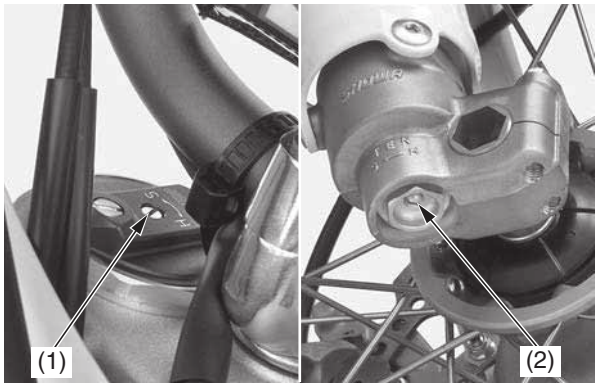
The front suspension can be adjusted for the rider's weight and riding conditions by using one or more of the following methods:

- **Inner chamber air pressure** — Adjusting the left fork inner chamber air pressure adjusts the spring rate of the entire range of fork travel.
- **Balance chamber air pressure** — Adjusting the left fork balance chamber air pressure adjusts the spring rate of the initial range of fork travel. Increasing the balance chamber air pressure reduces the rebound of initial range of fork travel. (softer)
- **Left fork outer tube oil volume** — The effects of higher or lower fork oil capacity are only felt during the final range of fork travel.
- **Compression damping** — Turning the compression damping adjuster (1) adjusts how quickly the fork compresses.
- **Rebound damping** — Turning the rebound damping adjuster (2) adjusts how quickly the fork extends.

The inverted fork on your CRF features sealed damper cartridges with dual (separate air and oil) chambers to prevent aeration. The design also isolates the oil in each fork/damper, which may contain air bubbles and/or metal particles, from the sealed cartridge to provide more consistent damping.

Do not dispose of the fork; see your dealer.

Right fork:



(1) compression damping adjuster
(2) rebound damping adjuster

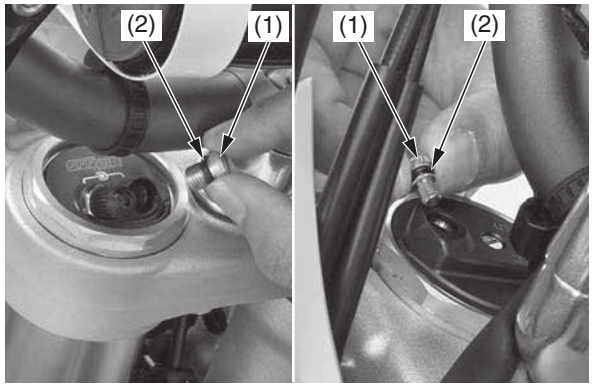
Front Suspension Air Pressure

Air is an unstable gas which builds up pressure as it is worked (such as in a fork). Air pressure acts as a progressive spring and affects the entire range of fork travel. This means the fork action on your CRF will get stiffer during a race. For this reason, release built-up air pressure in the fork legs between motos. Be sure the fork is fully extended with the front tire off the ground when you release the pressure.

The standard air pressure is 0 psi (0 kPa, 0 kgf/cm^2). You may relieve accumulated air pressure in the fork legs by using the pressure release screws. The front wheel should be off the ground before you release the pressure. The air pressure should be adjusted according to the altitude and outside temperature.

1. Place a workstand under the engine, so that the front wheel is off the ground.
   Do not adjust air pressure with the front wheel on the ground as this will give false pressure readings.
2. Remove the pressure release screws (1).
3. Check that the O-rings (2) are in good condition.
4. Install and tighten the pressure release screws to the specified torque:
   Left fork pressure release screw:
   4.1 lbf·ft (5.5 N·m, 0.6 kgf·m)
   Right fork pressure release screw:
   1.0 lbf·ft (1.3 N·m, 0.1 kgf·m)

Left fork: Right fork:



(1) pressure release screws (2) O-rings

(cont'd)