

Suspension Adjustment Guidelines

Follow the procedures described below to accurately adjust your CRF, using the methods described on pages 108 - 123. Remember to make all adjustments in one-click increments. Test ride after each adjustment.

Front Suspension Adjustment Adjustments for Type of Track

Hard-surfaced track	Begin with the standard setting. If the suspension is too stiff/soft, adjust according to the chart below.
Sand track	Adjust to a stiffer position. Example: – Turn the compression damping adjuster to a stiffer position. – Install the optional stiff spring. (Adjust compression damping to a softer position and rebound damping to a stiffer position at this time.)
Mud track	Adjust to a stiffer position because mud build-up increases your CRF's weight. Example: – Turn the compression damping adjuster to a stiffer setting. – Install the optional stiff spring.

Adjustments for Too Soft/Stiff Damping

	Symptom	Action
Soft suspension	Initial travel too soft: <ul style="list-style-type: none"> • Steering is too quick. • Front end darts while cornering or riding in a straight line. 	<ul style="list-style-type: none"> – Test stiffer compression damping adjustments in one-click increments. – Test stiffer rebound damping in one-click increments.
	Middle travel too soft: <ul style="list-style-type: none"> • Front end dives when cornering. 	If suspension isn't stiff in initial travel: <ul style="list-style-type: none"> – Test stiffer compression damping adjustments in one-click increments. If initial travel becomes stiff because of the above adjustment: <ul style="list-style-type: none"> – Reduce the rebound damping in one-click increments. – Test softer compression damping adjustments in one-click increments. If that doesn't solve the problem, install the optional stiff spring.
	Final travel too soft: <ul style="list-style-type: none"> • Bottoms on landings. • Bottoms on large bumps, especially downhill bumps. 	If initial and middle travel aren't stiff: <ul style="list-style-type: none"> – Test stiffer compression damping adjustments in one-click increments. If initial and middle travel are stiff: <ul style="list-style-type: none"> – Install the optional stiff spring. If initial travel is stiff after installing the optional stiff spring: <ul style="list-style-type: none"> – Test soft compression damping adjustments in one-click increments. If initial travel is still soft after installing the optional stiff spring: <ul style="list-style-type: none"> – Test stiffer compression damping adjustments in one-click increments. If final travel is still soft after installing the optional stiff spring: <ul style="list-style-type: none"> – Increase the fork oil capacity in increments of 5 cc (0.2 oz).
	Entire travel too soft: <ul style="list-style-type: none"> • Front end shakes. • Fork bottoms over any type of terrain. 	<ul style="list-style-type: none"> – Install the optional stiff spring. – Test stiffer compression damping adjustments in one-click increments. – Increase rebound damping in one-click increments.