



## 2009 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
<b>CRF150R</b>	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.
<b>CRF150R Expert</b>	37mm	Showa	0.36	141mm	5.1kg	100mm	135lbs ±10	Forks are soft compared to the rear. Suggest a .36kg fork spring for better balance.
<b>CRF250R</b>	47mm	Showa Chamber Twin	0.46	370cc	5.3kg	100mm	170lbs ±10	Forks were upgraded in '09. Honda kept Showa forks on the CRF-250. Bike is balanced and set up for heavier racers. Lighter racers will need lighter springs.
<b>CRF250X</b>	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.
<b>CRF450R</b>	48mm	KYB AOSS	0.47	350cc	5.5kg	100mm	190lbs ±10	In 2009, Honda made the BIG change. After 14 years using Showa on CR-250/CRF-450's, Honda went back to KYB. As of testing 10-10-08, the new forks, similar to the Yamaha and Kawasaki with different outer tapers and valving are great. Tech-Care recommends a 1.6kg Pressure Spring (down from 2.1) and spring and revalve for your specifications. All new rear shocks. First 50mm piston and new stubby reservoir. Valving is a single stage. Tech-Care recommends revalve and respring for racer weight.
<b>CRF450X</b>	47mm	Showa Chamber Twin	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.

## 2009 Honda Suspension Tips

Model	Tips
	No tips available