

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 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	140
Front Suspension Air Pressure.....	140
Front Suspension Damping.....	141
Fork Springs.....	141
Fork Oil Adjustment	142
Rear Suspension Adjustments.....	143
Rear Suspension Spring Pre-Load	143
Rear Suspension Damping.....	144
Rear Suspension Race Sag.....	146
Suspension Adjustments for	
Track Conditions.....	148
Suspension Adjustment Guidelines	149
Tuning Tips	152
Spark Plug Reading	152
Chassis Adjustments	153
Rear End	153
Fork Height/Angle	153
Wheelbase	153
Tire Selection for Track Conditions	154
Personal Fit Adjustments	155
Control Positioning	155
Handlebar Position, Width & Shape.....	155