



## 2001 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CR80	37mm	Showa	0.27	105mm	5.0kg	100mm	125lbs ±10	fork mod w/ 3 stage valve, adjust to racer
CR125	46mm	KYB	0.43	64mm	4.7kg	100mm	170lbs ±10	fork stiff valving mod. rear spring 4.9 to better balance
CR250	47mm	Showa	0.44	13oz	4.9kg	100mm	165lbs ±10	balanced unit, suggest spring for rider
CR500	46mm	KYB	0.41	125mm	5.6kg	105mm	170lbs ±10	forks soft, suggest .42 or .43kg w/ valving mod. forks and shock
XR 250		KYB						
XR400		KYB						
XR600		KYB						

## 2001 Honda Suspension Tips

Model	Tips
CR 250	Tech-Care names this as the bike of the year. Set up for a 150 to 170 pound Intermediate racer we suggest valving and spring selection for the heavier racer
CR 125	The bike is set up for the more aggressive racer. The fork spring rate went from .42 to .43 and the rear remains 4.7. To balance the bike out we suggest a 4.9 rear spring and valving modification for the 170 pound Expert



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