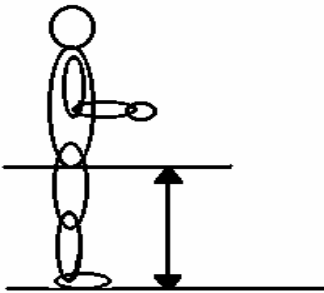




naked.

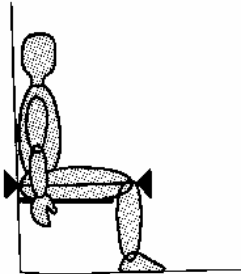
Bike Fit Form.

Prepared by Sam Whittingham, designer, builder.
Phone: 250-285-3181 email: sam@fortebikes.com



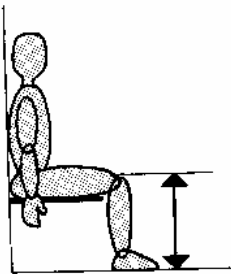
Inseam I:

This is definitely one of the more important measurements to be taken. Measure twice! Stand against a wall with your feet about 15 cm apart. Take a square or large book and raise it between your legs and against the wall as high as is comfortable. Mark this height on the wall. Measure the distance from the mark to the floor. Wear riding shorts and do **not** wear shoes.



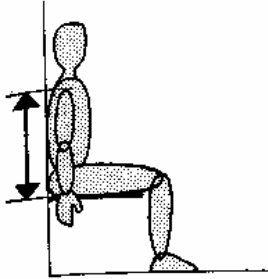
Femur F:

Sit on a stool or similar object with a straight back and pelvis flat against the wall. Place a straight edge across the front of both kneecaps. Measure the distance from the straight edge to the wall. It is important that you measure on both the left and right sides. Record **both** measurements.



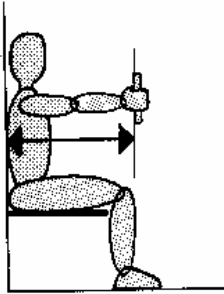
Lower Leg L:

Still sitting on the stool, place the straight edge on the top of both kneecaps. Measure the distance from the straight edge to the floor. Make sure to record measurements for both left and right. Keep lower legs vertical. Do not wear shoes!



Trunk T:

As with the femur measurement, sit on the stool with back straight and pelvis rotated flat against wall. Place a square or book against the wall and rest it on the highest point of your collarbone, beside your neck. Mark this point on the wall. Measure from this mark to the top of the stool.



Arm A:

Still in the same position, stretch your arms out in front of you at about shoulders width. Place a broom handle in both hands. Measure the distance from the edge of the broom handle to the wall. Make sure your shoulders are flat against the wall. Take measurements for both sides.

Contact Information:

Name:	
Address:	
Phone:	Other Phone:
Email:	

Measurements, etc:

Age:	Birthdate:	Still Growing?:
Height:	Normal Weight:	
Inseam:	Trunk:	
Femur (right):	Femur (left):	
Arm (right):	Arm (left):	
LowerLeg (right):	LowerLeg (left):	
Shoe Size:	Current crank length:	
Current shoe/pedal system:		
How many years have you been riding:		
Primary use for this bicycle:		

Are you accident-prone?
How is your flexibility?
Would you like aggressive or relaxed handling?
Would you like extra stiff or extra comfortable geometry?
Back Problems or Knee problems?
Other?

Please also list the following measurements of your current set-up:

Bike measurement diagram - naked bicycles 2005

