Front Suspension Adjustments

Front Suspension Damping (Right Fork)

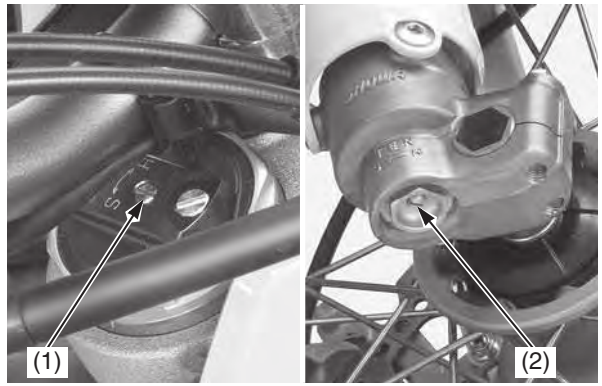
Compression Damping Adjustment
This adjustment affects how quickly the fork compresses. The fork compression damping adjuster has 32 positions or more. Turning the compression damping adjuster screw (1) one full turn changes the adjuster 8 positions. To adjust the adjuster to the standard position, proceed 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 7 (7th click).

Rebound Damping Adjustment
The fork rebound damping adjuster has 32 positions or more. Turning the rebound damping adjuster screw (2) one full turn clockwise advances the adjuster 8 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 29 (29th 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.
The forks on CRF's are about right for riders weighing between 170 lb (77 kg) and 200 lb (91kg) (without riding gear). So if you are a heavier rider, you have to go up on the air pressure.
Do not adjust the left fork air pressure to a level that is outside the minimum or maximum level (pages 137, 138, 139).
For the left fork, air pressure of the inner chamber, outer chamber, and balance chamber can be set. When adjusting the left fork air pressure, adjust the inner chamber air pressure first, then the outer chamber air pressure, and finally the balance chamber air pressure.
The chambers are responsible for their respective stroke range shown below.