



## 2011 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
<b>CRF 150R</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>CRF 150R Expert</b>	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.
<b>CRF 250R</b>	48mm	Showa	0.44	340cc	5.2kg	105mm	155lbs ±10	Forks are soft compared to rear shock. Tech-Care suggests revalve & fork springs to make bike more balanced.
<b>CRF 450R</b>	48mm	KYB	0.46	350	5.4kg	105mm	175lbs ±10	Forks are very harsh, suggest a revalve to soften mid valve. Has softer rear spring for 2011. Also suggest stiffer fork springs with 330cc of oil.
<b>CRF 250X</b>	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.
<b>CRF 450X</b>	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.

## 2011 Honda Suspension Tips

Model	Tips
CRF 450R	Forks are very harsh, suggest a revalve to soften mid valve. Has softer rear spring for 2011. Also suggest stiffer fork springs with 330cc of oil.



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