



## 2005 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
<b>CR85</b>	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.
<b>CR125</b>	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.
<b>CR250</b>	47mm	Showa Chamber Twin	0.44	387cc	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.
<b>CRF250R</b>	47mm	Showa Chamber Twin	0.45	370cc	5.3kg	100mm	165lbs ±10	Bike stock spring rates are well balanced. If you are 145, 150 lbs you will need softer springs, front and rear, and valving mods
<b>CRF250X</b>	47mm	Showa Chamber Twin	0.43	369cc	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.
<b>CRF450R</b>	47mm	Showa Chamber Twin	0.46	385cc	5.5kg	100mm	185lbs ±10	'04 forks are plusher. Rear shock needs a Tech-Care compression and rebound valving mod. Int. and expert racers over 185 lbs we suggest .49kg fork springs.

## 2005 Honda Suspension Tips

Model	Tips
CR 125	Suspension set up for expert level racer is the same as the 2004 bike. Forks and rear shock are on the stiff side. Not a good entry level bike for a 150 lb novice
CRF 450	Refine suspension. New aluminum frame. Overall package is lighter weight. Suggest stiffer fork springs for a heavier rider
CR 250	Refined suspension valving. Suspension is very well balanced. Impressive low end and mid range, not much over-rev. Very similar to the 2004 bike.
CRF 250X	Improved head and valve train. Very similar to the 2004 bike.
CRF 250	Improved valve train. Very similar to the 2004 bike.