

ROCK N' ROAD CYCLERY
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BIKE FIT REPORT

Fit Technician: Nicky Down

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NAME OF 'ELITE' ATHLETE: Matt Wenger

DATE OF BIKE FIT: September 5th 2013

RIDING STYLE: ROAD

GOALS: Cross training for endurance mountain bike races

CYCLING RELATED ISSUES: Slight pinch in right hip, discomfort behind left knee, numbness in feet and hands. Saddle discomfort.

FIT NOTES:

MEASUREMENTS	CURRENT	NEW
Saddle Height	767mm	766mm
Saddle fore / Aft	-71mm	-76mm
Reach	703mm	699mm
Drop (Saddle to Bar)	-118mm	-101mm
Knee Angle	35°	30°

EQUIPMENT	CURRENT	NEW
Crank Arm Length	172.5mm	172.5mm
Stem (Length/Rise)	100mm -8°	100mm +8°
Handlebar (Width)	44cm	44cm
Saddle (Brand/Width)	SDG 135	Specialized 155
Shoe (Size/Brand)	Specialized 45	Specialized 45
Shoe (Footbed)	Stock (minimum support)	Blue footbed (Medium support)
Pedals	Speedplay Zero	Speedplay Zero

CLEAT PLACEMENT	CURRENT	NEW
Forefoot (Wedge/Stack)	L None	L 2 x Valgus wedges
	R None	R None
Lateral Placement	L All in for wide stance	L All in for wide stance
	R All in for wide stance	R All in for wide stance
Fore/Aft Placement	L New Neutral	L New neutral
	R New Neutral	R New neutral

Post-Fit notes:

It is important to remember that after your bike fit, your body will go through an adaptation phase from changes made to your fit. This can take up to 2 – 3 weeks depending on how often you ride.

During this phase it is recommended that you reduce your intensity while riding to allow your muscles to properly adapt to the new position.

You may experience some soreness from different muscle groups due to their usage - this is normal. Please continue to stretch to work on your flexibility.

Please feel free to contact me further if you have any other concerns and I look forward to seeing you again at your follow up appointment, should you need it.

Kind regards

Nicky Down