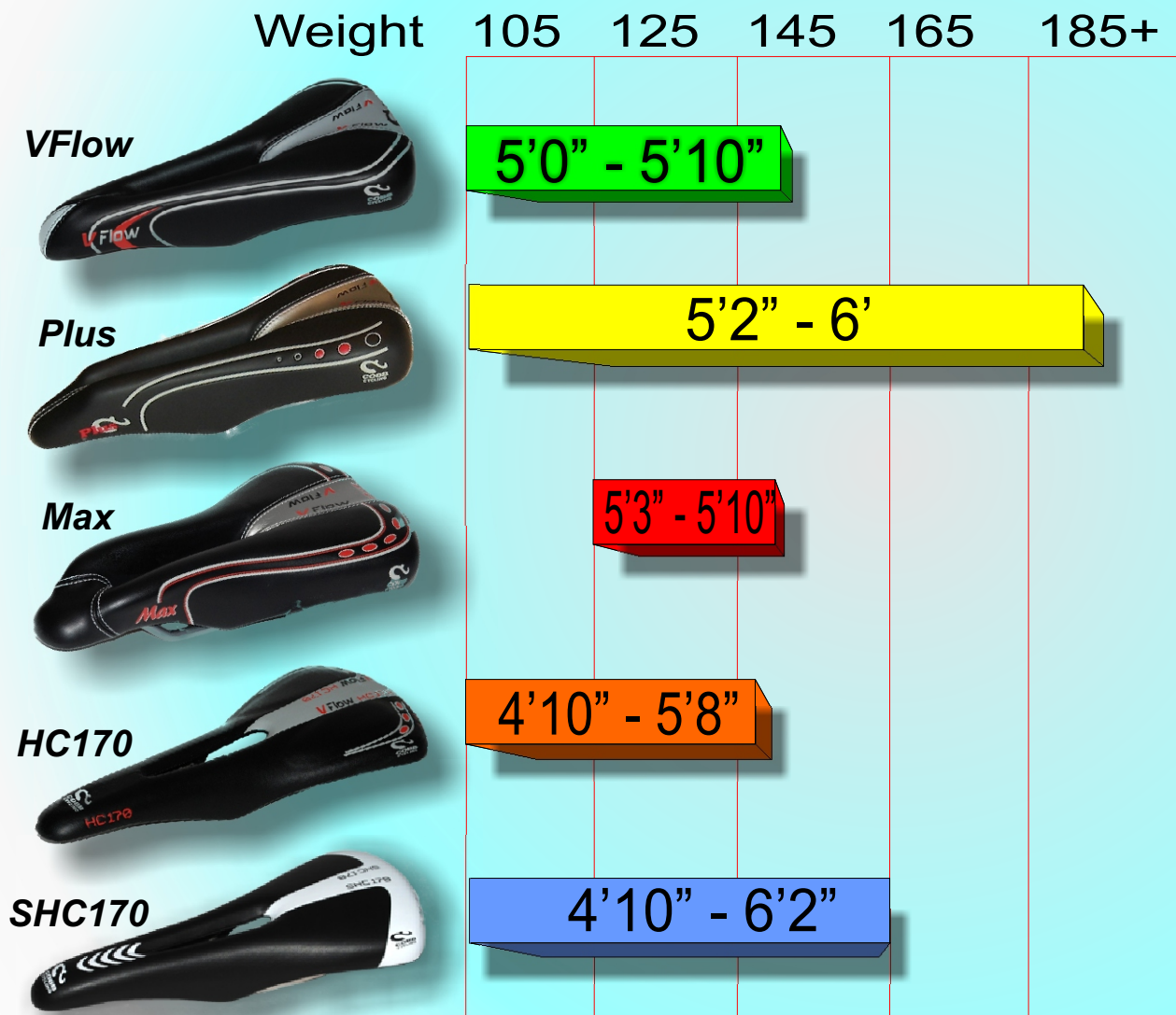


Women's Road Position Guidelines



	Soft Tissue Relief	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
VFlow	X	X	X	X				X
Plus	X	X	X	X	X	X	X	X
Max	X	X			X	X	X	X
HC170		X			X	X		
SHC170	X	X			X	X	X	

These are some guidelines based on our customers feed back. The HC170 has virtually no padding and we don't recommend that for very many women, however, the occasional road racer does seem to love the seat design. 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.