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# *east coasters* BIKE SHOPS

What is a well fitted bike??

A well fitted bike is one that is set up to accommodate you as an individual. Not only do your body measurements matter (your height, your inseam, your torso length, your arm length, etc) but your flexibility, your strength, your riding style, and your goals and desires come into play as well.

Someone who sits a lot during their work day might have hamstring flexibility issues that will mean they might need a relatively lower saddle height than someone who's more flexible. A rider with more flexibility in their hip flexors will be able to maintain a lower handlebar position.

Injury history matters, too. For instance, if we're working with a client with a history of plantar fasciitis, we may want the ball of their foot farther over the pedal spindle to lessen the leverage put on the foot and calf muscles. If we're working with someone with neck issues we'll want to be sure their neck is kept in a more neutral position.

The point being that the bike should accommodate you, not the other way around. If you're being forced into a position that is hard for your body to maintain, you're definitely wasting energy and you may very well be headed for injury.

Comfort, efficiency and power. That's what a well fitted bike offers.

We're here to make sure your bike fits YOU.