






# Mens Tri - TT Position Guidelines

	Weight	125	150	175	200	225+	Numbness Re lief	Upper Hamstring Relief	Newer Rider	H/Bars Level to Higher Than Seat	Rides Fast/Hard or Category Racer	Higher Mileage Per Week	Aggressive Drop To H/Bars	Ironman or Ultra Distance	
<b>VFlow</b> 		5'2" - 5'11"						X	X	X	X				X
<b>Plus</b> 		5'4" - 6'6"						X	X	X	X	X	X	X	X
<b>Max</b> 			5'6" - 6'2"				X	X			X	X	X	X	
<b>HC170</b> 		5'3" - 5'11"						X		X					
<b>SHC170</b> 		5'2" - 6'4"						X	X		X	X	X	X	

These are some guidelines based on our customers feed back. The HC170 has very little padding in the rear and none in the nose area, it molds to the riders shape with temperature. There is no perfect saddle that is a universal fit. You may fall outside these ranges and still find the maximum comfort on a seat that doesn't fit these guides. A Good bike setup is the key to a comfortable bike seat. A lower seat height is generally more comfortable while producing the same power.