



2003 Honda Suspension Specs

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| Model | Fork Size | Manufacturer | Fork Rate | Oil Level | Rear Spring | Race Sag | Weight | Suggestions |
|----------------|-----------|------------------|--------------|-----------|-------------|----------|---------------|---|
| CR85 | 37mm | Showa | 0.26 | 105mm | 4.8kg | 85mm | 115lbs ±10 | Adjust to rider weight with valving and springs. |
| CR125 | 46mm | KYB | 0.44 | 65mm | 4.8kg | 100mm | 170lbs ±10 | revalve, spring, and adjust to racer |
| CR250 | 47mm | Showa Chamber | Twin 0.44 | 13oz | 5.1kg | 100mm | 165lbs ±10 | revalve harsh fork, and use tech-care rebound and comp valving for shock. |
| CRF450R | 47mm | Showa Chamber | Twin 0.47 | 14.2oz | 5.5kg | 100mm | 195lbs ±10 | Revalve shock with Techcare rebound and comp mods. Tech-care antibottoming rings are a must for riders over 200Lbs. Riders under 175Lbs revalve fork. |

2003 Honda Suspension Tips

| Model | Tips |
|---------|---|
| CR 85 | Has been improved over the years and this is the best CR85 in years. Increased displacement, new and improved suspension valving. This bike and Tech-Care will place your mini cycle champion on the podium |
| CR 125 | New motor and improved suspension, bike is set up for heavier and more aggressive racer. Fork spring rates have been increased. Tech-Care air volume chambers work excellent on this model to make he forks more plush |
| CR 250 | Improved power delivery this year, more over rev, new and improved fork valving and valving piston. forks maybe harsh for intermediate riders, rear shock rebound valving is very light. Tech-Care valving suggested. re valve for riding style |
| CRF 450 | much improvements over the 2002 model. Bike is set up for heavier aggressive racers. A taller seat and improved foot peg and swing arm location make this a more stable bike. Forks improved with larger valving piston and valving maybe harsh for intermediate 175 pound racer. Rear shock spring rate has been increased to 5.5 making this bike great for a 190 (+/- 10) racer. Less aggressive and lighter racers should consider Tech-Care modifications. 190 pound aggressive racers we suggest Tech-Care oil lock rings |



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