



4765 Pacific Ave.
Eugene OR 97402
Phone: 866-282-6336
Fax: 541-342-2210

Fitting Guide

To help you determine a correct bicycle fit, complete all the information on this page
For tandem fitting, please complete a separate form for each rider
Note the charts below to assist in your measurements
Measurements can be submitted in metric or standard units

Date _____
Dealer _____

Name _____		City _____		E-Mail _____	
Day phone _____		Alt. phone _____		Fax _____	
Cycling experience: ____ # of years at current riding style			Related athletic activities:		
Injuries, other concerns?					
Riding Style: <input type="checkbox"/> Recreational <input type="checkbox"/> Enthusiast <input type="checkbox"/> Competitive					
I am purchasing a <input type="checkbox"/> Tandem <input type="checkbox"/> Single Model name: _____					

My current bike...
(please check all that apply)

- Professionally fitted
- Fits very well
- Fits reasonably
- Never fitted properly

1. Inseam _____

Measure with shoes off. Stand on a hard floor, back to a wall and raise a carpenter's square or thin book high into your crotch, square to the wall. Measure from floor to top of square.

2. Femur _____

Standing squarely against a wall, raise one knee until thigh is parallel with floor. Locate the femur head or trochanter, the protrusion a few inches below the pelvic bone. Measure from trochanter to center of knee, bend knee to find center.

3. Back _____

From the same trochanter point, measure upward to the center of your shoulder. Stand straight while raising and lowering your arm to help find the center.

4. Shoe Size _____

Please note cycling shoe size if known. Please also note type of cleat and pedal system you use.

5. Wingspan _____

Standing squarely against a wall, spread your arms straight out, palms facing forward. Measure from centers of palms.

6. Shoulder width _____

Measure from outside of left shoulder to outside of right shoulder

7. Forearm _____

Measure from center of elbow to the center of your palm.

8. Height _____

9. Your Age _____

10. Weight _____

11. Saddle height _____

On your current bicycle, measure from the center of your bottom bracket (crank spindle) to the top of the saddle. Do you believe this saddle height is appropriate? Yes No

11-b. Crank Length _____

12. Reach _____

Measure from handlebar center (where the stem attaches) to the center of your seatpost, as illustrated. Make sure your tape is level. Do you believe this is appropriate? Yes No

These measurements are used to establish saddle and handlebar height difference:

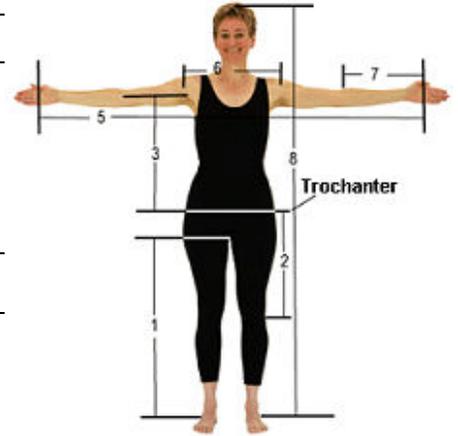
13. Relative saddle height _____

14. Relative stem height _____

Measure from the floor to the top of your saddle, and the top of your handlebar, as illustrated. Do you believe this height difference is appropriate for you?

- Yes No

These measurements were taken from: (bike make, model, year) _____



Problems with current bike fit:

How I would change my bike fit:

Note: Please make sure your Co-Motion order has been submitted before sending in this form. Your Co-Motion dealer may have another type of fitting system. We will work with your dealer to ensure you get the correct fit regardless of the fitting system used.