

REAR SHOCK REJUVENATION

It's easier than you think

► With over 40 hours on our CRF250F, it was time to change the stock shock oil on the red racer's shock. With the help of Race-Tech and Toad, we successfully changed the oil without a hitch.



Start off by backing the clickers all the way out. Make sure you write down what your settings were so you can put them back when you're done. You may think you'll remember, but trust us, you won't. Also, measure the height of the spring so you can reset it before you put it back on the bike.



Back the preload rings off until the spring is slack. You can now remove the clip and spring ring. You can now pull the spring off the shock.



A hammer and punch will get that cap off. There are holes on each side, so you can slowly work it off.



Let the nitrogen out of the shock. Put your left leg in and put your left leg out...



Race-Tech makes a tool to depress the seal head. Toad shows proper finger flex. You can then remove the snap ring that holds the seal head in the body of the shock.



With gentle love, tap the shaft with a soft mallet and watch it leave the shock body.



With the internals in one hand and the shock body in the other, pour out the dirty oil with a smile on your face. Toad demonstrates.



Here's the difference between good oil and used and abused oil.