



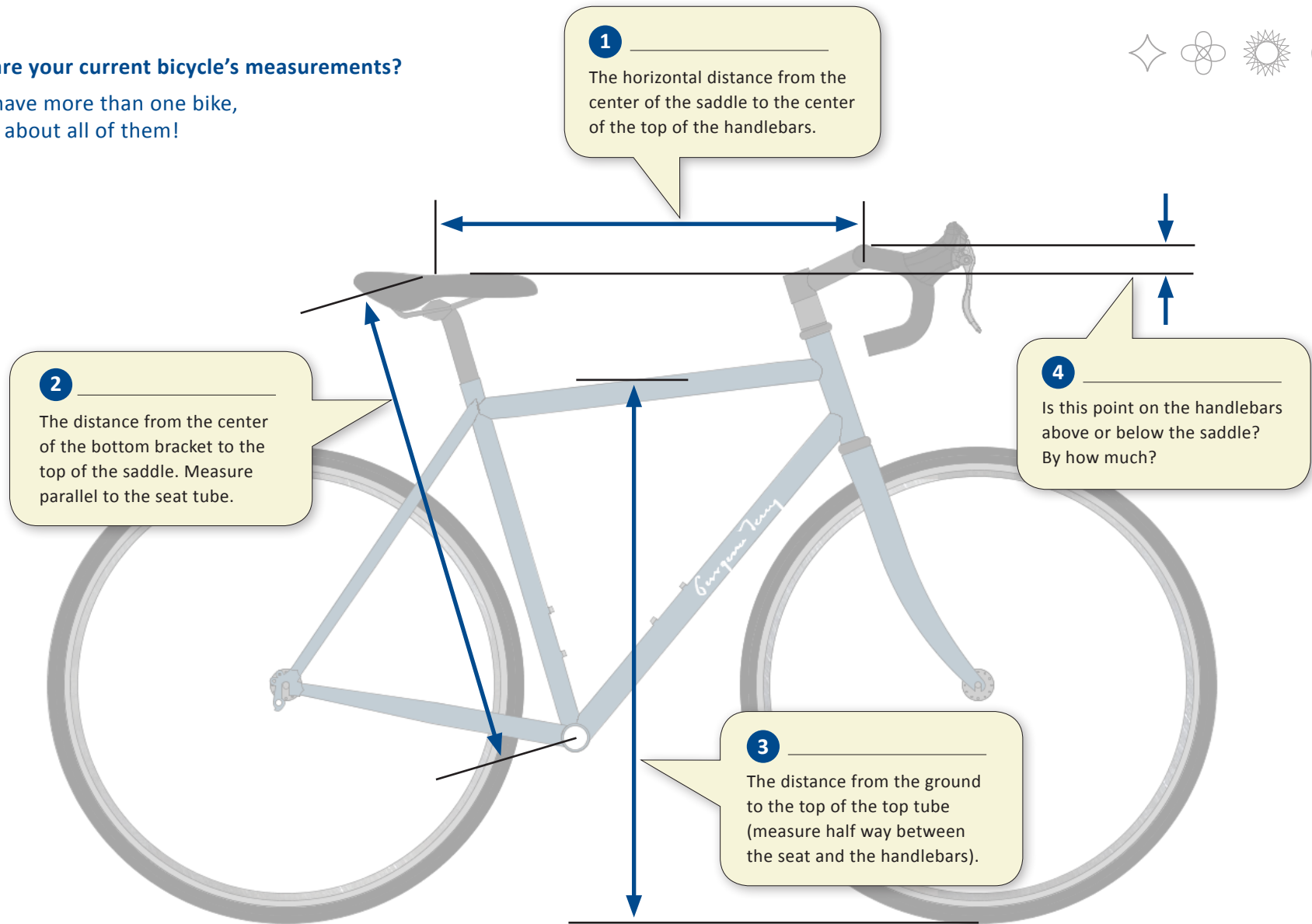
Thanks for your interest in my bicycles!

I'm a firm believer in measuring twice and cutting once, so I've designed this questionnaire to learn as much as possible in order to begin designing your dream bike. In it, you'll find questions about you and your bike's measurements. But in addition to that, I'd like to know about you as a cyclist:

- 1 Are there any particular goals you'd like to accomplish with this bike?
- 2 Do you envision yourself as a competitive rider who likes to be at the head of the ride?
Or are you more of a tourist, who just wants to ride for enjoyment? Maybe something in-between the two?
Or something completely different?
- 3 Where will you do your riding? Paved roads, gravel? How about the terrain? Flat, rolling, hilly, mountainous?
- 4 What other outdoor activities do you enjoy besides cycling?
- 5 How long have you been riding?
- 6 Are your hamstrings flexible? This very informative site (<http://jomcrae.co.uk/bike-fit-blog-part-deux/>) will show you a quick way to test them - scroll down to "Testing Your Own Hamstrings".
- 7 How about crunches and pushups? How many can you do?
(Don't worry — there's no right or wrong answer!)
- 8 Do you prefer a bike with dropped handlebars or flat handlebars?
- 9 What are your likes and dislikes about your current bike?

What are your current bicycle's measurements?

If you have more than one bike,
tell me about all of them!



What is the year, make, model and size of your current bicycle? _____



Take a hi-res photo looking at the right side of your bike. Don't let the bike slant. Keep it upright and with the wheels aligned — just like the bike in the drawing above!

Gurqura Terry

What are your measurements?



A _____

Your shoulder width. Hold both arms out in front of you, parallel, make a fist, and measure the distance from the center of one fist to the other.



B _____

Your barefoot height.

C _____

The distance from your sternal notch to the ground (barefoot).

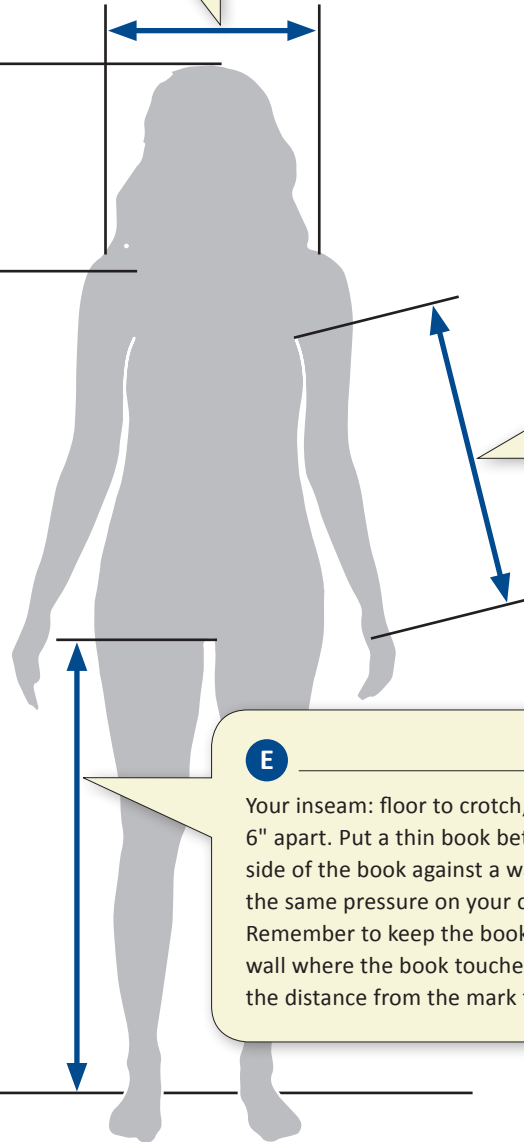
D _____

Your thigh length, floor to crotch, kneeling.



E _____

Your inseam: floor to crotch, barefoot, with feet 6" apart. Put a thin book between your legs with one side of the book against a wall. The book should exert the same pressure on your crotch as your saddle. Remember to keep the book horizontal. Mark the wall where the book touches the wall and measure the distance from the mark to the floor.



H _____

Your weight and age.

G _____

Your shoe size.

F _____

Underarm to center of palm. Keep your arm straight.

