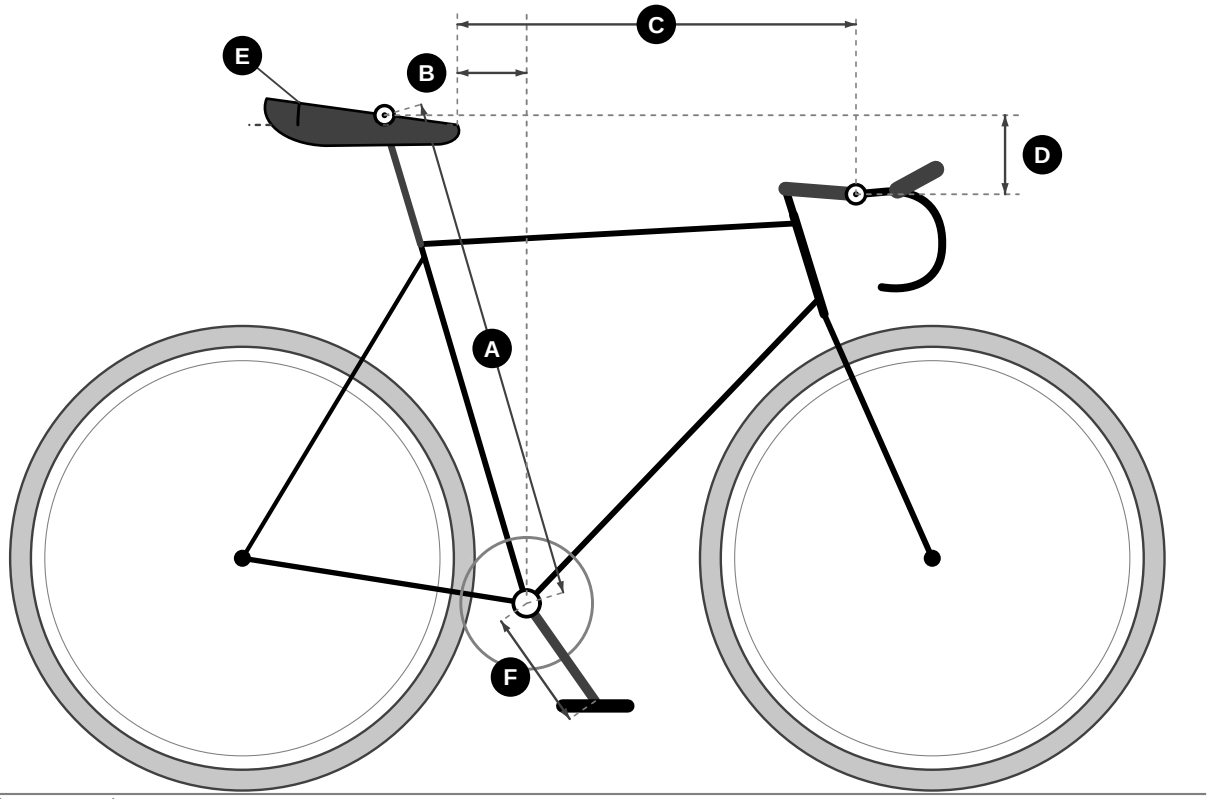
My road fit, to take along.

Measure your bike, note the rental and compare. All in mm, except E (degrees).

ATHLETE	DATE	RENTAL SHOP / CITY	RENTAL BIKE (MODEL AND SIZE)



Schematic drawing, not to scale.

MEASUREMENT AND REFERENCE POINT	MY BIKE	RENTAL	DIFFERENCE
A **Saddle height** From the center of the bottom bracket (the axle the cranks spin on) to the top of the saddle, in a straight line along the seat post. Mark the point on the saddle and take a photo.	mm	mm	mm
B **Saddle setback** Horizontal distance between the saddle tip and the vertical line through the bottom bracket axle. Use a string with a weight.	mm	mm	mm
C **Saddle to handlebar** From the saddle tip to the center of the handlebar at the stem, measured horizontally. Do not measure diagonally on this sheet.	mm	mm	mm
D **Saddle / handlebar drop** Height of point A above the floor minus height of the handlebar center above the floor. Positive = handlebar lower.	mm	mm	mm
E **Saddle angle** Ruler on the saddle + inclinometer. Photograph the setup. Nose down = negative; nose up = positive.	degrees	degrees	degrees
F **Crank length** Check the number stamped on the inside of the crank arm (170, 172.5...). Or measure from axle center to pedal axle center.	mm	mm	mm

Difference = rental - mine. Adjust the rental until it gets close to zero. For D, positive = handlebar lower than the saddle.

Components, photos and the rental shop.

COMPONENTS / REFERENCES

ITEM	MY BIKE	RENTAL
Bike / size		
Saddle / model and width		
Pedals / model		
Cleats (photograph the position)		
Stem / mm		
Handlebar / mm *width center to center on the drops*		

FOR A BETTER MATCH

1. Bike upright, on a flat floor, with both wheel axles at the same height. Measure with nobody on it.
2. Bring your shoes and pedals; if possible, your own saddle, with a compatible mount.
3. Different saddles change the tip reference: B and C do not guarantee the same body position.
4. Adjust the saddle before the handlebar and stem. Don't move the saddle forward just to make up for a longer bike.
5. Ask the shop for the correct adjustments and torque values. Take a short ride before the long workout.

PHOTOS TO TAKE

- [ ] Whole bike, side view, wheels aligned
- [ ] Marked point on top of the saddle (A)
- [ ] Ruler and inclinometer on the saddle (E)
- [ ] Hand positions on the hoods
- [ ] Number stamped on the crank (F)
- [ ] Cleats on the shoe

My bike and the rental: the same photos, from the same angle, to compare side by side.

ADJUSTMENT ORDER AT THE SHOP

1 Pedals and cleats
Check the crank (F) and the cleat position.

2 Saddle height
Set A to your bike's value.

3 Setback and angle
Set B and E before touching the handlebar.

4 Reach to handlebar
Fix C with the stem, not the saddle.

5 Drop
Set D with spacers or the stem.

SHOP AND SHORT-RIDE NOTES

Torque values given (saddle, seat post, stem)

After the short ride: what to adjust

This sheet helps you reproduce a position that already works for you. It does not replace a bike fit.

Reference: Park Tool, Road Positioning Chart. C and D follow the points defined in this sheet.