

This section tells you how to fine tune your CRF for maximum competition performance.

Initial suspension adjustments should be performed after a minimum of 2 hours of easy break-in time.

Optional front and rear suspension springs are available in order to tailor your CRF specifically for your weight, riding style and course conditions.

Follow the instructions given in the rear suspension sag setting section of *Rear Suspension Adjustments* to determine if your combined rider and sprung machine weight (rider fully dressed for competition and machine filled coolant, oil and fuel levels ready for competition) requires an optional stiffer or softer rear spring. The need for either optional rear spring may need to be balanced by installing the optional fork springs of a similar rate.

Front Suspension Adjustments.....	112
Front Suspension Air Pressure.....	112
Front Suspension Damping.....	112
Fork Springs.....	113
Front Suspension Disassembly	114
Damper Oil Change	117
Fork Assembly	120
Rear Suspension Adjustments.....	127
Rear Suspension Spring Pre-Load	127
Rear Suspension Damping.....	128
Rear Suspension Race Sag.....	129
Suspension Adjustments for	
Track Conditions.....	131
Suspension Adjustment Guidelines	132
Tuning Tips	135
Spark Plug Reading.....	135
Steering Damper Adjustment.....	136
Steering Damper Damping	136
Steering Damper Adjustment Guidelines	137
Chassis Adjustments	138
Rear End.....	138
Fork Height/Angle	138
Wheelbase	138
Gearing.....	139
Tire Selection for Track Conditions.....	140
Personal Fit Adjustments	141
Control Positioning	141
Handlebar Position, Width & Shape.....	141