



COMPREHENSIVE BIKE FITTING WELCOME LETTER

Thank you and congratulations on your decision to have a bicycle fitting at Gear Up Velo. We look forward to optimizing your bicycle position. Since we all cycle, walk, push, pull, twist, balance, breathe and stabilize differently, each fitting is a new adventure. Comfortable and efficient cycling requires more than just sitting on a seat, grabbing a bar and turning over the cranks. An optimal cycling position requires us to have well-supported feet with the appropriate seat and bar positions for comfort, leverage and stability. Basic core strength/function is fundamental for minimizing detrimental impacts on our bodies. A truly optimized position allows us to look ahead comfortably and breathe deeply while riding at the desired load.

What to bring

- Bike(s), shoes, fresh cleats if available, any orthotic devices/insoles/footbeds you have, any cleat shims or wedges you currently use, cycling kit (jersey, bibs/shorts, socks), all eyewear including prescription glasses, sunglasses, helmet(s), gloves, saddle bag with contents, mobile phone and sunscreen to test your new position outside if possible.
- Water bottle for hydration, nutrition, shock pump, seat mast cutting guide (if available and seatpost is proprietary) or other tools/spacers/items specific to your bicycle.

What to expect during the Bike Fit

- Pre fit interview (in the form of the questionnaire) to outline any variables or physical issues causing problems while riding

- Positional changes made to equipment (stems, bars, cleats) to better accommodate the client.
 - o Equipment such as bars, stems, cleats, pedals, saddles, cranks, etc., may need to be swapped out for something that will better accommodate the rider. The advent of proprietary equipment (bars, stems, etc.) has made this challenging. We will do our best to accommodate with the equipment at hand. If possible, obtain a few accessory options (particularly proprietary stems and handlebars) from the manufacturer.
 - o There are rare occasions where it is determined the bicycle in question does not work for the rider. This relates not necessarily to the quality of the materials but rather to the unchangeable nature of the frame geometry. Many people are subject to buying a bike that, while aesthetically pleasing, is not constructed in way that agrees with the fitness or flexibility of the owner. Others may own a bike that fit their riding style at one point that no longer does. Understand this is not a “sales pitch” from us, as we maintain objectivity in our fitting process.
- Detailed position records post-fit for future use in setting up a different bicycle

What to wear:

- Cycling kit (jersey, bib, short, cycling socks, sports bra for women)
- Sandals or running shoes for moving around the studio without cycling shoes
- Please refrain from wearing cologne, heavily-scented body spray or perfume

What we cannot do:

- Diagnose injuries or diseases
- Diagnose specific leg/foot length discrepancies
- Perform chiropractic-type adjustments
- Perform involved cleaning/tuning/repair services to bicycles in need of attention, aside from basic small mechanical adjustments (shift/brake cables, tire inflation, etc.)

Be responsible for questionable equipment that fails during a fitting session

Please do what you can to address any physical issues with a doctor, physical therapist or other specialist. By arriving with any pertinent diagnosis, scans and/or x-rays, we will have more information from which to base our fitting decisions. I am part of the equation to help your functional abilities with exercises and stretches, but I am not a medical professional.

***The last point is to cover just a few “unknowns” that have happened in our experience. Occasionally, we see equipment/accessories in need of repair or replacement that cause problems or fail during a fitting session. For example: a seat post that has been previously overtightened can fail when we loosen the fixing bolt for adjustment then snug it back up, pre-damaged handlebars, improperly installed seats, etc. These are considered pre-existing issues for which we cannot be held responsible. Cleat screws that have been over tightened and/or installed without the appropriate thread locker/grease or walked on to the point that the head breaks off while attempting to remove them can present a major time setback during a fitting. I will point out issues with your equipment needing attention that I deem important for your comfort and, more importantly, your safety. We have the appropriate tools to handle most jobs safely but encourage you to examine, clean and adjust your equipment before arriving. All of this is the semi-legal way of encouraging you to bring safe equipment in good working order.**

We cannot predict every issue that can arise during a fitting and understand that things just happen sometimes. Minor issues that arise which can be remedied quickly (brake pad adjustment, slight wheel truing, minor derailleur adjustment, rewrapping handlebar) will be handled promptly free of charge as we roll through the fit. Prep your machine(s) as though you were about to ride at an important event so we can focus on the fitting issues. A reminder about bar wrap/grips is important. Be prepared to replace these items if they have issues going back on in a quality manner. Bring your own fresh wrap/grips/cleats if you have a specific product you enjoy. We stock quality bar wrap for replacement. Fresh cleats are a great start to a fitting session. We typically stock cleats for Shimano and Look pedal systems, but others are available to order if notified ahead of time.

What to Expect After a Fitting

- New sensations through the whole body as your feet, pelvis, back and hands can wind up in much different positions than when you arrived
- Small ring efforts without hills at a heart rate of under 75% max for 2-3 weeks to give your body time to develop the new motor patterns required for the new position
- New balance sensations, so ride as often as possible and take it easy on the corners
- Stay away from sprints, long efforts in the big ring and fast descents until the requisite muscle firing patterns and stability patterns have set in
- Minor aches and pains caused by a combination of your body's previous motor patterns attempting to function with the new position

New muscle recruitment patterns take time to develop. We encourage clients to come with a 2-3 week window of easy riding post fit to give the body time to adapt. **I will not perform a fit on a client if they have a major event scheduled less than SIX WEEKS from the fit appointment.** Call Gear Up Velo at 216-232-4300, text at 419-360-1031, or email me at matthew@gearupvelo.com with concerns or questions.