

HONDA CRF450R 2026

Motocross · 450cc 4T

CPSC recall 26-458 (2026-04-30) names this model: details on the page

Partly verified
11 of 18 figures read off a manual page

GEARING

Stock front sprocket	13T ⓘ [1] maker
Stock rear sprocket	49T ⓘ [1] maker
Chain pitch	520 ⓘ [1] maker
Stock chain links	– Not yet verified
Stock final drive ratio	3.769 : 1 ✓ [2] p. 73

WHEELS AND TIRES

Front rim	– Not yet verified
Rear rim	– Not yet verified
Front tire	80/100-21 51M ✓ [2] p. 72
Rear tire	120/80-19 63M ✓ [2] p. 72

SUSPENSION

Fork	49mm inverted Showa fork ⓘ [1] maker
Fork travel	12.2-inch (≈ 310 mm) ⓘ [1] maker
Shock travel	12.2-inch (≈ 310 mm) ⓘ [1] maker
Stock fork spring rate	– Not yet verified
Stock shock spring rate	– Not yet verified
Static sag, bike only	– Not yet verified
Race sag, rider on	– Not yet verified

FLUIDS AND CAPACITIES

Engine oil spec	SAE 10W-30, JASO T 903 MA ✓ [2] p. 73
Engine oil capacity	1.00 L (1.06 US qt) ✓ [2] p. 73
Coolant capacity	1.08 L (1.14 US qt) ✓ [2] p. 73
Fuel capacity	6.3 L (1.66 US gal) ✓ [2] p. 72

MAINTENANCE

Tire pressure (off-road) 15 psi (100 kPa) front and rear	✓ [2] p. 72
Chain slack	– Not yet verified
Spark plug and gap NGK SILMAR9A-9S, gap 0.80-0.90 mm	✓ [2] p. 74

DIMENSIONS

Seat height	961 mm (≈ 37.8 in) ✓ [2] p. 72
Wheelbase	1482 mm (≈ 58.3 in) ✓ [2] p. 72
Weight	249 pounds (≈ 112.9 kg) ⓘ [1] maker

SERVICE SPECS

Fork oil, brake fluid, coolant type, fuel octane, idle speed, valve clearance	– Not yet verified

SHOP NOTES

Date / hours

Sprockets run

Sag, race / static

Clickers, fork / shock

Tire pressure, F / R

Map or jetting

Notes

✓ printed on the manual page shown
ⓘ maker web page or spec sheet ⊜ calculated, not printed
≈ converted by MotoXSports – not yet verified

Check your own manual before ordering parts or setting up the bike. Torque values are not published here: use the manual.

motoxsports.com/bikes/honda-crf450r-2026/ · data checked 2026-09-26

1 American Honda 2026 CRF450R specifications (preliminary)
2 Honda 2026 CRF450R/RX/RWE Owner's Manual (31MKE691) pp. 72, 73, 74

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