



## 2002 Honda Suspension Specs

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Model	Fork Size	Manufacturer	Fork Rate	Oil Level	Rear Spring	Race Sag	Weight	Suggestions
<b>CR80</b>	37mm	Showa	0.27	105mm	5.0kg	100mm	125lbs ±10	fork mod w/ 3 stage valve, adjust to racer
<b>CR125</b>	46mm	KYB	0.44	65mm	4.7kg	100mm	170lbs ±10	suggest fork mod. oil level 85-90
<b>CR250</b>	47mm	Showa Twin Chamber	0.44	14.1oz	4.9kg	100mm	165lbs ±10	little stiff, check spring rates
<b>CRF450</b>	47mm	Showa	0.47	14.4oz	5.3kg	100mm	180lbs ±10	160# softer springs, revalving shock. 200# stiffer springs
<b>XR250</b>		KYB	0.35	100	9.6kg	100mm		go stiffer on fork springs
<b>XR400</b>		KYB	0.38	105mm	10.1kg	100mm	170lbs ±10	fork soft, shock stiff
<b>XR600</b>		KYB						fork soft, shock stiff

## 2002 Honda Suspension Tips

Model	Tips
CR 125	The most aggressive suspension set-up .Go up from .43 to .44 Fork springs making them even stiffer. This years bike is set up for 170 pound expert racer. We suggest going to a 4-9 rear spring to balance for the 170 expert rider.
CRF 450	This is one of the best 4 stroke to hit the market. With good lower end and over rev, the more you push the bike the better it is. Fork and shock are suitable for 180 pound racer. Forks are a little mushy at the top of travel. We have a valving modification to help rear shock a little on re-bounce. We suggest a revalve.
CR 250	This is the best ll around MX bike. The motor is completely new with case induction. suspension is very tunable and plush. Bike spring rates are .44 fork and 4.9 rear. Fork valving is necessary to enhance for veteran racer a little harsh in mid stroke. A little soft for the expert, to prevent bottoming, rear shock needs valving on re-bounce and Tech-Care has a great shock modification. For the CR 250 and CR450, we guarantee improvement



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