

Training for your *big* weekend



Why Bike Fit is Important

If you are suffering from any discomfort, aches, pains or numbness, it is likely due to an improper bike fit. Read below for information regarding a bike fit.

What is a Bike Fit?

- Everyone's body is different. In additions to our bodies, injuries or personal goals can affect how your bike should be set-up to maximize comfort, efficiency and power.
- Every touch point on the bike can be changed out, altered or moved to fit yourself better.
- **What are the goals of a Bike Fit?**
 - Enhancing overall rider comfort
 - Preventing injuries
 - Diagnosing saddle discomfort
 - Reducing or eliminating pain and numbness
 - Reducing or eliminating discomfort associated with riding
 - Reducing rider fatigue by enhancing efficiency
 - Improving overall performance on the bike

Where can I get a Fit?

- If you buy a new bike, the bike shop will perform a basic fit to analyze the size of bike you will be riding. However, we still recommend a professional bike fit for cyclists who spend a long time in the saddle.
- If you bought a bike that was not from a bike shop, call your local bike shop to see if they can perform a bike fit on your bike, most can.

How Long will it Take?

- Usually bike fits will take from 1-3 hours. The bike shop will ask you about your cycling history, current and past injuries as well as goals.

What are the Elements of a Bike Fit?

- After asking you personal questions regarding your riding, the bike shop will set your bike on a trainer and then analyze how you ride.
- See below for adjustments that can be made on your bike:
 - Saddle height
 - Saddle tilt
 - Stem length
 - Saddle position
 - Handlebar width
 - Grip tape diameter
 - Brake level adjustments
 - Crank Length
 - Shoe, insole and cleat adjustments

Read more [here!](#)



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