

	Road Bike	MTB	CX	Measurement Notes
Bike Model				
Date				
Serial #				
Mileage				
Saddle height	*			Measured from center of bottom bracket to top of saddle (not wrapping the tape measure onto saddle)
Saddle Model				
Saddle length				
Saddle Tilt				Estimate tilt with down the middle of the saddle
Saddle fore/aft	*			Drop plumb line from front of saddle, and measure distance between line and middle of bottom bracket.
Crank Length	*			
Frame seat tube effective	*			Middle of bottom bracket to top of top tube
Saddle height over handlebar	*			Use level and measure from level place on saddle to the top of the handlebar, near the stem but not including oversized area.
Saddle height over hoods				
Stem Name				
Stem Rise				
Stem length				
Frame top tube length	*			middle of seat tube to middle of headset tube
Overall reach	*			Center seat tube to center of top handlebar
Reach				Tip of Saddle to nearest edge of handlebar
Handlebar brake hoods				Tip of saddle to each hood. Average.
Handlebar Type/Model				
Handlebar width				Center to Center for the drop bar.
Distance between Hoods				Center of to of hoods.
Cleat stack height				middle of spindle to bottom of shoe
End of aerobar (from saddle tip)				Tip of saddle to end of aerobar (not including shifters)
Back of Rests (from saddle tip)				Tip of saddle to back of arm rests on aerobars
Saddle height over elbowpad				
Knee Angle				Knee angle should be 25-35 degrees at dead bottom center
Torso Angle				Goal trunk angle of 20-35 degrees