

# measure up.

## fit your frame.

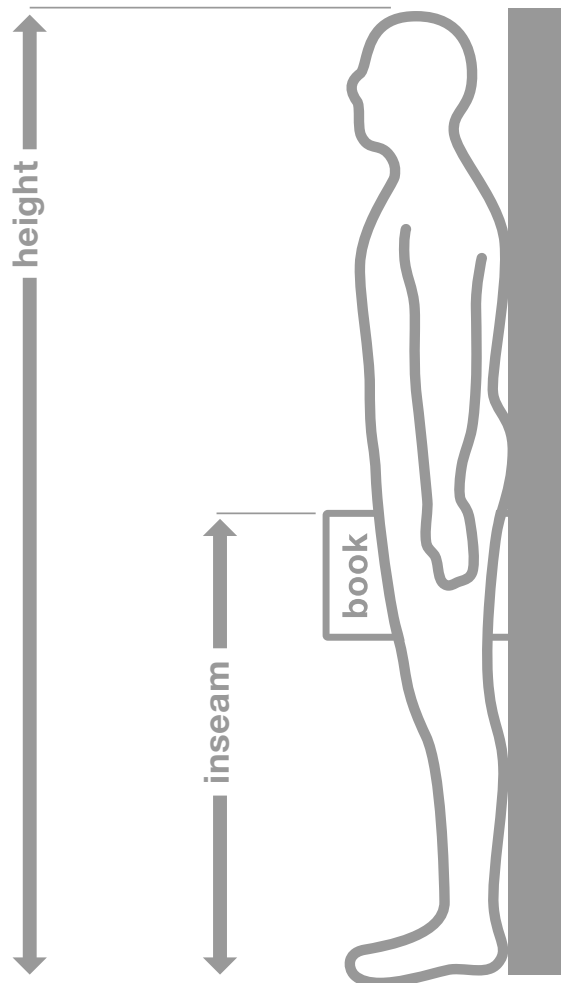
Bike sizes are based on a rider's height and inseam measurements. Read the following instructions to get an accurate dimension for both.

### vertical advantage.

If you don't already know your height, the best way to get an accurate measurement is to stand on a flat surface with your back against a wall. Feet should be spaced just less than shoulder width apart.

### a seamless inseam.

Stand in bare feet with your back against the wall. Place your feet 6-8" apart on the floor and a book between your legs. Raise it snug against your pelvis, where a bike seat would rest. Keep the book square to the wall while someone measures from the spine of the book to the floor. If you are alone, mark the wall where the top of the book rests and measure down from there.



# road bike size chart

rider height	inseam length	bike frame size
4'10"-5'1"	25.5"-27"	46-48 cm
5'0"- 5'3"	26.5"-28"	48-50 cm
5'2"-5'5"	27.5"-29"	50-52 cm
5'4"-5'7"	28.5"-30"	52-54 cm
5'6"-5'9"	29.5"-31"	54-56 cm
5'8"-5'11"	30.5"-32"	56-58 cm
5'10"-6'1"	31.5"-33"	58-60 cm
6'0"- 6'3"	32.5"-34"	60-62 cm
6'2 -6'5"	34.5-36	62-64 cm

# like your bike.

Your rear is properly supported, your legs have enough room to move and the inseam is tailored. Basically, your bike should fit like a great pair of jeans.

## frame it up.

Check the size by straddling the bike with your hands on the handlebars. Once you're in this position, raise the front end of the bike until the top tube of the frame is touching you. For mountain bikes, the front tire should be around 2 to 3 inches off the ground. For road bikes, the tire should be roughly 1 to 1 and 1/2 inches from the ground.

## have a seat.

The seat on your bike moves in three different directions. Up and down, forward and backward, and tilt. Your seat position will be based on your personal preference, where you are most comfortable riding and your body's dimensions. The position will greatly affect the way your bike rides, so you should try a few different positions until you find what is the most comfortable for you.

### sit tight.

To figure out your correct position, sit on your seat using an object to balance. Make sure your pedals are completely horizontal. Use a piece of string about 30 inches long with a weight tied to the end (like a pencil). Now using the leg that is bent the most, place the string on the small bump just below your kneecap and let it hang straight down to the foot. With a properly positioned seat the pencil should line up with the axle of the pedal. To adjust, simply loosen the seat post binder and slide it forward and backward, then retighten the bolt securely before riding.

### just right height.

This position will lower stress on your knees and provide the most muscle to your pedaling. You want to set your seat height so your legs extend almost completely when your foot nears the bottom of your pedal stroke. To check your leg extension, place your pedals at 12 o'clock and 6 o'clock. Your bottom leg's knee should bend slightly. To adjust your seat height, loosen the either the bolt or lever that's usually located where the seat and frame meet. Slide the seat up or down in its tube. Find the right placement for you and then straighten out your seat and retighten the bolt/lever.

### the full tilt.

This position creates a tilt forward, backward or allows you to sit completely level. To find a tilt that works for you, start with the seat level to the ground. Take a few test rides and try different angles. To tilt the seat, simply loosen the bolt directly under it, make any necessary adjustments and retighten.

## hold on tight.

Make sure your handlebars are in the right position to ride. It will make your journey to the store or on the trail a lot more fun to steer.

### sit tall.

This will determine how upright you are when riding your bike. A taller handlebar equals a more upright position. A lower handlebar allows you to handle your bike more aggressively.

### stretch out.

This position will determine how much your body will stretch when you ride. A longer stem will cause more stretch, while a shorter stem tightens you up. To find the most comfortable length for you, start with your handlebar about an inch lower than the height of your seat. Ride for a while. If your lower back bothers you, you may want to position yourself more upright.

## get a handlebar on it.

Make sure your handlebars are in the right position to ride. It will make your journey to the store or on the trail a lot more fun to steer. If you feel like your handlebars aren't in the right place, adjust them. It is simple and it will make the difference in how comfortable you are handling your bike.

### how to loosen handlebars.

Loosen the stem bolt at the top of your handlebar stem until it's about 1/4 inch above the top of the stem.

### tap handlebars.

Hit the top of the bolt with a blunt object to be able to rotate the handlebars and move the stem up and down.

### handlebar alignment & tightening.

Hold the front wheel between your knees and reposition the stem or handlebars up and down as needed. Then retighten the stem bolt.