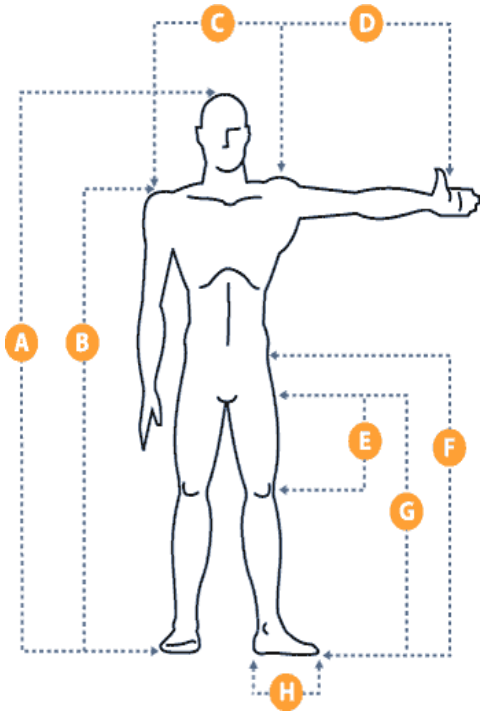
Position Assessment

What It Is and Why You Need One:

Finding the right position on the bike is one of the easiest ways to improve your cycling! Whether you are looking for more comfort or greater performance a comprehensive bike fit is a good idea. Often people will rely on their local shop to help them get the right position While this may work for setting a very rudimentary position it likely does not address their specific needs, limitations and desires. Often they will default to trying to fit the rider to the bike instead of the bike to the rider.

Our performance bike fits are designed to help you get into an efficient, comfortable position that will keep you happily pedaling for hours, days and years*. A basic fit lasts about an hour, a Pro Fit lasts about 2 hours. The pro-fit includes video analysis of your position, and a pedal stroke analysis on our Compu-Trainer. Both include a summary document with all the information for future reference and a commitment to get you in the right position through follow up appointments if needed. We also offer a low cost annual assessment to existing customers just to make sure you're still in the right position.

Body Measurements	Inches	*Cm's*
a) Overall Height		
b) Shoulder Height		
c) Shoulder Width		
d) Arm Length		
e) Femur Length		
f) Tib Fib Length		
Calculated Femur Ratio:	#DIV/0!	
g) Inseam		
h) foot		
I) Torso Length (clav - crotch)	-	-
j) flexability (1 - 10):		
Seat Height Calculations		
LeMond Seat Height (.883)		
Initial Seat Height Measured		
FINAL Seat Height Measured		
Suggested Frame Size (.67)		
Suggested Total Reach (Top Tube/Stem)		
Suggested Crank Length		



*As you continue to ride your needs may change year to year. It is recommended that you re-assess and evaluate your position every 8 – 12 months. Whether with Sterling or someone else…do your body a favor and keep riding in a healthy position.

Coach Matt at 408.891.3462 or Info@SterlingWins.com for more Information!

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