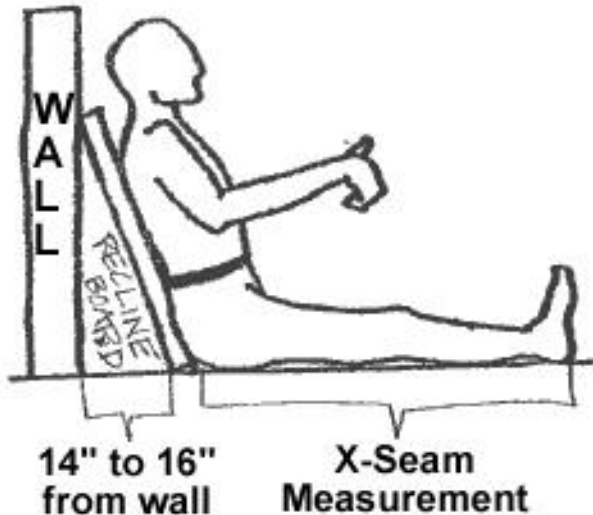


How to Measure Your X-Seam



You'll need a measuring tape and a board that is approximately 30" to 48" long (an ironing board will work). Place one end of the board on the floor, then put entire board flush against any wall, then pull the bottom of the board about 14" to 16" out away from the wall. This should simulate a comfortable reclined position, like you'd have in a car. Now remove your shoes, sit on the floor, and pull your butt tightly against the bottom of the board (by holding the board steady in its position with you hands, while gently scooting your butt against the board). Then stiffen your legs straight out (no bending of the knees), and point your toes straight up towards the ceiling. Now take the measurement from the base of the reclined board, to the bottom of your shoeless heel. VOILA! You now have your "x-seam" measurement, which will determine what size bike frame you'll need to order.

HINT #1 – You can place a book at the base of your heel before you've straightened out your legs, then once legs are straight, you can get up and measure from the board base to the point that your heel left the book.

HINT #2 – You may want to repeat the measuring process from start to finish, to ensure that your "x-seam" is correct, if only for peace of mind.

This is Your Frame Size

2X-Small-----	33" to 36"*
Extra Small-----	35" to 38"*
Small-----	36.5" to 39.5"
Small/Medium-----	38" to 41"
Medium-----	39" to 42"
Medium/Large-----	40.5" to 43.5"
Large-----	41.5" to 45"
Extra Large-----	44" to 48"*
2X-Large-----	46" to 50"*

* For an additional fee.