

# THE PERFECT RIDE

## MAKE YOUR BIKE FIT YOUR BODY

Bike fitting is part science and part art, and it's best accomplished by working with a fit specialist to mesh fit theories with your personal needs (for example, limited range of motion from an old injury). That said, here are the three areas to focus on to get yourself close to an ideal fit. See a fit specialist to fine-tune these or diagnose the origins of any lingering aches and pains.—*Joe Lindsey*

### SADDLE

#### HEIGHT

**TOO HIGH:** Hips rock trying to extend to pedals; pain in back of knee

**TOO LOW:** Can't fully extend leg; pain in front of knee

**JUST RIGHT:** Slight bend in knee at full extension

#### SETBACK

**TOO FAR BACK:** Can feel like seat is too high or reach to bar is too long

**TOO FAR FORWARD:** Can feel like seat is too low

**JUST RIGHT:** Knee positioned over pedal spindle (move saddle slightly fore or aft to tune for comfort and power)

### HANDLEBAR

#### REACH

**TOO SHORT:** Hunched shoulders, possibly causing neck or shoulder pain

**TOO LONG:** Arms fully extended, which affects handling and control

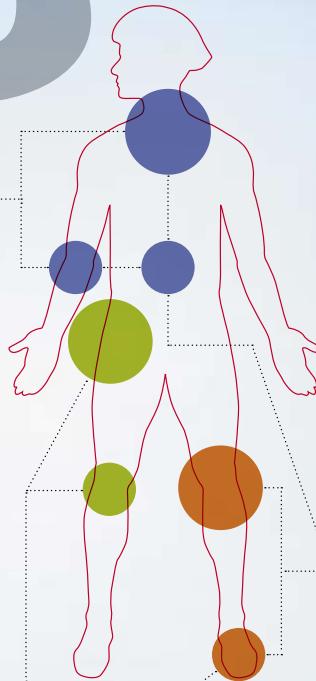
**JUST RIGHT:** Slight bend in elbow when hands are on brake hoods or drops

#### HEIGHT

**TOO HIGH:** Front end feels light or twitchy; saddle pain from too much weight on seat

**TOO LOW:** Stiff arms, back and neck from too much weight on arms

**JUST RIGHT:** For road bikes, aim for a 60–40% body weight distribution between the rear and front of the bike



### CLEAT

#### FORE-AFT

**TOO FAR FORWARD:** Feels like you're pedaling with arch; foot pain, power loss

**TOO FAR BACK:** Feels like you're pedaling with toes; forefoot cramps, power loss

**JUST RIGHT:** Start with the ball of the foot directly over the pedal spindle and move forward or back a few millimeters to the most comfortable position

#### ANGLE

**OVERLY TOED IN:** You may feel the cleat reach its float-range limit during the pedal stroke; pain on outside of knee

**OVERLY TOED OUT:** Heel strikes crankarm, or cleat reaches float limit; pain on inside of knee

**JUST RIGHT:** Cleat moves freely within float range

**Bicycling**

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