



2000 Yamaha Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
YZ 80	36mm	KYB	0.29	5.0"	5.2kg	90mm	125lbs ±10	Good for a 125lb rider
YZ 125	46mm	KYB	0.41	5.3"	4.6kg	100mm	145lbs ±10	Go up to a .42 fork spring for better balance
YZ 250	46mm	KYB	0.43	5.0"	4.8kg	100mm	155lbs ±10	5.0 rear 3 stage valve. go up to a .44 fork spring
YZ 426F	46mm	KYB	0.46	5.0"	5.4kg	100mm	165lbs ±10	Go up to .48 fork spring 3 stage rear
WR400	46mm	KYB	0.45	125	5.4kg	100mm	160lbs ±10	forks soft - 3 stage rear shock

2000 Yamaha Suspension Tips

Model	Tips
YZ250	Fork rates same as 1999
YZ125	a great bike for a 150 pound racer. If you are an 150 pound aggressive racer you will need to go up on fork spring rate to a .42 or .43
YZ426F	We group these two years together because they are so similar. Bike is over sprung in the rear. Stiffer fork springs will help balance the bike out if you run stock rear valving. Suggest Tech-Care spring rates and valving for riders weight and ability
YZ 250	forks are soft for a 160 pound Novice to Intermediate racer, if over 160 pounds, Expert racer a valving modification is necessary and respring to your ability



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