

What is a fit?

We use the Serotta Fit System with a Serotta Size Cycle to find your ideal position on a bicycle. We start with an interview process to determine your training habits, training goals, and previous injuries. Then there is a flexibility test, then the actual fit. The Size Cycle is used so we may be able to adjust every aspect of the bicycle, including seat angle, stem length and height, handlebar position, and saddle position. The Fitter will observe you as you "ride" and work with you to find your optimum cycling position to achieve more power, comfort and increased efficiency. After this process, you may look at customizing your current bicycle, choosing a new stock bicycle, or even having a custom bicycle drafted and created for you.

\$125.00

Call for Appointment

North Division Bicycle Shop

10503 N Division
Spokane, WA 99218
Phone (509) 467-2453
www.northdivision.com

Staple Business Card Here

North Division Bicycle Shop

Getting your Fit right, the First Time

509-467-2453



Fitting Service Q&A

Why get fit?

Proper position on your bicycle will make you stronger, more comfortable, and increase your duration on the bicycle.

Can my own bike be adjusted?

Yes. The fit we create on the Size Cycle can usually be applied to your bike by making adjustments in seat position, handlebars and stems, and it can drastically improve your performance and comfort.

I want to be fit, what now ?

Call the shop or stop in to schedule an appointment, we do fits Monday-Saturday between 10am and 4pm. Some basic information will be needed when you schedule, so please have this information ready:

- What kind of Fit?
Road, Tri, Mountain, or Hybrid
- Your Full Name and Phone Number.
- How tall are you?
- What kind of pedal system do you use?

When you show up for your appointment, be sure to bring the following:

- Your bicycle or bicycles
- Riding Clothes.
For example: Jersey, shorts, gloves
- Helmet if you are to test-ride new bikes
- Riding shoes
- Waterbottle

No two people are alike.

Even people with the same measurements will have different flexibility limitations. A bike's fit should be as unique as the person who rides it. To ensure a rider's comfort and performance it is critical their bike allows them to ride in a natural, healthy position. North Division Bicycle Shop is proud to have four Serotta Certified Bike Fit Specialists on our staff: David Goode, Mark Cesal, Scott Willegalle, and Brenda Mangine.

Many cyclists are confused, having already visited several shops or consulted with numerous 'experts' on bicycle fit issues, but receiving very different advice. Without the correct tools, training and experience, fit results can be disappointing to disastrous. So here's a real WARNING! Anyone who suggests that correct bicycle fit can be properly established over the phone, through the mail or via Internet, is clearly illustrating his or her lack of understanding of the subject!

For years, fit systems were based on measurements of a cyclist's body applied to mathematical formulas. Rarely are these systems precise because they fail to factor in the uniqueness of each and every human body. Elements like the size, shape, flexibility, fitness and relative positioning of

limbs and joints are ignored. We now know these factors have a significant impact on your ideal position on any bike. This led Serotta to develop a holistic (whole-cyclist) approach to bicycle fitting and the result was the Serotta Size Cycle Fitting system.

The Size Cycle

An infinitely adjustable bicycle that allows you to experience an unlimited range of bicycle fits until you and your fit technician determine your proper frame and components specifications. Your Serotta-certified technician will measure your flexibility and interview you about your riding habits, problems with your last bike, prior injuries, and your cycling goals and aspirations. Together, with this information and the Size Cycle, we can help you find a production bike that will fit well or we can work with Serotta to build you the ride of your life. This extensive fitting process plus each of our fitter's unique expertise, lets North Division Bicycle Shop offer the best bicycle in the world to the best customer in the world: you.

New Fitting Tools!

We have made additions to our fitting department. We now offer the Racermate Computrainer suite of tools for your fitting pleasure. Computrainer software enables us to measure your Spinscan and evaluate how minute changes in your cycling position will affect your spin shape and power output. These tools which are generally reserved for professional athletes and top performance cyclists, are now available for your use at North Division Bike Shop.

Our positioning area has now been expanded!

Due to the popularity of our positioning services, we have remodeled our fitting area to encompass a larger portion of our shop space. We believe that this will enable us to continue to provide the best fitting services available in the Pacific Northwest. With four Serotta trained fit specialists, Spinscan and Ergometer test ability, and flexibility based positioning processes, we are the premier location to improve your experience on your existing bicycle, or build the custom bike of your dreams!

