

BIKE

FIT

STACK AND REACH

Stack and reach determines a rider's hand position. It can easily be adjusted by using different stem lengths, or moving your saddle back and forth.

HANDLEBARS

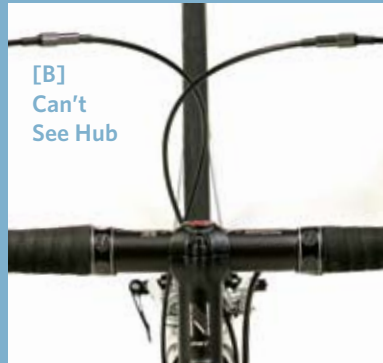
The WSD line of Bontrager components is intended to deliver dependable ergonomics for most women riders - starting with the most important contact points, the saddle and hands.

For performance oriented models, this simple test will help you find your optimum hand position. While a friend is holding your bike, get on and find your most comfortable riding position. If you are on a road bike, place your hands on the top of the handlebars rather than in the drops. Once you have located your most comfortable position, stay in this position and look down toward your front hub. Take note of the location of the hub relative to the handlebars.

SIMPLE TEST



IF YOU SEE THE HUB IN FRONT OF THE BARS, [Photo A] then your stem may be too short, or your saddle may be too far forward.



THE GENERAL RULE IS WHILE YOU ARE SEATED ON YOUR SADDLE, THE VIEW OF THE HUB IS OBSTRUCTED BY THE HANDLEBARS [Photo B] If you can't see the hub due to the handlebars, then you are set up well.

Finding the right handlebar width

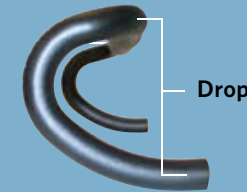
Handlebars come in many different widths to accommodate different sized individuals. A handlebar that is too wide or too narrow may cause extra tension on your neck, shoulders, and back.



Generally, handlebar width should be shoulder width and allow for a natural wrist position.



Shorter reach is more comfortable for smaller hands allowing easy access to brake levers.



Shorter drops allow a moderately aggressive position without being too low.

Tip: Keep in mind that this is a basic test. A professional fit done by your local Trek dealer is the best way to determine your correct cockpit length, or reach.



The VR WSD bar features a short drop, while still providing a large hand opening to easily enter the drop position.