

Bicycle Sizing and Fit

Your bike should fit your body. Seat height and reach to the handlebars are essential, and more subtle sizing issues help to make your bike a close extension of your body. Correct bike fit allows you to completely control your bike.

SEAT HEIGHT

Your seat should be at the height where you reach to the pedal in the bottom position almost fully extends your leg straight, but not quite. If your seat height is too high you'll extend your leg too far, and could cause injury. If your seat is too high, you may have to rock from side to side in order to reach the pedals, and this is obviously not desirable. Correct seat height does not allow for the rider to sit comfortably on the seat and touch the ground with both feet. You should only be able to reach the ground with one foot, and will probably have to stretch to do so. Novice riders and children may want the seat height a bit lower than normal in order to feel more comfortable getting on and off the bike. As the cyclist gains more experience on the bike, the seat height should be raised to its full correct height, so you get the most out of the energy you put into the pedals and reduce strain on your legs and wear on your knees.

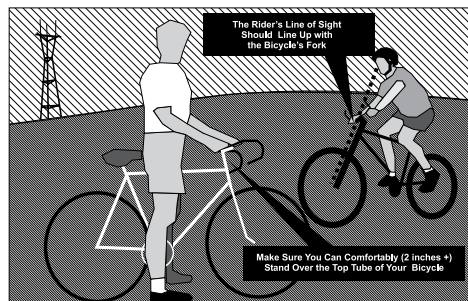
HANDLEBAR REACH

Handlebar reach is more an issue of comfort, use and even medical history, such as back injury. City riding

generally calls for a more upright riding position, and this will mean that it is shorter reach from the seat to the handlebars. An upright position allows the rider to see better in traffic, and be seen better by drivers and pedestrians. Being visible to others and seeing your urban environment are both key to avoiding common collisions. Most sport riders, whether road riders or mountain bikers, choose a position leaning more forward. In this position the rider should just be able to see the hub of the front wheel over the handlebars. This position gets the rider lower, reduces wind resistance and distributes the rider's weight more evenly, but can limit visibility. One general rule is that you never want to have your handlebars so far forward that you have to lock your elbows to reach the handlebars, as it will reduce your ability to react and steer fluidly and quickly.

PROFESSIONAL BICYCLE FITTING

If you are interested in complete professional bicycle fitting, call local bicycle shops to see if they offer this service.



Correct Bicycle Fit