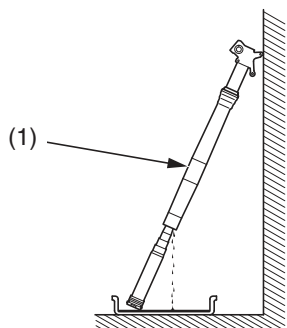


- Drain the fork oil by turning the outer tube (1) upside down. (About 0.46 US oz (13.7 cm³) of fork oil will be left in the outer tube when it is left inverted for about 20 minutes at 68°F/ 20°C.)



(1) outer tube

Pour the drained oil into a suitable container and dispose of it in an approved manner (page 164).

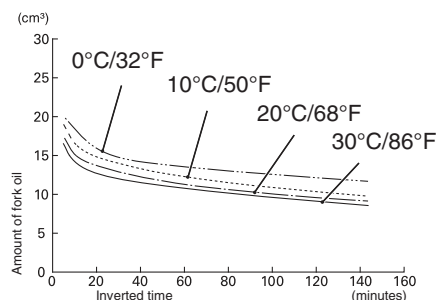
NOTICE

Improper disposal of drained oil is harmful to the environment.

Amount of fork oil left in the fork (within damper and spring)

unit: cm³

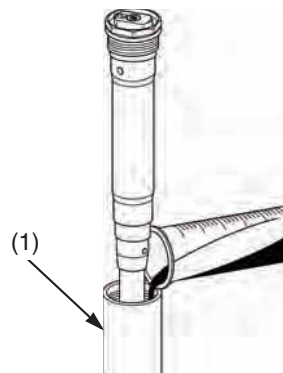
minute °C/°F	5	10	20	35	55	85	145
30/86	16.5	14.1	12.7	11.8	11	10.1	8.6
20/68	17.4	15	13.7	12.6	11.5	10.5	9.1
10/50	18.9	16.5	14.8	13.7	12.5	11.4	9.8
0/32	20	18.4	15.9	14.5	13.7	13	11.7



Fork Oil Refilling

- Pour the recommended fork oil into the outer tube (1).

Be sure the oil capacity is the same in both fork legs.



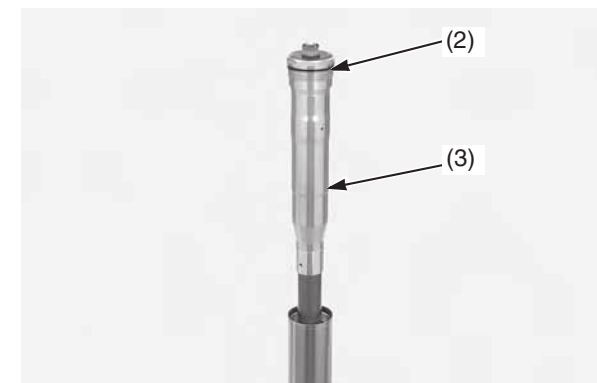
(1) outer tube

Recommended Oil:
Pro Honda HP Fork Oil, A15-00
Recommended Standard Amount:
(CRF450RX)
12.3 US oz (363 cm³)
(CRF450R/RWE)
12.0 US oz (356 cm³)

Fill the fork oil which is obtained by docking off the amount of the remaining oil in the fork from the recommended standard fork oil capacity.

Refer to *Front Suspension Adjustments* on page 143.

- Apply the recommended fork oil to a new O-ring (2). Install the O-ring on the fork damper assembly (3).

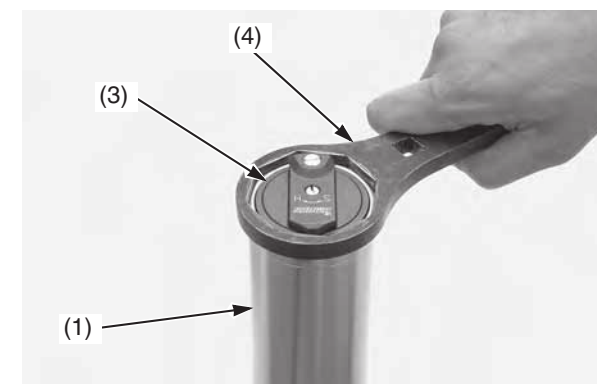


(2) O-ring (new)

(3) fork damper assembly

- Pull up the fork outer tube (1) slowly and temporarily tighten the fork damper assembly (3) using the lock nut wrench (4).

- Lock nut wrench 07WMA-KZ30100



(1) outer tube

(3) fork damper assembly

(4) lock nut wrench