

RACE TECH

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FORK SPRING INSTALLATION – HONDA GROM

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TOOLS & SUPPLIES REQUIRED: Propane Torch, gloves, TFSH 31 Fork Tube Holding Tool, TMWA 14 Allen Tool.

THIS IS A DIFFICULT INSTALLATION THAT REQUIRES SPECIAL TOOLS AND THE APPLICATION OF HEAT. DETAILED PHOTO INSTRUCTIONS ARE ON RACETECH.COM IN THE 'HOW TO' SECTION.

DISASSEMBLY

- D1 **CLEANLINESS IS CRITICALLY IMPORTANT. Completely disassemble and clean your front forks. If you are unfamiliar with this process, STOP!!!! Do not proceed. Seek out a qualified suspension technician to complete the installation.**
- D2 **Remove** the Fork Cap, Allen Bolt, Bottom-out Bumper, Washer, and Clip. Drain and dispose of the oil properly.
- D3 This installation can be done without complete disassembly. You do not need to split the tubes. Extend the Fork Tubes all the way. This will expose two holes in the Inner Fork Tube.
- D4 **Remove the Fork Tube** from the Fork Bottom. **This is a LEFT-HAND THREAD.** Hold the tube in a vise with TFSH 31 with the tool pin in one of the holes in the Inner Fork Tube. The Inner Fork Tube has thread locking compound on the Fork Bottom threads. Use a propane torch to heat the middle of the Fork Bottom to 350°F to help release the Loctite. **Move the flame evenly and do not overheat.** Use gloves so you don't burn your hands. Insert the Front Axle in the hole in the Fork Bottom to unscrew (clockwise) the Seal Head. **Keep in mind that this is a LEFT HAND THREAD!**
- D5 Continue to hold the Inner Fork Tube in the Shaft Holding Tool in a Vise. Use a TMWA 14 and socket to **remove the Plug** at the bottom of the Fork Tube. Remove the Fork Spring. Pour out the Oil and dispose of it properly.

ASSEMBLY

- A1 Hold the Fork Tube inverted. **Check the Fork Spring Preload (figure 1).** Insert the Fork Spring and rest the Fork Spring on the Damping Rod Assembly. **Measure the Distance to the Spring from the end of the chrome Inner Fork Tube. The Plug Depth is 16mm.**
- Preload = 16mm — Distance to Spring**
- Add Washers until you have 4 to 8mm Preload.** The Spring should rest on the steel Plug or steel Washers. Make spacers if needed (PVC is ok).
- A2 Screw the Plug into the Fork Tube and tighten it with TMWA 14.
- A3 Clean the external Fork Tube Thread with a wire wheel then contact cleaner. Make sure the Face O-ring is on the Plug. Use Loctite (included) on the Fork Tube Thread and screw it into the Fork Bottom (remember that these are Left Hand Threads). Clamp the Fork Bottom in a vise, use TMWA 14 and torque the Fork Tube to 50 ft-lbs (68 NM). When holding the Fork Bottom in a vise and turning the Fork Tube with the Allen Hex it will be turned clockwise to tighten.
- A4 If you are installing Gold Valves **fill the Fork with Ultra Slick USF-05 (5w).** If you are using the stock valving use the manufacturer's recommended oil. It helps to hold your palm over the end of the Outer Fork Tube and compress the fork. This forces the oil into the Lower Fork Tube.
- A5 Install the Round Wire Circlip into the groove near the top of the Rod. Install the Bottom-out Plate, Rubber Bottom-out Bumper and then the Fork Cap.
- A6 Use Loctite on the M8 Allen Bolt at the cap. **Screw the Allen Bolt onto the Damping Rod and tighten it. Tighten the Fork Cap.**
- A7 If you have **any questions** please call Tech Support at 951.279.6655.

