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FITTING TIP

Where to Start: the seat or the feet?

A general fitting guideline is to start adjustments at the feet (foot - pedal interface), work up through lower body joint angles with seat positioning, and then address cockpit set up via reach and drop to the bars, and finish with control lever ergonomics.

But if the rider interview and on-bike assessment indicate the seat contact zone as a cause of problems, doesn't it make sense to start their first, especially if a new / different saddle is indicated? If height, setback and angle have all been addressed, and then the saddle is changed out, all that adjustment finessing has to be redone.

Assess the butt - saddle interface:

1. Does the rider complain of any direct contact issues?
2. Are there any indications of a kinetic chain effect from an unsuitable saddle or saddle position? Eg saddle presents with nose down and rider complain of hand tiredness or numbness (from pushing back to keep from sliding forward).
3. Is the saddle too narrow in relation to the rider's sit bone width?
4. Does the rider lack stability on the saddle even though the leg extension angles are

appropriate?

If the answer to any of the above is "yes", then it makes sense to address the causative issue first, so as to prevent rework later. However keep in mind that issues that present at the butt-saddle interface can also be due to overreaching to the pedals or the bars. Keep the whole bike-body relationship in mind.

SUPPORT HIGH SCHOOL LEAGUES

We all know that the future of the cycling industry is heavily dependent on "new" riders entering the sport. Key to this is introducing and supporting young riders, and the High School cycling leagues are at the forefront of this influence.

Correct bike sizing and fitting is as important for youth cyclists as it is for adults, and Fit Kit Systems intend to do more to see riders in interscholastic leagues well sized and fitted on their bikes. One initiative is to find a new home for older or unused fitting tools.

If you have any unused "Fit Kits" in your location, you can help out. If you have older equipment that is being used, but needs refurbishing, consider donating it and buying some new tools for your own use.

Ship the old equipment to us. We will evaluate it and refurbish it, and then DONATE it to a high school cycling league. Key equipment includes footboards, inseam devices and torso/arms devices, and even seat height tools.

The Texas High School League are the first equipment beneficiaries. Can you help them get fitted?

Let us know if you have a local team or league you would like to see supported as well.



TOOL SPOTLIGHT



Seat Height Tool

The Seat Height Tool from Fit Kit Systems is a handy gadget for anyone selling, sizing, fitting, repairing or tinkering with bikes. Quickly record a pedal to saddle distance to transfer from one bike to another in your garage, from one test ride bike to another for the same customer, from the before to after position for a new seat installation, or from before to after when adjusting a seat post to hang a bike in a work

stand. You can use it to measure saddle to bar drop, or saddle to bar distance. And these are just all the additional applications, on top of the core purpose of easily setting a starting seat height based on using the Fit Kit System inputs of inseam length and foot length. You can order them [here](#) for just \$195.00.

Handmade in the USA.

Coming a soon.... a new version specifically designed to measure center of bottom bracket to the top of the saddle.

CABDA EXPO

The Chicagoland Area Bicycle Dealers Association (CABDA) 2016 EXPO is being held on Wed 3rd and Thu 4th February in St Charles, Illinois. This revitalized regional tradeshow was very well received in 2015, and next year's event is shaping up to be even better. Fit Kit systems will be exhibiting and presenting at the Expo.

We also plan to run a couple of bike fitting workshops after the Expo, so you can make the most of being there for it.

See www.cabda.net for Expo details.

Visit our Website and Store

Originating over 30 years ago, Fit Kit Systems offers bike sizing and fitting solutions. Time tested. Retailer and Fitter Approved. Continually Refined.

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