Cambridge Cycling Club Newsletter.

Evans Cycles Free Club Bike Fit.

The club was recently offered a free bike fit by Evans's Cycles in Cambridge. It was decided to give it to recent new member Arthik Francis, aged sixteen. He has just finished exams and is keen to do more cycling in the holiday period. He was very pleased to receive this service donated by the shop. In the past, Arthik has done a lot of running. Starting at the age of ten, he trained regularly and one of his best performances was to finish second at Jubilee level in an eight hundred metre race with a time of 2min 13secs at the age of thirteen. This, apparently, is just under national level. This is why he has the ability to keep up with riders on club runs with far more experience already. He hopes to start road racing in the near future.

Tom Hedges is the fitter, one of six, spread through their seventy two outlets. He welcomed us to the impressive, spacious showroom and explained the process. The bike is put on a turbo trainer next to a white wall. This has thin horizontal and vertical lines marked on it. These are used with a laser measuring device on a tripod to indicate the changes which are printed out to give a record of what has been altered.

This picture shows the laser tripod and the heat sensitive pad on the black rectangular box by the tripod.

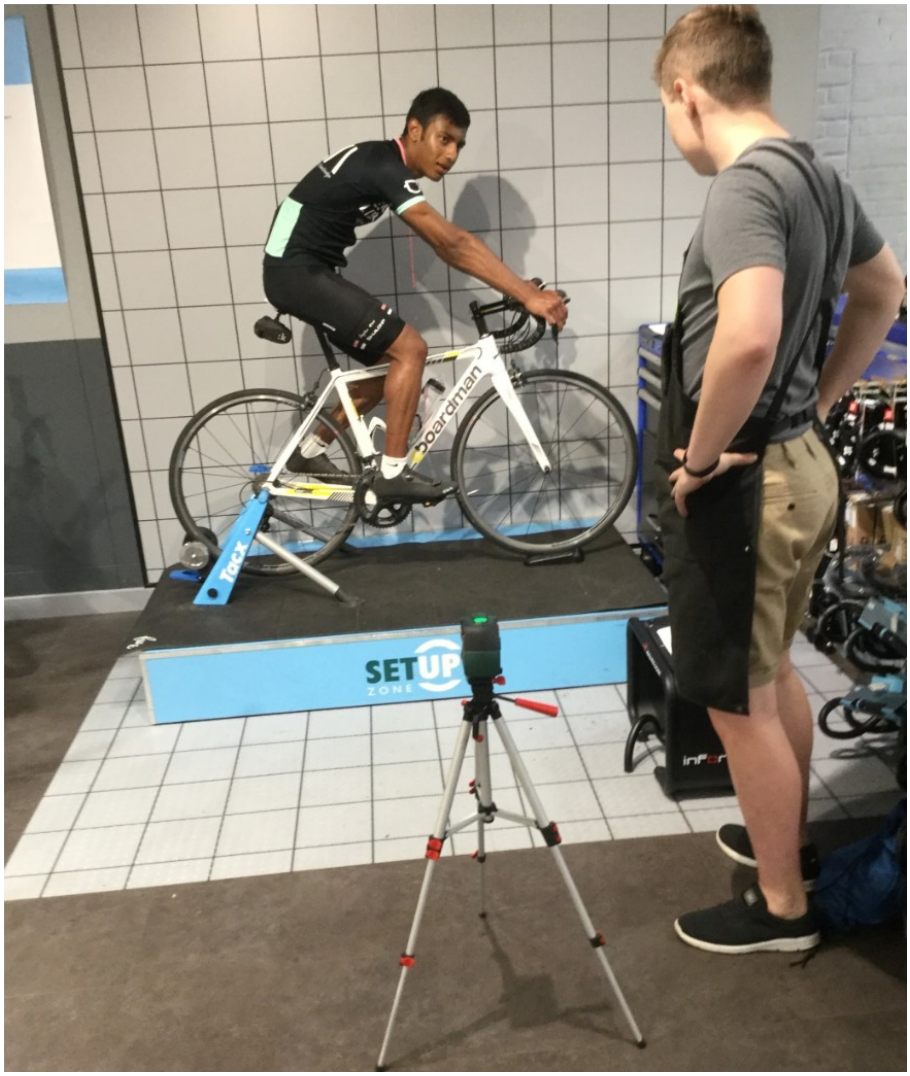
The rider is interviewed about his/her riding habits, wishes and medical history. Next comes cleat set up. Arthik said he did experience some discomfort after doing three hundred plus miles in a week, but, his normal mileage is around one hundred to one hundred and thirty miles a week. The cleats were adjusted to put the ball of the foot over the spindle; he was just a smidgeon out. New shoes were recommended as they were showing obvious signs of wear. Soles that are heat moulded to your foot were discussed, nice to have, but pricey when you are still growing.

Next, Tom sought to find out how flexible Arthik is. This involves leaning forward as far as you can and trying to touch your toes, keeping your legs straight. This affects how high or low the bars can be comfortably set. Shoulder width is measured to ensure the bars are also the correct width.

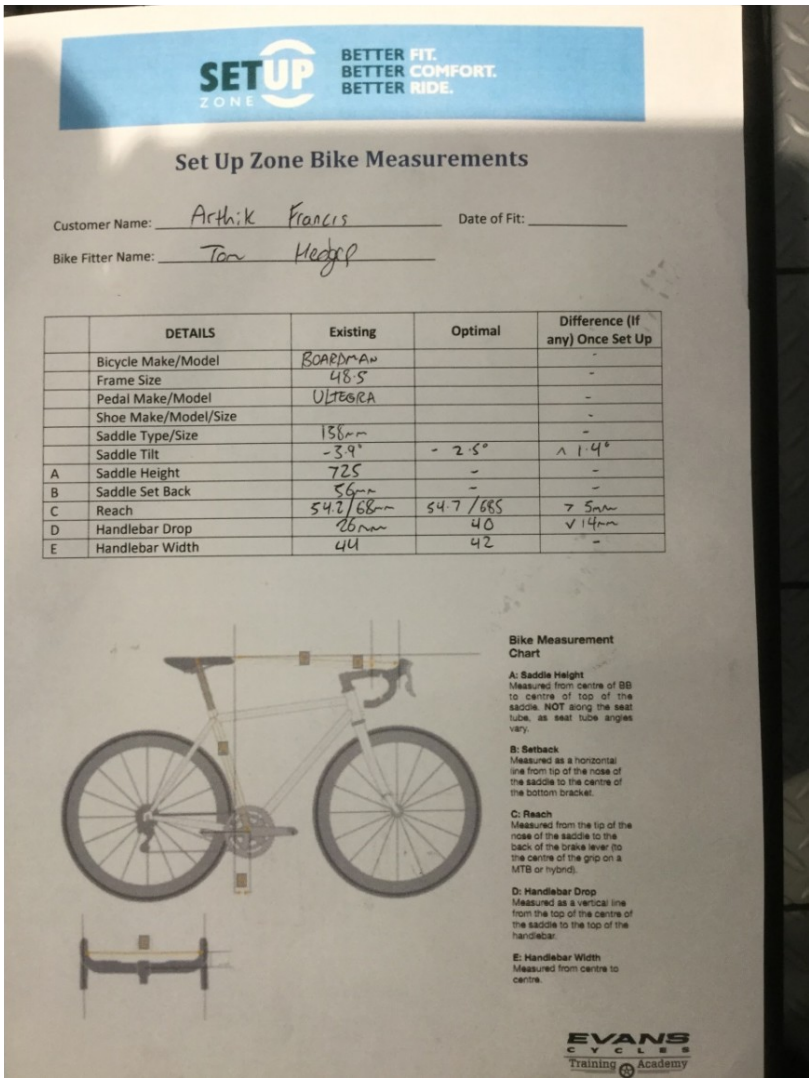
To find out what saddle will be the most suitable, a temperature indicating pad is used. The rider sits on this for a few seconds and leaves different colour marks which are interpreted to find how far apart the sit bones are. This takes a lot of the guesswork out of choosing the right saddle.

Tom then invited Arthik to ride his bike on the turbo, which he had set up earlier. This is videoed using an Ipad. This is to observe his style and how he pedals. Utilising an installed specialist app, allows Tom to measure the angles of Arthik's limbs. He can now see how close a person is to the recommended parameters. The laser marks and measures using the matrix lines behind the silhouette of the rider. This checks that the rider has his knee in the right place over the pedal spindle. Very important for the basis of giving the rider a balanced position between the three points of contact on the bike.

Small changes were recommended after this process. The bike was altered and then Arthik was rechecked. During all this, a lot of talk, both ways between rider and fitter goes on. This all helps both parties to better understand each other and derive the most from the fit. New bars and saddle were advised, which Arthik is going to consider changing.



Below is the printout you receive of your personal changes.



SETUP ZONE
BETTER FIT.
BETTER COMFORT.
BETTER RIDE.

Set Up Zone Bike Measurements

Customer Name: Arthik Francis Date of Fit: _____

Bike Fitter Name: Tom Hedges

	DETAILS	Existing	Optimal	Difference (If any) Once Set Up
	Bicycle Make/Model	BOARDMAN		-
	Frame Size	48.5		-
	Pedal Make/Model	ULTEGRA		-
	Shoe Make/Model/Size			-
	Saddle Type/Size	138mm		-
	Saddle Tilt	-3.9°	- 2.5°	∧ 1.4°
A	Saddle Height	725	-	-
B	Saddle Set Back	56mm	-	-
C	Reach	542/68mm	54.7/685	↗ 5mm
D	Handlebar Drop	76mm	40	∨ 14mm
E	Handlebar Width	44	42	-

Bike Measurement Chart

A: Saddle Height
Measured from centre of BB to centre of top of the saddle. **NOT** along the seat tube, as seat tube angles vary.

B: Setback
Measured as a horizontal line from tip of the nose of the saddle to the centre of the bottom bracket.

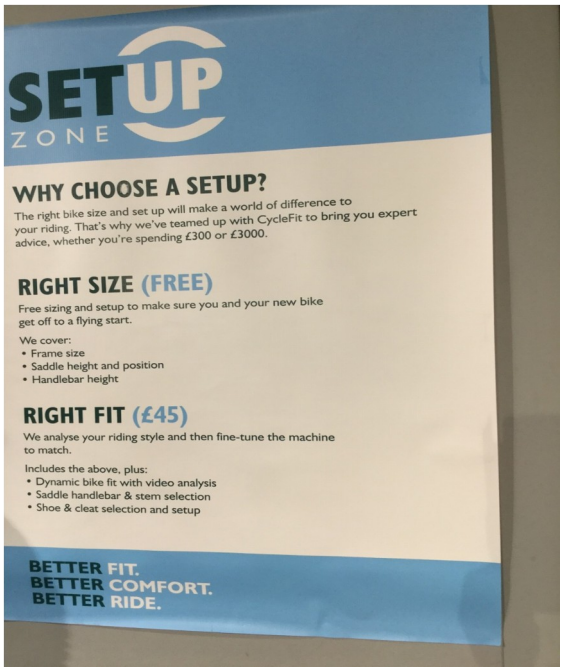
C: Reach
Measured from the tip of the nose of the saddle to the back of the brake lever (to the centre of the grip on a MTB or hybrid).

D: Handlebar Drop
Measured as a vertical line from the top of the centre of the saddle to the top of the handlebar.

E: Handlebar Width
Measured from centre to centre.

EVANS CYCLES Training Academy

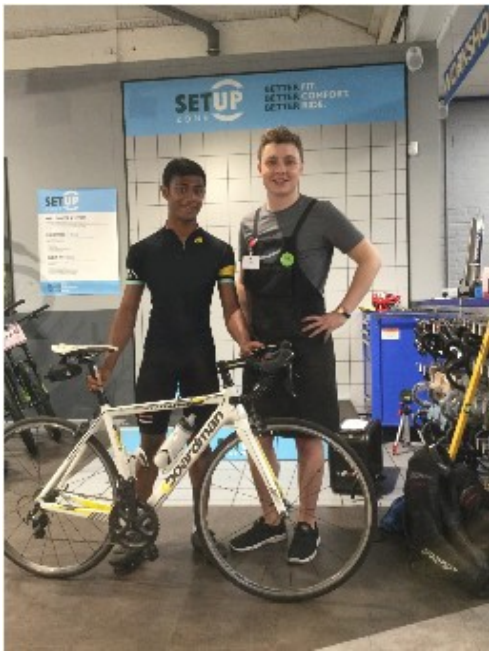
Arthik enjoyed his experience and believes it has made a positive difference to his riding. Thanks very much to Tom for his help. All the employees at this branch are cyclists and very keen to help you get the most out of your bike and equipment. They are very approachable and know and have met a lot of people in the industry and the sport's personalities.



Arthik wrote his thoughts down :

Bike Fit Experience.

Having contemplated getting a professional bike fit for quite some time, when the opportunity arose, I decided to finally get it done! My initial position set up by trial and error was fairly accurate and did not cause me any major pain but wanted to be sure of my position to avoid any future damage. Furthermore, after having read numerous articles about the performance benefits, I decided to go ahead with the fit and was overwhelmed at the significance tiny changes in position can make in riding. To sum it up, the improvements in position and reassurance of knowing I am not doing any lasting damage to my body whilst riding make having a bike fit well worth the time and money.



Enjoy the summer, but if you modify your car, don’t forget to modify your garage as well…