



2017 Honda OEM Suspension Specifications

Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
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 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	49mm	Showa	160 160	Inner Chamber: 87cc Outer Chamber: 310cc Balance Chamber: 0cc Damper Leg: 350cc	5.2kg	100mm	165lbs ±10	Bike very well balanced. Dave says, "Air forks are GREAT" when set to your weight, ability, and riding style. "I really liked the bike last year," said Dave, who is a former pro racer and currently races in vet classes. "I ran 140 psi and 140 psi in the inner upper and lower chambers and 2 to 4 psi in the outer chamber." He suggests a link (see image) to lower the back of the bike (if you're 5' 10" or shorter) which should make it settle into the whoops and turn better.
CRF450R CRF450RX	49 mm	Showa	.47 Spring	340cc to 360cc	5.5 kg	105 mm	180 ±10	Great improvements for 2017. Electric start optional on CRF-450R for 2017. Standard on RX model. All new suspension - back to spring fork. Well balanced. Valving is great for a vet racer. Suspension link is a great option; lowers bike 1/2 inch.
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.



Honda Suspension Tips

Model	Tips
CRF 250R	Brand New for this year! Showa SFF TAC Internal Front Forks. Air sprung with three air chambers & an internal balance spring. All damping is in the right fork leg. We do not recommend changing oil heights on the air side of the fork but in the left damper leg instead. If you blow a fork seal, the fork will not go flat because the main air pressure is held in the inner chamber, not the outer chamber.
CRF 450R	Honda has made great progress on the 450. Honda is bringing back old technology by using the 49 mm spring forks with A kit components and 2008 frame geometry... and that's a good thing. What's new are one oil compartment for the crankcase and a better cloth pack! Dave says vet racers are going to love this bike. Plus! Electric start optional on the R model and standard on the RX.