



Bike Fit Quiz

Know what you need to know about bicycle fit? Take this quiz and find out.



CYCLE HANDOUT

1. Frame size for road bicycles is:
 - A. The distance from the center of the bottom bracket to the center of the top tube.
 - B. The distance from the center of the bottom bracket to the top of the top tube.
 - C. Whatever the manufacturer says it is.
 - D. Tall, grande, venti.
2. A rough rule of thumb for traditional road bicycle frame size is:
 - A. Leg length multiplied by 0.883.
 - B. Two-thirds of inseam.
 - C. In centimeters: 220 minus age, divided by 2.54.
 - D. Straddling the top tube, you should feel like singing "Dixie," soprano.
3. Although many adjustments can be made to the bicycle to improve a rider's position, the most important element of bike fit is:
 - A. Handlebar width.
 - B. Stem extension.
 - C. Crankarm length.
 - D. Seat height.
 - E. Saddle fore/aft (KOPS: knee over pedal spindle).
4. Power is improved with:
 - A. Saddle low and rearward.
 - B. Saddle high and forward.
 - C. Aero time trial position.
 - D. Improving blood return to the heart with pantyhose.
5. You'll generally climb better with a relatively:
 - A. Higher saddle position.
 - B. Lower handlebar position.
 - C. Longer stem.
 - D. Wider handlebars.
6. Adjust cleats so that:
 - A. The center of force transmission, just behind the ball of the foot, is over the pedal axle.
 - B. The center of the midfoot is over the pedal axle.
 - C. Like ballerinas on point, the maximum force when cycling is when the toes are over the pedal spindle.
 - D. Unnecessary to think about with free-rotation cleats.
7. To determine saddle width:
 - A. Measure hips, divide by 8
 - B. Use what's comfortable
 - C. Men: 4 inches; women: 6 inches
 - D. See a professional. Get an X-ray-fit.
8. Front-end shimmy in descents may be related to:
 - A. Too much weight forward.
 - B. Too much weight rearward.
 - C. Long wheelbase.
 - D. Dude: It's always a loose headset.

Continued



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9. Reach, or extension on a bicycle is determined by:
 - A. Top tube length.
 - B. Stem length.
 - C. Stem height.
 - D. Seat tube angle.
 - E. All of the above contribute to reach.
10. To determine seat fore/aft, look for:
 - A. Front of the knee over the pedal spindle.
 - B. Horizontal from nose of saddle 5 inches behind bottom bracket (UCI regulation).
 - C. Forget it, it doesn't matter—just look at what happens to recumbent bicyclists.
 - D. None of the above. Just make sure the nose of the saddle points forward.
11. Handlebar width should be:
 - A. The width of your hips.
 - B. The width of your shoulders.
 - C. 1.07% of femur length.
 - D. Less than the width of your front doorway.
12. Adjust the drop of your handlebars to:
 - A. Point slightly up—toward your saddle.
 - B. Horizontal.
 - C. Point slightly down—toward the middle of your seatstay.
 - D. Turn 'em all around, riser style, for greater comfort and style points.
13. For experienced recreational solo and fast-group road riding, handlebar height is often best set how many inches below a horizontal from the saddle?
 - A. Level.
 - B. One to two inches.
 - C. Four to five inches.
 - D. Limbo height (Trini, not Rush).
14. Set fixed cleats so that your toes:
 - A. Point out toward your ears.
 - B. Point straight ahead.
 - C. Point the same way you walk.
 - D. It's rude to point.
15. For racing, choose bike shoes that allow:
 - A. Same fit as your walking shoes.
 - B. Loose fit, like running shoes, to accommodate foot swelling when riding.
 - C. Tighter fit than walking shoes, to allow for better control and power.
 - D. The best fashion statement possible.
16. Women generally prefer:
 - A. Shorter top tubes.
 - B. Longer reach handlebars.
 - C. Longer reach brake levers.
 - D. Cappuccino to espresso.

Quiz Answers

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|------|-------|-------|
| 1. C | 7. B | 13. B |
| 2. B | 8. B | 14. C |
| 3. D | 9. E | 15. C |
| 4. B | 10. A | 16. A |
| 5. A | 11. B | |
| 6. A | 12. C | |

For More Information

The following publications, available through arniebakercycling.com, are devoted to or have bicycle fit related sections:

Books

Bike Fit

ACE: Altitude, Climbing, Endurance

Smart Cycling

Slide Shows

Bike Fit

Time Trialing

Handouts

Optimal Crankarm Length

Time Trialing

