



2014 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
CRF 250R	48mm	Showa	0.45	350cc	5.2kg	100mm	165lbs ±10	Forks are harsh. Tech-Care suggests revalve & fork springs to make bike more balanced.
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 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 450R	48mm	KYB PSF	32.00	240cc	5.5kg	100mm	185lbs ±10	Air forks work great, 32 PSI works well with 5.5kg rear spring. We suggest a lighter spring for lighter riders. Fork revalve for vets and lighter racers.
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.

2014 Honda Suspension Tips

Model	Tips
CRF 250R	The new 2014 CRF 250R followed its big brother 450 from 2013 with the dual port fuel injection, dual exhaust, new design of the body and frame. However on the 250R, Honda stuck with its Showa spring fork design that they have had for years now. This was showa's first 48mm fork. Maybe next year in 2015 Honda will use the SSF fork design on the 250R?? We will see!
CRF 450R	All new improvement from the frame to the new PSF fork, thats right - no fork spring , this is the same KYB fork as the 2013 Kawasaki KXF 450 and 2013 CRF 450R. We suggest 30 to 32 PSI in forks for a 150 - 180lb rider, and 34 to 36 PSI for a 200 + lb rider. We suggest 32 to 33 PSI for good balance with stock rear spring. We suggest using the KYB works mid valve - \$129.95.