

2009 Pro Lite Spec sheet

Our recommendations are for a 75KG rider racing motocross.

	CRF250R		KX250F		RMZ250		YZ250F		KTM 250SXF	
	Standard	Recommended	Standard	Recommended	Standard	Recommended	Standard	Recommended	Standard	Recommended
Front tyre	Dunlop 742FA	B'stone M403	B'stone M403	B'stone M403		B'stone M403	B'stone M403	B'stone M403	B'stone M70	B'stone M403
Rear tyre	Dunlop 756	B'stone M404	B'stone M404	B'stone M404		B'stone M404	B'stone M404	B'stone M404	B'stone M50	B'stone M404
Gearing	13/51		13/48		12/48	13/52	13/51		13/48	
Fork height	Flush	5mm	8mm	8mm			5mm			
Comp clicks	12	12	6	10	10	14	9		12	22
Rebound clicks	12	12	12	12	14	14	10		20	12
Fork spring rate	0.46kg/mm	0.44kg/mm	0.45kg/mm	0.44kg/mm	0.44kg/mm	0.44kg/mm	0.46kg/mm	0.44kg/mm	0.45kg/mm	0.44kg/mm
oil capacity	360cc	350cc	360cc	360cc	360cc	360cc	350cc	360cc	360cc	360cc
Shock spring rate	5.3kg/mm	4.8kg/mm	5.1kg/mm	4.8kg/mm	5.4kg/mm	5.0kg/mm	5.3kg/mm	4.8kg/mm	69Nm	Progressive D
comp clicks	14	12			11		9		15	23
HSC clicks	3 turns	2			2 T		1.5T			
rebound clicks	9	9			5		8		22	20
sag height suggested	100mm	100mm	100mm	100mm is critical	100mm	100mm	100mm	100mm	110mm	113-118mm
static sag suggested	35mm	35mm	100mm	35mm	35mm	35mm	35mm	35mm	35mm	35mm
Jetting										
Fuel screw	1.5 turns		2 turns	2 turns	2 turns	2 turns	2 1/4	2 1/4	1.5	1.5
Pilot jet	42	40	40	42	42	42	45	45	40	42
Main jet	178	172	182	178	170	170	178	178	175	178
Needle	NMTU	NMTU	NHJT	NCYS	NLDT	NLDT	NFLR5	NFLR5	OBEKP	OBEKP
clip#	#3	#3	#4	#3	#4	#4	#4	#4	#4	#4
wire pump Y/N		No		Yes		Yes		No		yes
Leak jet	70	65	55	60	45	55	70	60	50	50
Notes	New cylinder head for 09 with different porting and valve seats. Rear spring losses free height quickly.		23.5mm offset triple clamps for 2009. Best results are with 22mm offset clamps. Rear spring rate selection and sag heights are crucial, 100mm sag must kept.		Rear shock stock setting does not have enough rebound dampening for many riders, same setting as 2008. Needs a pipe. Stock 12 tooth front sprocket wears chain guides.		42 Pilot can be used at altitude. Convert engine to wet sump if clutch life is short. Needs a pipe.		20mm offset is standard on the 2 way adjustable clamps. Fork and shock settings are too stiff for most riders, hence the clicker settings.	