

# BOWFIT

Bow Cycle & Sports  
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Thank you for booking your Bowfit appointment. The following letter will outline what to expect during your appointment, as well as what you should bring with you to make the most out of your sizing or fit. Our goals are to get you into the most comfortable, efficient, powerful, and aerodynamic position possible during your appointment, and there are a few ways you can help!

To expedite the sizing and fit process, we invite you to print and fill out the following page. The "Customer History Profile" explores any current issues you are experiencing on the bike, any past injuries, and your riding goals. This information is crucial to your fitter so they can properly tailor your fit and best help you, the rider. We are not trying to rush you during the fit, we simply would like you to think about the questions before arriving so that we can fit you to the best of our abilities. Customers often forget issues or concerns when the fitters put them on the spot.

Please arrive at the shop 5 to 10 minutes early for your appointment so that your fitter can start the sizing or fit promptly. When you arrive at the shop, please go to the front counter or service counter and let them know you are here for your fit. They will contact your fitter and direct you where to go next. If you are running late, please call the shop at (403) 288-5422 to let us know. If you are more than 15 minutes late, we may have to reschedule to avoid overlapping appointments.

Your bicycle, cycling shoes, comfortable cycling clothes, and a water bottle are required for all sizing and fit services. Wearing restrictive clothing like jeans will limit your mobility and negatively affect your fit. If you are not using clipless pedals, please bring whichever shoes you will typically ride in. If you are coming in for a **Full-suspension Mountain Bike Bowfit**, please bring in your full hydration pack with you. We fit your bike with open suspension, and the weight of your pack can affect both the saddle height and fore-aft position. If you are coming in for our **Retul Vantage Bowfit**, please wear tight fitting clothing. Sleeveless tops and low cut socks (or no socks) are also preferred as your fitter will be attaching velcro dots and a harness to you, and if your clothing moves around it will be very difficult to get accurate numbers.

We look forward to seeing you at your appointment. If you have any questions please do not hesitate to call the shop or email one of our fit specialists Liz Russell: [lizr@bowcycle.com](mailto:lizr@bowcycle.com) (Ext. 203) and Ryan Mountain: [ryanm@bowcycle.com](mailto:ryanm@bowcycle.com) (Ext. 231).

