-Care Suspension (248) 666-4651 6971 M-59 Waterford, MI 48327 www.tech-care.com of the year Honda CRF150. Say goodbye to all your two strokes from Honda |
| CRF 150R | This is the mini of the year. Times are changing. No comparison to the CR85 two stroke. Much easier to ride and much more power. Just like it's big brothers, the CRF250F and CRF450F. Honda jumped out of the mini class with a new winner. As of 11-04-06, this bike is only legal in the Super-mini Class |



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