FIT WERX
ROAD AND TRIATHLON CYCLING SPECIALISTS

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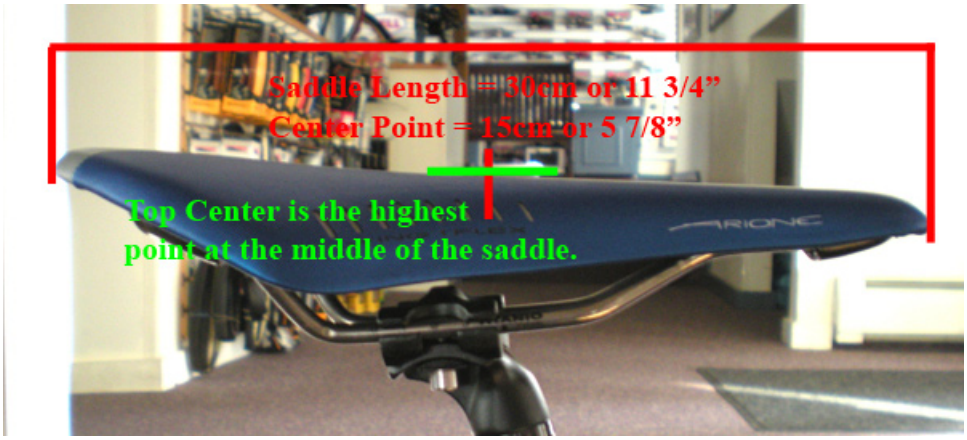
Key Road Bike Fit Measurements

A) Saddle Height: This is the distance from the center of the crank to the top center point of the saddle. In many cases this will not be in line with the seat tube - measure to the center of the saddle.



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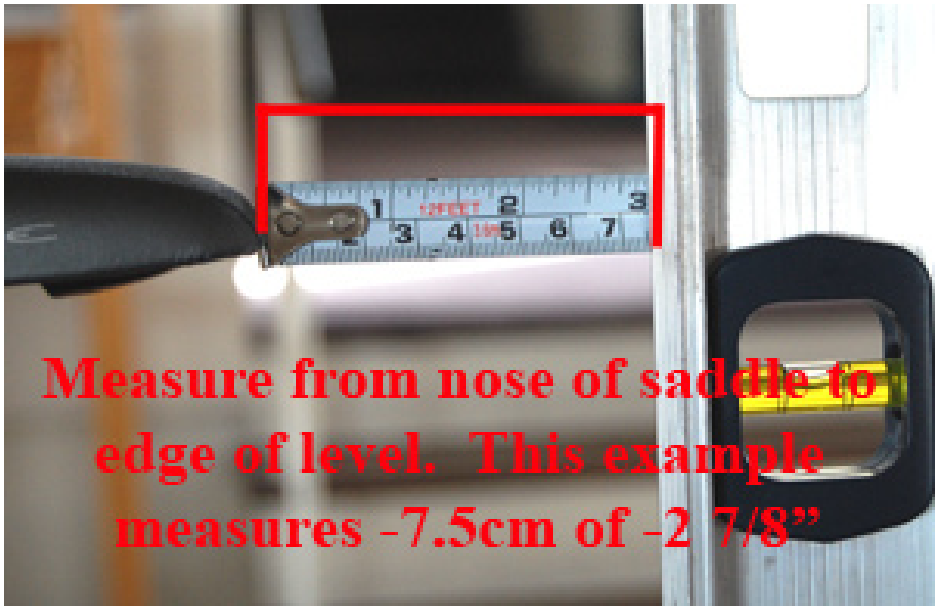
B) Saddle Setback or Saddle Fore/Aft Measurement:

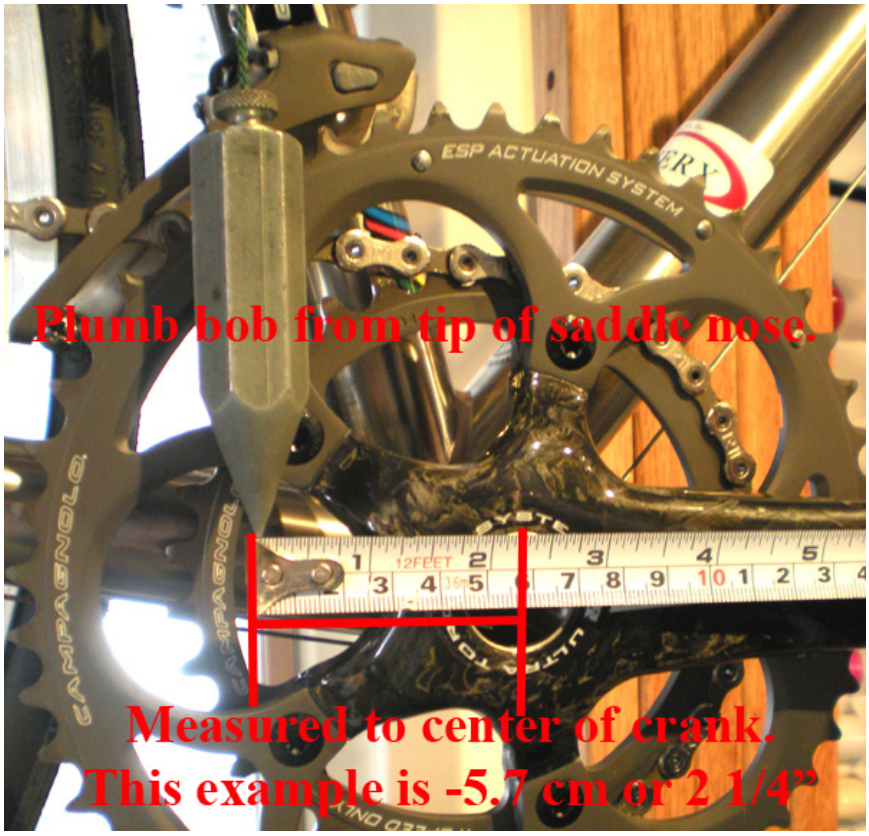
Make sure the bike is level!

This is the distance the nose of the saddle is in front of or behind the center of the crank. On most road bikes, the saddle nose will be behind the crank center and thus this number will be a negative "-". If you have a level, use method 1, if not use method #2.

Method 1 (with level)



Method 2 (with plumb bob)



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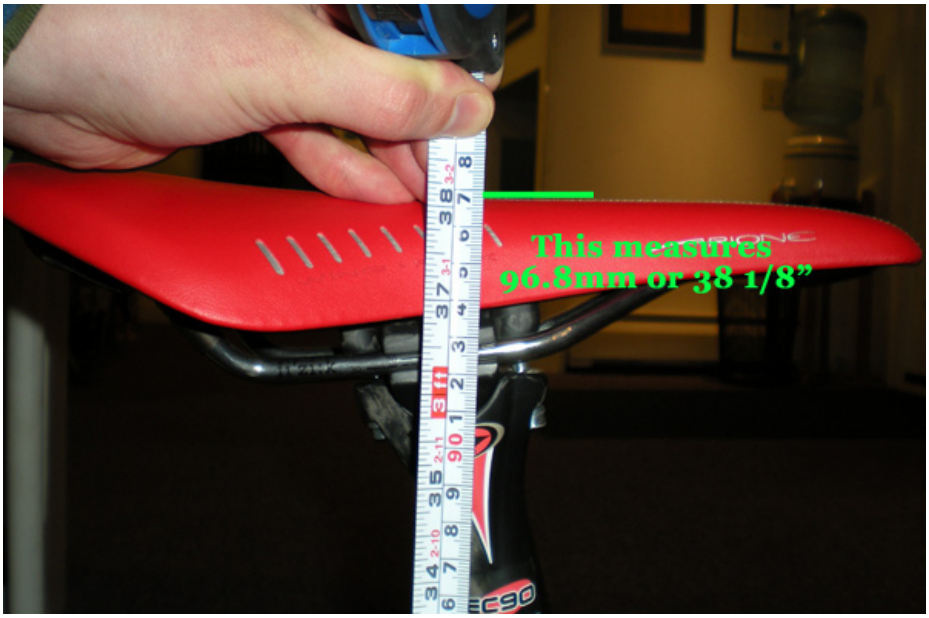
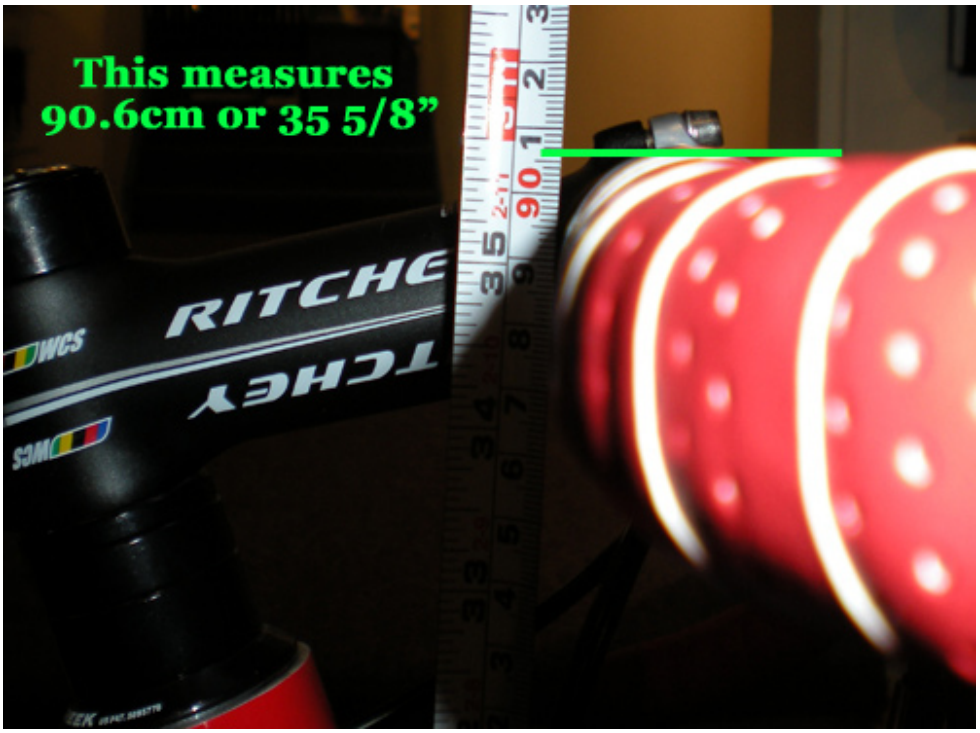
C) Drop from Saddle to top of Handlebar

Step 1) On a level surface, measure from floor to top middle point of saddle. Record this number.



Step 2) On a level surface, measure from floor to top of handlebar. Record this number



Step 3) Subtract result of Step 2 from Step 1. In example, 96.8cm - 90.6cm = 6.2cm of drop. 38 1/8” - 35 5/8” = 2 1/2” of drop. Please note that rounding to the closest 0.5cm or 1/8” is fine.

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D) Reach to Stem: This is the distance from the nose of the saddle to the center point of the handlebar clamp of the stem.

Detail View

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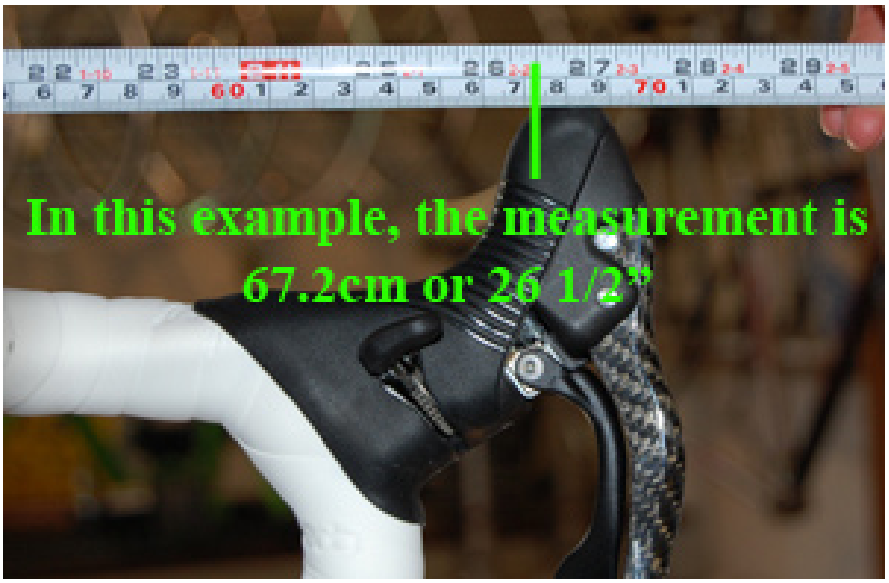
E) Reach to Lever Hood: Measure from the nose of the saddle to the trailing edge of the shift lever crown.

Detail View



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