



2010 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CRF 150R	37mm	Showa	0.36	100mm	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	48mm	Showa	0.44	340cc	5.1kg	100mm	155lbs ±10	Well balanced.
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 450R	48mm	KYB	0.47	355cc	5.5kg	100mm	190lbs ±10	For heavier riders, we recommend using a stiffer fork spring; (.48kg). If you are a lighter rider, (160-170lb) we recommend using a softer rear spring. Honda has the lightest 450 in its class by 10lbs. Weighing in at only 226lbs. We also suggest to use a longer rear suspension link that lowers the rear end 10mm. This might be the slowest 450 in its class, but no 450 is slow! Honda has a great engine that makes it easy to ride.
CRF 450X	47mm	Showa	0.47	350cc	5.5kg	100mm	180lbs ±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.

2010 Honda Suspension Tips

Model	Tips
CRF 250R	Forks are 48mm Showa which are a "copy" of the 48mm KYB. KYB have been 48mm for 6 years; Yamaha YZ's have used them since 2004. Showa has never used a 48mm fork until now! Honda copied the KYB fork of the 2009 CRF450. They share some of the same components such as fork spring inner cartridge springs, spring seats, base valve, & low speed mid-valve. Valving is not the same. Most riders will want to go up on fork springs with a revalve. Unless you are 140lbs or less, you will want to use a softer rear spring for better balance.