

# SADDLE ADJUSTMENTS

## Height and Tilt

Many riders have a hard time deciding how to measure the saddle height correctly. This measurement is one of the most critical to the whole bike setup. Seat height can easily effect comfort and power, seat positions seem to move through magic and they need to be rechecked often. In this article we will list some basic steps to go through so that you can adjust your saddle quickly and consistently.

At right is a basic diagram of the seat height in relation to the crank and what we want to accomplish in consistent measuring. Start by locating the middle of the saddle, once you have this located, sight across the top of the saddle and line up the end of the tape measure with the top of the seat.

Next, locate the center of the Bottom Bracket or crank. After you have this, while holding the tape end at the saddle top, pull down to the crank center and read the number. The seat height is from the crank center to the top middle of the saddle.

Many times people will measure to the seat rail bottom, we don't recommend that because almost every saddle has a different measurement from the seat rail to the saddle top. We hope this will help with your seat setup, learning the basics will help you enjoy the sport of cycling even more.



On the left, we have set up a saddle to "0" degrees or "flat". We have customers frequently ask about saddle "tilt" and when we answer in degrees, many times the customer does not have a way to actually set this. We setup a test bike and accurately raised the saddle nose in 1 degree increments, then took readings from a vertical tape measure to a leveled top tube. The result is that for every 3 millimeters of change, the seat angle changes 1 degree. Moving the saddle along the seat rails did not effect the change very much at all, so we would recommend using the 3mm = 1 degree change ratio as a standard. This applies to either raising or lowering the saddle tilt.



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