



2012 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CRF250R	48mm	Showa	0.44	340cc	5.2kg	105mm	165lbs ±10	Forks are harsh. Tech-Care suggests revalve & fork springs to make bike more balanced. Windham uses these 48mm works style forks on his Factory CRF450R, they are similar to the CRF450R KYB forks.
CRF450R	48mm	KYB	0.48	350cc	5.6kg	105mm	190lbs ±10	Shock valving is softer than 2010 & 2011 models. Suggest revalve to keep plush with good bottom.
CRF 150R	37mm	Showa	0.36	141mm	5.1kg	100mm	125lbs ±10	Forks are soft compared to the rear. TC suggests proper springs and valving for racers weight and ability.
CRF 150R Expert	37mm	Showa	0.36	100mm	5.1kg	100mm	125lbs ±10	Forks are soft compared to the rear. Suggest a .36kg fork spring for better balance.
CRF 250X	47mm	Showa	0.43	330cc	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.
CRF 450X	47mm	Showa	0.47	330cc	5.5kg	100mm	185lbs ±10	Fork springs are the same as the ones found on the CRF450R, but has different internals. Forks feel plusher due to lower oil height. Shock valving is harsh for most trail and enduro riders. Tech-Care recommends valving and springs for rider's weight and ability.

2012 Honda Suspension Tips

Model	Tips
CRF450R	The spring seats in the forks are now made of PLASTIC! We strongly recommend upgrading with the aluminum KYB works spring seat.

