



### 1997 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CR80	37mm	Showa	0.28	100mm	4.9kg	95mm	115lbs ±10	125 lb expert needs fork and shock valving
CR125	46mm	KYB	0.41	110	5.0kg	105mm	145lbs ±10	plush front and rear
CR250	47mm	Showa	0.40	12.5oz	5.3kg	100mm	170lbs ±10	go up to .42 front spring, 3 stage rear shock
CR500	46mm	KYB	0.41	100mm	5.6kg	95mm	155lbs ±10	forks soft, rear to match 5.2
XR250		KYB	0.35	100mm	9.7kg	95mm	155lbs ±10	stiffer fork springs to match rear
XR400			0.38		10.1kg	95mm	165lbs ±10	rear over comp. valve & spring rate too stiff
XR600		KYB				95mm		

### 1997 Honda Suspension Tips

Model	Tips
CR 250	Fork modification to make your new aluminum frame Honda handle and also try our 3 stage rear valve for the best ride over those square edge bumps



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