

## Reach to Handlebar

**Too short:** Hunched shoulders, possibly causing neck or shoulder pain

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**Too long:** Arms fully extended, which affects handling and control

**Just right:** Slight bend in elbow when hands are on brake hoods or drops

This is the most variable of all measurements, as it depends greatly on your flexibility. You want a slight angle at the elbow when your hands are on the hoods or drops, but you shouldn't force yourself to bend double to get it.

## Handlebar Height

**Too high:** Front end feels light or twitchy; saddle pain from too much weight on seat

**Too low:** Stiff arms, back and neck from too much weight on arms

**Just right:** For road bikes, aim for a 60 to 40 percent body weight distribution between the rear and front of the bike

On a new bike, ask the shop to leave the steerer tube long and add 2 inches of spacers under the stem. Move the spacers above or below the stem to fine-tune your fit, and have the shop cut the steerer later, if needed.

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