



## **BIKE FITTING SUMMARY**

Basic recommendations for positioning yourself on a bike:

1. Knee flexion 25-30 degrees, with foot at BDC (bottom dead center) and foot MTP area (joints at base of toes) over pedal spindle.
2. Trunk angle approx. 45 degrees (from horizontal) for new riders.
3. Trunk/shoulder angle 90 degrees w/hands on brake hoods.
4. Elbow angle 15-25 degrees w/hands on hoods.
5. Stem at level of saddle to 4" below saddle level.
6. Drop bars: bottom section should be parallel to ground or angled up 10-15 degrees.
7. Knee should clear elbow by 1-2" during pedaling.

## **CYCLING WEB SITES**

### **Basic bike info**

- Bicycling Magazine - [www.bicycling.com](http://www.bicycling.com)

### **Bike fitting**

- Great list of bike fit sites - [www.cyclemetrics.com](http://www.cyclemetrics.com) - Go to Fit Links. Try Tiemeyer Cycles, The Colorado Cyclist, Wrench Science, Ergobike.
- Very simple bike fit procedure - [www.zinncycles.com](http://www.zinncycles.com) - Go to Fit.

### **Bicycle clubs**

- [www.obra.org](http://www.obra.org). Go to Links, OBRA, Teams.

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