

Contents

| | | |
|---|---|---------------------------------------|
| MOTORCYCLE SAFETY.....1 | <i>Service Procedures</i> | TIPS.....139 |
| Important Safety Information.....2 | <i>Fluids & Filters</i> | Transporting Your Motorcycle140 |
| Important Safety Precautions.....2 | Fuel System.....34 | Storing Your Honda.....141 |
| Accessories & Modifications3 | Engine Oil36 | You & the Environment142 |
| Safety Labels.....4 | Transmission Oil39 | Troubleshooting.....143 |
| OPERATING CONTROLS.....5 | Coolant41 | TECHNICAL INFORMATION145 |
| Operation Component Locations6 | Air Cleaner43 | Vehicle Identification146 |
| BEFORE RIDING7 | Crankcase Breather45 | Specifications147, 148 |
| Are You Ready to Ride?.....8 | <i>Engine</i> | Torque Specifications149 |
| Is Your Motorcycle Ready to Ride?.....9 | Throttle46 | Petrol Containing Alcohol.....152 |
| Pre-ride Inspection.....9 | Engine Idle Speed48 | Competition Logbook153 |
| BASIC OPERATING INSTRUCTIONS11 | Clutch System49 | Optional Parts List155, 156 |
| Safe Riding Precautions.....12 | Hot Start Lever54 | Spare Parts & Equipment.....157 |
| Starting & Stopping the Engine13 | Spark Plug55 | Wiring Diagram.....158 |
| Preparation13 | Valve Clearance.....56 | TABLE OF CONTENTS.....160 |
| Starting Procedure.....13 | Piston/Piston Rings/Piston Pin.....64 | INDEX.....161 |
| Flooded Engine13 | <i>Chassis</i> | |
| How to Stop the Engine14 | Suspension.....72 | |
| Break-in Guidelines15 | Brakes.....77 | |
| SERVICING YOUR HONDA17 | Wheels.....81 | |
| <i>Before You Service Your Honda</i> | Tyres & Tubes82 | |
| The Importance of Maintenance18 | Drive Chain84 | |
| Maintenance Safety19 | Exhaust Pipe/Muffler87 | |
| Important Safety Precautions.....19 | Steering Damper.....91 | |
| Maintenance Schedule20 | Additional Maintenance Procedures93 | |
| General Competition Maintenance22 | Appearance Care95 | |
| Before & After Competition Maintenance.....26 | ADJUSTMENTS FOR COMPETITION97 | |
| Between Motos & Practice Maintenance26 | Front Suspension Adjustments.....98 | |
| After Competition Maintenance26 | Rear Suspension Adjustments112 | |
| <i>Service Preparations</i> | Suspension Adjustments for Track | |
| Maintenance Component Locations.....28 | Conditions116 | |
| Seat Removal.....29 | Suspension Adjustment Guidelines.....117 | |
| Fuel Tank Removal30 | Carburetor Adjustments & Tuning Tips.....120 | |
| Subframe Removal.....32 | Steering Damper Adjustment133 | |
| | Steering Damper Adjustment Guidelines.....134 | |
| | Chassis Adjustments.....135 | |
| | Gearing136 | |
| | Tyre Selection for Track Conditions137 | |
| | Personal Fit Adjustments138 | |