

What to Bring to Your Bike-Fit ?

So that you can get the most out of your Retul bike-fit consultation it is important that you read the following information carefully. You will need to bring your:

- Bike
- Cycling Knicks
- Cycling Shoes
- Water Bottle
- Towel

The physical assessment and motion analysis is also easiest if you wear a well-fitting jersey or a sleeveless top. Please also note:

- The rear tyre of your bike must have a slick central tread to operate on my indoor trainer – if you need a bike-fit on a cyclocross, gravel or mountain bike I have a 10-speed rear wheel with a slick tyre and 12mm thru-axle that is compatible with many bikes.
- The heat generated in your back tyre due to friction whilst cycling on my indoor trainer may cause a blow-out of old tyres or tubes that have puncture repair patches. Please check your rear tyre & tube and replace before your bike-fit if there are signs of damage.
- The cleat screws on your cycling shoes must be clean and able to be easily loosened to allow for adjustment. If you think your cleats need replacement please bring along a new pair to be fitted during the session.
- Please check that the heads of the screws on your seat-post clamp, seat-rail clamp, head-stem and handlebar clamp have not been stripped as this will prevent any necessary adjustments.
- The majority of disc-brake equipped bikes with 12mm thru-axles can be fitted onto my indoor trainer with my set of adaptor axles - if you are unsure if your bike will be compatible then please discuss this issue with me directly.
- The gears and chain of your bike must be free of any recently applied wet chain lubricants - this just helps to keep my carpet and walls clean!