

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

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

Optional front and rear suspension springs are available in both stiffer and softer than standard rates, 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.....	106
Rear Suspension Adjustments.....	121
Suspension Adjustments for Track Conditions .....	125
Suspension Adjustment Guidelines.....	126
Tuning Tips .....	129
Steering Damper Adjustment .....	130
Steering Damper Adjustment Guidelines.....	131
Chassis Adjustments.....	132
Gearing .....	133
Tire Selection for Track Conditions.....	134
Personal Fit Adjustments .....	135