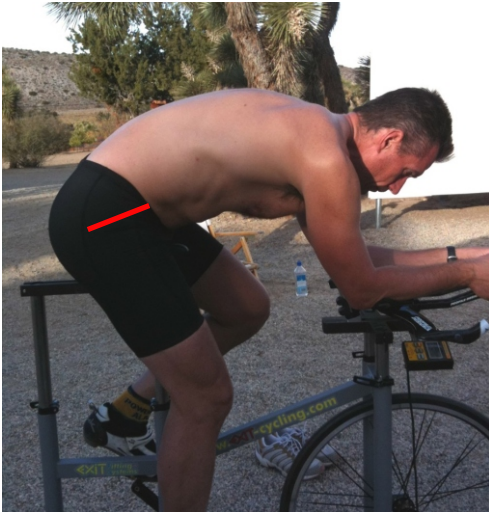


Pelvis Rotation

One of the first things to look at when doing rider positioning is the basic form of the rider. Teaching the rider to “rotate forward” on the seat makes many things come into place for better rider comfort. In the samples below, the left picture is a case of the rider sitting back or non rotated. This is usually caused by seat discomfort or bad technique. It pinches the diaphragm area which restricts breathing and causes neck/shoulder issues. In the picture on the right, the rider has rotated his pelvis forward as indicated by the change from the green line to the red line,, with no other changes there is more open area in the diaphragm and less acute bend at the neck.



Short Female Positioning

This Female rider shows a very typical situation that we face when working with riders, male or female under 5'4" using a 700c size frame. On many of the new frames, the head tube length is too long to allow for a more aggressive aero position. In this case I used a 40 degree rise stem and reversed it putting the bars below the top of the head tube. This particular rider is doing Ironman races, otherwise I would have tried to go lower still for better aerodynamic gains.

