



How to measure for a custom Sampson build:

One of the best features of any Sampson is the great fit. We focus on fit because if you are not comfortable on the bike, you will never ride to your potential. A great fit also enables you to improve your handling, by keeping you neutral on the bike. While there are a lot of different methods, we prefer to have you take a few key measurements, and then we will interview you to determine your proper size.

- A. Overall height: In your socks or barefoot, stand against a door as tall as possible, mark the top of your head, and measure to floor. _____ inches or _____ cm
- B. Inseam: with your feet about 6 inches apart, and back against a wall, place a book or dowel snugly at the top of your crotch. Make sure the book or dowel is parallel to the floor, mark the top of the book. Don't remove the book or dowel yet, as we want to keep it in place to measure-
- C. Torso: run a tape measure from the top of the book or dowel to the V formed by the sternum at the base of your throat. Record that number _____ inches _____ cm
- D. Step away from the wall, and record inseam: _____ inches _____ cm
- E. Arm length: we use a little different approach than most but we have had great success. With your arm raised to parallel with the floor, measure from the bump at the end of your collarbone (directly over the deltoid) along the arm to the break in your wrist. If you bring your palm face up as if making a HALT motion, the break in the wrist is easy to see.
Arm length _____ in cm _____

Please fill in these questions for us too!

Age _____ Weight _____

Fitness level _____

Flexibility: can't touch my toes---pretty good, I stretch and do yoga, great-I am very flexible

Previous Injuries: list all:

Any existing limitations or conditions: i.e. breathing problems, previous heart attack, etc.

Your typical ride terrain

Your average speed

Your average distance

Your average ride time

If you had to choose one, would you pick extra speed or extra comfort Speed Comfort

Do you race, or ride very aggressively?

Any other attributes you want in your bike?

Your name

Address

Daytime phone

Please fax this form to 303-691-5642 or email to sampson609@msn.com using
Bike fit in the subject line please