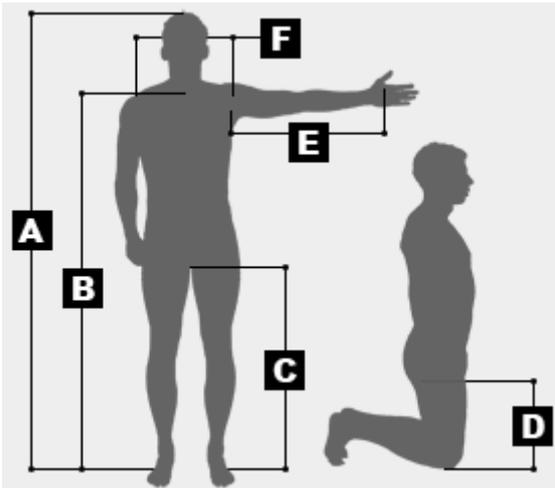


## Your Bike and Body Details

Name:

### Your Personal measurements

This diagram below shows you the measurements of your body that we require and where to measure them.



A. Overall height. *Yours is:*

B. Ground to top of rib cage called the Clavicle. *Yours is:*

C. Your inseam measurement is calculated by placing a book between your legs against the wall with your back to the wall (best to have someone help you on this one!). Now measure from the ground to the top of the book edge, closest to your body. This should be done while wearing the shoes you normally cycle in too. *Yours is:*

D. The same as C except kneeling. *Yours is:*

E. Centre of hand where you would grip the handlebar to the base of your armpit. *Yours is:*

F. Shoulder width. *Yours is:*

Once we have these details returned to us we will send you another two PDF's. One of these will be actually as you currently sit on your bicycle and the other views the recommended changes/requirements we would suggest.

**The following details are required for us to go to the next stage.**

If you already have a bike in the style that you are ordering and that you feel comfortable on, then please supply the measurements below. For tandems, please produce a set of measurements for each rider. If you don't have a tandem, then the dimensions from your single bikes if you have them.

You will find attached a PDF drawing of a bicycle with measurements already in place – these are a guide as to which dimensions we require from you and how they are measured. This is a template of our specialist *BikeFit* drawing software which when we have your full details we input and produce a recommendation on frame sizing that is bespoke to you. **Please measure in millimetres or inches whichever you prefer.**

1. Top Tube, the measurement on the drawing is 555mm. Make sure when measuring, that it is made on the horizontal to the ground and centre to centre. ***Yours is:***
2. Handlebar stem, the measurement on the drawing is 110mm. Measure between centres. ***Yours is:***
3. Handlebar reach, the measurement is 87mm on the drawing. This measurement is really useful as handlebars are manufactured in different shapes. This allows us to take into calculation the distance of the brake/gear controls from the handlebar stem. If you ride a flat handlebar this measurement is not needed. ***Yours is:***
4. Seat Tube, the measurement is the actual measurement from the centre of the chain set to the top of the frame itself. ***Yours is:***
5. Saddle Height, the measurement on the drawing is 658mm. Make sure the measurement is done in a straight line from the centre of the chain set to the top of the saddle as seen on the drawing. ***Yours is:***

6. Chain set, this length shown on the drawing is 170mm, a common length. However we would advise you if a different length would be required from the other details listed below. So measure your current one or view on the rear of the crank arm as they are stamped with the length here. ***Yours is:***

7. Bottom Bracket Height, this is measured from the ground to the centre of the chain set, the drawing shows 267mm. ***Yours is:***

8. Height of the Handlebars from the ground on the drawing is 893mm, this allows us to help with positioning. ***Yours is:***

9. Shoe size. ***Yours is:***

Look forward to hearing from you,

Peter Bird & Robert Wade

Designers

Bicycles By Design