Name: $\qquad$ Date: $\qquad$
Address: $\qquad$
City: $\qquad$ State: $\qquad$ Zip: $\qquad$
Email: $\qquad$ Phone: $\qquad$

Please complete the following measurements in the style of clothing and socks that you intend to wear while riding the bicycle you are ordering. To ensure the accuracy of the measurements, please get someone to help measure you. It is best to stand with your feet shoulder width apart, with your back flat against a wall. Please do not hesitate to call if you have questions.

Age: $\qquad$
Height (A): $\qquad$
Inseam (C): $\qquad$
Arm Length (E): $\qquad$ Shoulder Width (F): _____
$\qquad$
Shoe Size: $\qquad$
Weight: $\qquad$
Body Length (B): $\qquad$
Thigh Length (D): $\qquad$ -

Height (A): Your height without shoes. Measure from the top of your head to the floor, with your feet shoulder width apart and your back against a wall.

Body Length (B): Measure from the top of your sternum (the notch between the collar bones at the top of the chest and below the crotch of the neck) to the floor, with your feet shoulder width apart and your back against a wall.

Inseam (C): Measure from your crotch to floor. Place the spine of a book between your legs so that it contacts the crotch (firmly but not inducing any pain) making sure the bottom of the book is flat against the wall. Measure from the spine of the book to the floor, with your feet shoulder width apart and your back against a wall.

Thigh Length (D): While kneeling on the floor, measure from your crotch to the floor. Place the spine of a book between your legs so that it contacts the crotch (firmly but not inducing any pain) making sure the bottom of the book is perpendicular to the floor. Measure from the spine of the book to the floor, with your knees hip width apart, and with knees and upper body in a straight line.

Arm Length (E): Measure from the Acromion to largest knuckles on the hand (not on fingers). The Acromion is the outermost part of the shoulder - that stays stationary when you move your arm. To locate the Acromion, extend your left arm down along your side. Place your right hand on your left shoulder and feel for the outer / upper-most boney part on your left shoulder. Move your left arm directly out and up from your hip to shoulder height as if doing a jumping jack. You have correctly located the Acromion if the location of the left Acromion did not move while moving your arm.

Shoulder Width (F): Measure across chest from the left Acromion to the right Acromion. See Arm Length for a description of how to find Acromion.

