

Road Bike

In this fit session, I had a customer come in that did a lot of road miles. He was having the usual Neck/shoulder pains, along saddle sores and hand numbness. This rider had made the classic mistake of lowering the saddle nose to try and relieve the front seat pressure.



Before



The Fix

I worked with the rider a good bit, first raising the saddle nose and resetting the seat height. Next we changed the saddle to a Max model saddle, this gives great protection against numbness. I adjusted the saddle to a nose high, 3 degree rise and lowered the seat height more. Then, I changed the stem, I dropped it all the way down and used an adjustable 110mm stem at negative 50 degrees. As a stand alone bike the setup looks odd but with the rider on the bike, his position looks very good. His power was up over 30 watts and the neck/shoulder pains were gone, later ride reports were that everything was great except that his riding buddies were unhappy with his new speed.

