



ROAD AND TRIATHLON CYCLING SPECIALISTS

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## Key TT/Tri 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.



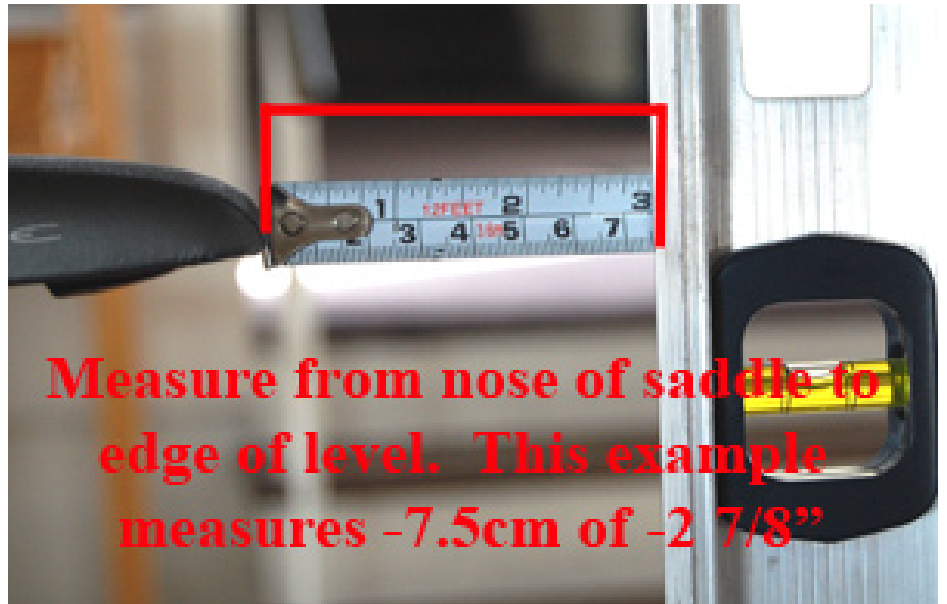
## B) Saddle Setback or Saddle Fore/Aft Measurement:

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. Note that on many tri bikes, the saddle nose will be in front of the center of the crank. Saddles noses that are in front of the center of the crank are “+” and behind is “-”. If you have a level, use this method 1, if not, use the alternate method #2.

### Method 1 (with level)



Step 2: Measure  
from tip of saddle  
to edge of level.

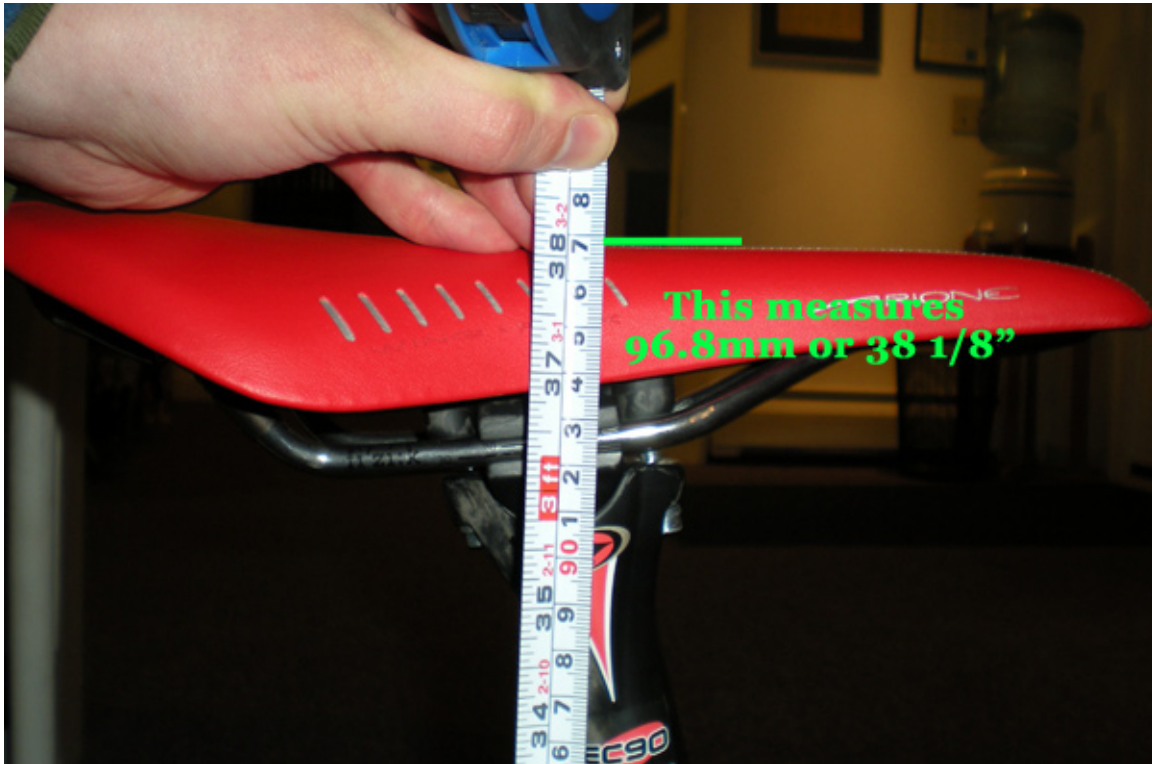


### Method 2 (with plumb bob)

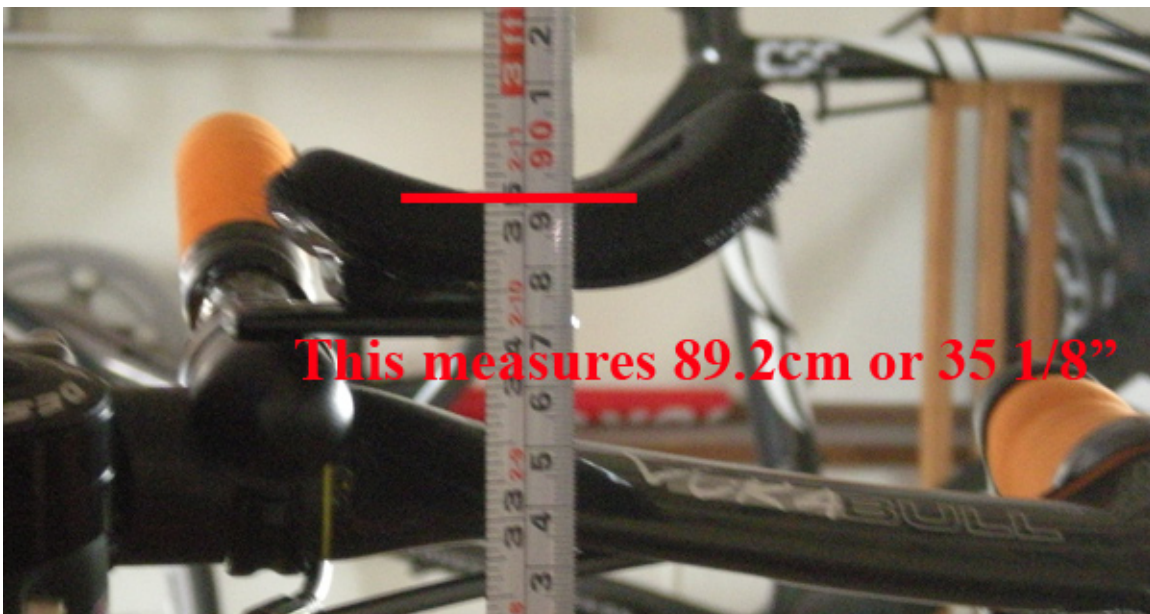


## C) Drop from Saddle to Top of Aerobar Armpad

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/center of the armpad. Record this number.



Step 3) Subtract result of Step 2 from Step 1 - this is the drop.  
In example,  $96.8\text{cm} - 89.2\text{cm} = 7.6\text{cm}$  of drop.  $38\frac{1}{8}'' - 35\frac{1}{8}'' = 3''$  of drop.  
Please note that rounding to the closest 0.5cm or 1/8" is fine.

**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.



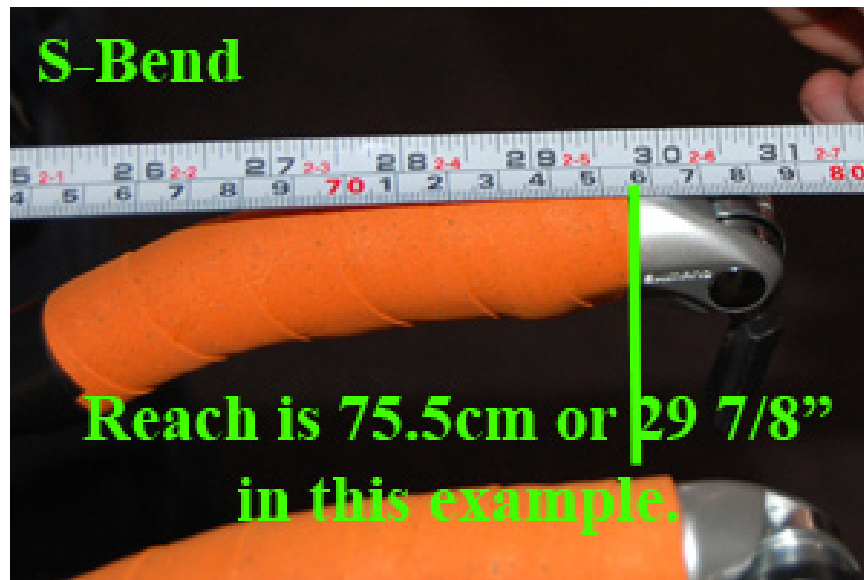
Detail View



**E) Reach to Aerobar:** Measure from the nose of the saddle to the leading edge of the aerobar. Do not measure any of the shift lever if you have bar end shifters.



**Detail Views**



## F) Aerobar Extension Length:

Measure from back of armpad to end of aerobar (same end point as used in E)

