



# CENTURY CYCLES BICYCLE SHOP

## Comprehensive Bike Fitting Welcome Letter

Thank you and congratulations on your decision to have a bicycle fitting at Century Cycles. My name is Matthew Schieferstein, and I handle the fitting duties. I look forward to optimizing your shoes, road, TT, cyclocross, track and/or mountain bike 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

- **Equipment:** Bike(s), shoes, fresh cleats if available, any orthotic devices/insoles/footbeds you have, any cleat shims or wedges you currently use, cycling riding kit, all eyewear including prescription glasses, sunglasses, helmet(s), gloves, seat 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 STANDARD Bike Fit

- Pre-fit interview to outline any variables or physical issues causing problems while you ride
- Detailed position records post-fit for future use in setting up a different bicycle(s)

## **What to expect during the PREMIUM Bike Fit**

- Pre fit interview to outline any variables or physical issues causing problems while you ride
- Thorough evaluation of your stability, form and function both on and off the bike(s)
- Remedial off-the-bike exercises and stretches for increased symmetry and coordination
- 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) Guys and gals will need to remove jerseys or shoulder, spine and hip assessment
- Sandals or running shoes for moving around the studio without cycling shoes
- Please refrain from wearing cologne, heavily-scented body spray or perfume

## **What I (Matthew) 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 over the last few decades. Occasionally, we see equipment/accessories in need of repair or replacement that cause problems or fail during a fitting session. A seat post that has been previously over tightened can fail when we loosen the fixing bolt for adjustment then snug it back up. The same goes for pre-damaged bars and improperly installed seats. 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. We typically stock Bike Fit Systems products, multiple length screws, insoles, as well as cleats for Shimano, Look, and others. Bring or be ready to purchase cleats if those current installed are worn. Fresh cleats are a great start to a fitting session.

### **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.** Give me a call at the Shaker Heights location at 216-751-2583, text at 419-360-1031, or email me at [matts@centurycycles.com](mailto:matts@centurycycles.com) with concerns or questions.