

## Professional Bike Fit Service

The Position Sense concept is based on my belief that a good cycle fit is a combination of performance AND comfort.

There are many coaches who will tell you that one position is more aerodynamic than another, or that you should have your arms at a particular angle, knees in, knees out, bottles on the down tube, bottles behind you... Perhaps they'll tell you that one seat tube angle is better than another or that this helmet is faster than that one!

My experience however, shows that there are as many positions as there are cyclists. And I've seen some very "slow" positions and some very "slow" equipment used to set some very fast times.

My philosophy is that you should find the position that is the most aerodynamic position in which you can generate the most power, that you can comfortably maintain for the duration of your event.

Some of my thoughts on equipment will be found on the Tips and Articles sections.

When finding the perfect fit for you, I use a combination of your current bicycle and my fit-cycle. By adjusting angles, varying stems, seat angles etc, we gradually home in on YOUR ideal position.

This is not an exercise in theory or a "plug the numbers into a piece of software" job, it's a search for your individual position on a bike. Of course there are theoretical ideals, but I've yet to meet the "ideal average" person.