

# RACE TECH

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## RT HI-PERFORMANCE FORK SPRINGS – CRF250L SFF One Damping-Only Leg, One Spring-Only Leg

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INCLUDES: (1) Spring, (4) Preload Washers, Spring Spacer Tube, Upper and Lower Spring Collars.

Thank you for choosing RT Hi-Performance Fork Springs. This Straight Rate Spring is manufactured from "suspension" quality chrome silicon wire, shot peened, heat-treated and 100% tested. They are the finest available.

**Please read the instructions completely before proceeding. If you have questions please call Race Tech. If you are unfamiliar with this process, stop and have a qualified mechanic assist you.**

**You will be adding a spring to the "Damping Only" fork leg (left-as viewed sitting on the bike). The stock spring WILL STILL BE USED in the "Spring-Only" (right) leg.**

1. Remove the left fork leg from the bike. Remove the cap on the Damping Only (left) leg. Remove the Jam Nut on the Damping Rod. The right Spring Only fork leg does not need to be worked on, however RT Ultra Slick Oil will improve stiction.
2. The fork leg does not need to be completely disassembled to install this kit. Drain the fork oil. Pump the damping rod to remove oil from the cartridge. Extend the fork all the way to remove oil from between the tubes. The more original oil removed the slipperier Ultra Slick USF05 will be.
3. Install the Suspension Fluid. The standard volume is 500cc in the left Damping Leg and 600cc in the right Spring-Only Leg. Bleed the cartridge by stroking the damping rod until it is full.
4. Install one washer over the cartridge. It will drop all the way to the bottom of the tube. Install the spring, Delrin Lower Collar, Preload Tube (**Cutting Preload Spacers is not required**) and Top Spring Collar. **RECOMMENDED PRELOAD - 3 to 5mm (.12 to .20").**
5. Install the Jam Nut. Use Loctite on the damping rod thread at the cap and torque it to 15 ft-lbs.
6. Install the forks on the bike and enjoy!

Nut, Top Collar, Spacer Tube (your tube may look different), Delrin Lower Collar, Spring

