



2000 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CR80	37mm	Showa	0.27	105mm	5.5kg	125mm	100lbs ±10	fork mod w/ 3 stage valve, adjust to racer
CR125	46mm	KYB	0.41	75mm	4.7kg	100mm	150lbs ±10	good for 160 lb racer
CR250	47mm	Showa Twin Chamber	0.43	12.7oz	4.8kg	105mm	450lbs ±10	rear shock 3 stage, fork 2 stage
CR500	46mm	KYB	0.41	125mm	5.6kg	105mm	170lbs ±10	forks soft
XR250		KYB	0.41	125mm	5.1kg	100mm	150lbs ±10	valving mod w/ .44 fork springs
XR400		KYB	0.38		10.1kg			
XR600		KYB						

2000 Honda Suspension Tips

Model	Tips
CR 125	Set-up for a 150 to 160 pound Intermediate racer
CR 250	Is set-up for a 160 to 175 pound Intermediate racer, rear shock valving may be a little harsh for a Novice racer. Call for more details



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