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](#)!