

Front Suspension Adjustments

Front Suspension Disassembly

- If your CRF is brand-new, put enough part-throttle break-in time (about 1 hour) on it to ensure that the suspension has worked in.
- For optimum performance, and extended fork life, the fork should be completely disassembled and cleaned after the first 3 hours of riding. See an official Honda Service Manual or your Honda dealer for this service.
- When disassembling the fork, turn the compression (1) and rebound (2) damping adjusters counterclockwise to the softest position to prevent damaging the adjustment needle (be sure to record the number of turns from the starting position).



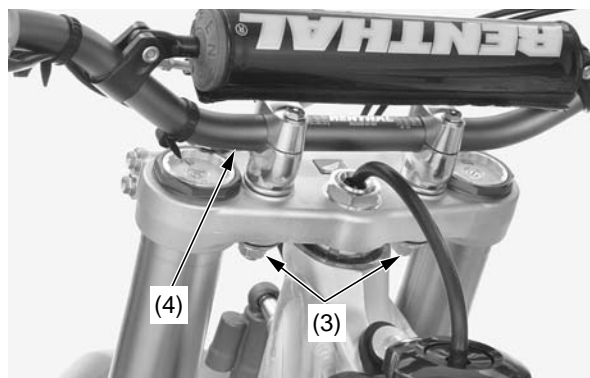
(1) compression damping adjuster

(2) rebound damping adjuster

1. Remove the number plate (page 99).
2. Place your CRF on an optional workstand or equivalent support with the front wheel off the ground.
3. Remove the handlebar lower holder nuts, washers, mounting rubbers (3) and handlebar (4).

NOTICE

Keep the master cylinder upright to prevent air from entering system.

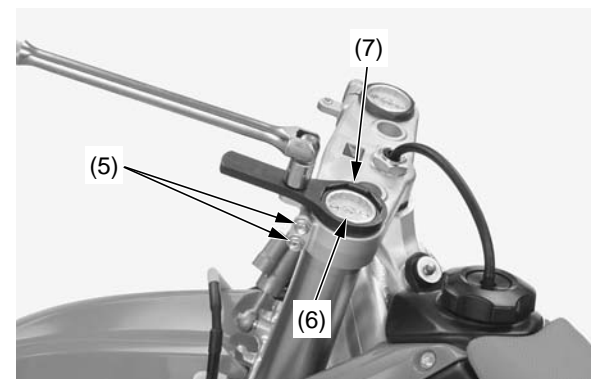


(3) handlebar lower holder nuts, washers and mounting rubbers
(4) handlebar

4. Loosen the fork bridge upper pinch bolts (5).
 5. Loosen the fork damper (6) using a lock nut wrench (7), but do not remove them yet.
- Lock nut wrench 07WMA-KZ30100

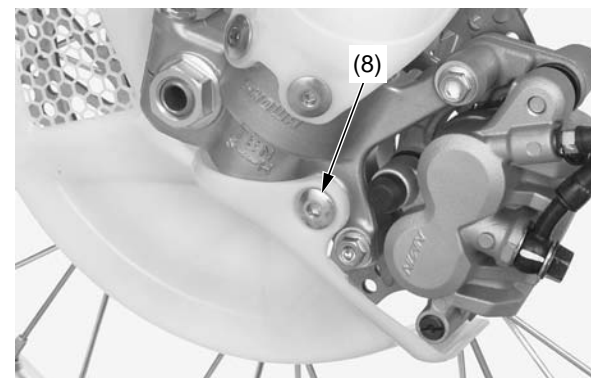
NOTICE

Do not use an adjustable wrench to loosen the fork damper: it may damage them.



(5) fork bridge upper pinch bolts
(6) fork damper
(7) lock nut wrench

6. Remove the disc cover socket bolt (8).



(8) disc cover socket bolt