

## Would you (could you?) pick up a pedal wrench... for \$1000?



### The Altar of the Fit Guru

All Hail the Altar of the Bike Fit Guru! For \$1000, could yours truly pick a pedal wrench off the floor? Without bending knees? Or would overly-tight hamstrings be my doom? Answer- I didn't get the \$1000. All I had to do was pick up a tool. Obviously, there's much more to this story, but the short version is that I appear to be a bumblebee, with a body that shouldn't be comfortable on a 120 mile bike ride, and yet I am. Amazingly so.

Yes, this is my first tale from the land of ultimate bicycle fitting, where Steve and I are learning all manner of things about human physiology and how to bend, twist & contort customers in order to find the limits of their flexibility. "Contort" isn't really the right word, unless you're constructed like I am, with a back that demonstrates excessive "Kyphosis", Hamstrings that could be used to support the new Bay Bridge, and a general lack of "core strength." Those would be the reasons why I cannot, and never have, been able to come even close to touching my toes. And why, in theory, I would be predicted to (but don't) have issues when riding a bike. But clearly our teacher, Michael Sylvester, knows his stuff, and his teachings will add to our expertise at fitting people properly to bikes. --Mike--