



## 2016 Honda Suspension Specs

Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
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 250R	49mm	Showa	160 160	Inner Chamber: 87cc Outer Chamber: 310cc Balance Chamber: 0cc Damper Leg: 350cc	5.2kg	100mm	165lbs ±10	Fork had outer chamber, shreader valve installed
CRF 450R	48mm	KYB	35.00	92mm	5.5kg	100mm	185lbs ±10	2015 & 2016 shocks need rebound clevis installed.
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.

## 2015 Honda Suspension Tips

Model	Tips
CRF 250R	Brand New for this year! Showa SFF TAC Internal Front Forks. Air sprung with three air chambers & an internal balance spring. All damping is in the right fork leg. We do not recommend changing oil heights on the air side of the fork but in the left damper leg instead. If you blow a fork seal, the fork will not go flat because the main air pressure is held in the inner chamber, not the outer chamber.
CRF 450R	New, improved shocks and forks. Needs to have rebound clevis installed.