

Front Suspension Adjustments

Front Suspension Damping (Right Fork)

Compression Damping Adjustment

This adjustment affects how quickly the fork compresses. The fork compression damping adjuster has 16 positions or more. Turning the compression damping adjuster screw (1) one full turn changes the adjuster 4 positions. To adjust the adjuster to the standard position, proceed as follows:

Turn the adjuster clockwise (harder) until it will no longer turn (lightly seats). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1. The standard position is position 5 (5th click).

Rebound Damping Adjustment

The fork rebound damping adjuster has 16 positions or more. Turning the rebound damping adjuster screw (2) one full turn clockwise advances the adjuster 4 positions. To adjust the rebound damping to the standard setting, proceed as follows:

Turn the adjuster clockwise (harder) until it will no longer turn (lightly seats). Turn the adjuster counterclockwise (softer) until it clicks. This click is position 1. The standard position is position 12 (12th click).

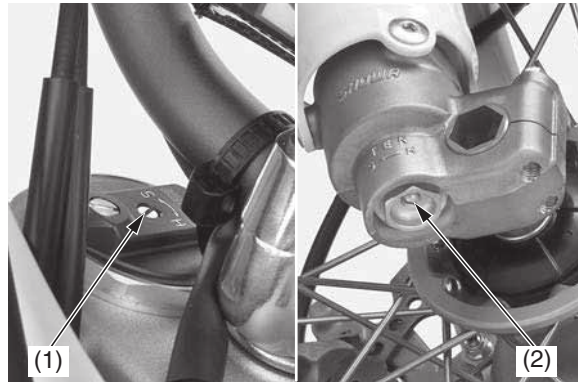
Both compression and rebound damping can be increased by turning the adjuster clockwise.

NOTICE

Always start with position 1 when adjusting damping.

Do not turn the adjuster screw more than the given positions or the adjuster may be damaged.

Be sure that the compression and rebound adjusters are firmly located in a detent, and not between positions.



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

Fork Springs (Left Fork)

The CRF uses a pneumatic spring in the fork. The fork spring rate can be adjusted by changing the fork air pressure and oil capacity. The forks on CRF's are about right for riders weighing between 170 lb (77 kg) and 200 lb (91 kg) (less riding gear). So if you're a heavier rider, you have to go up on the oil capacity or air pressure. Do not adjust the oil capacity or left fork air pressure to a level that is outside the minimum or maximum level ([pages 123, 124](#)).

When adjusting the left fork air pressure, adjust the inner chamber air pressure first, then adjust the balance chamber air pressure.