



2006 Honda Suspension Specs

| [1997](#) | [1998](#) | [1999](#) | [2000](#) | [2001](#) | [2002](#) | [2003](#) | [2004](#) | [2005](#) | **2006** | [2007](#) | [2008](#) | [2009](#) | [2010](#) | [2011](#) | [2012](#) | [2013](#) | [2014](#) | [2015](#) |

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	Racers around 100 lbs suggest 4.6 spring with revalve. Racers 120 lbs+ suggest .28 fork spring. Racers around 100 lbs, sugg. 4.6 rear spring rate.
CR85 Expert	37mm	Showa	0.28	100mm	5.2kg	100mm	135lbs ±10	For 125 lb racer, suggest 5.0 spring, and revalve.
CR125	46mm	KYB	0.44	65mm	4.8kg	100mm	170lbs ±10	Bike is stiff for most 125 racers. Suggest proper spring rates and valving for lighter riders.
CR250	47mm	Showa Chamber	Twin 0.44	380cc	5.1kg	100mm	170lbs ±10	Revalve forks for plusher action, rear shock needs a Tech-Care compression and rebound valving mod. Rear shock is springy.
CRF250R	47mm	Showa Chamber	Twin 0.45	370cc	5.3kg	100mm	165lbs ±10	Forks are more plush for '06. Rear shox is set for heavy or more aggressive racer. Suggest softer rear spring for avg. rider.
CRF250X	47mm	Showa Chamber	Twin 0.43	370cc	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.
CRF450R	47mm	Showa Chamber	Twin 0.46	380cc	5.5kg	100mm	195lbs ±10	'06 forks are more plush than the '05, rear shock is light on rebound. Suggest stiffer fork springs for ex. mx 185 lb +, go to .48 or .49. These bikes benefit from a 1.61 kg fork comp. pressure spring
CRF450X	47mm	Showa Chamber	Twin 0.47	330	5.5kg	100mm	185lbs ±10	Fork springs are stiffer than CRF-450R, but feel plusher due to lower oil ht. Sugg. valving and spring rate for rider.

2006 Honda Suspension Tips

Model	Tips
CRF 450	Four lbs lighter. Radiators and motors dropped 5 mm for a lower center of gravity. New carburetion. Fork's valving is plusher. 185 lb racer will want to use .48 or .49 kgs.
CRF 250X	Should be as impressive as the '06 250R.
CRF 250	Refined motor. New piston, head, and twin pipe exhaust. New carburator from 37 mm to 40 mm. Bike feels lighter. Tech-Care testing says bike runs right with the KTM 250 SXF, very impressive bike
CR 250	Honda tried to get more over-rev out of the motor. New exhaust port. Rear shock is plusher. Refine suspension.
CR 85	Very similar to the 2005 and 2004 bike
CR 125	More upper end horsepower. Suspension very similar to the 2005. Not many technology changes