



SUNSHINE BIKE & SHOP

Fit Services

Retül: \$199.99 REQUIRES APPOINTMENT

Retül tools, technology, and methodology are built on three foundations that result in the application of accurate, objective and comprehensive bike fit data to a rider's position on the bike:

DYNAMIC FITTING IS MOST REALISTIC:

Using motion capture technology, Retül records a rider's position while he or she is in motion; therefore, creating the most realistic picture of the rider's actual pedal strokes and body positions when out on the road and trails. Riding a bike is different than sitting on a bike, and capturing data dynamically presents a clearer and more accurate picture of a rider's movements.

BIOMECHANICS ARE ASSESSED IN THREE DIMENSIONAL SPACE:

Fit data collected in a traditional two-dimensional plane (such as video) is fairly limited because the fitter has to isolate a single view at a time. In order to see how all of the applicable movements of the body are working together, the frontal and sagittal planes of a rider should be viewed as interdependent reference points. Retül's motion sensors simultaneously gather data on multiple angles of the rider in three dimensions so a fitter can not only see measurements such as knee and hip angles, but also lateral knee tracking and hip lateral travel.

MEASUREMENT ACCURACY IS VITAL:

Slight inaccuracies (the difference of millimeters) can drastically change a rider's feel after a ride. The Retül system is accurate to within less than a millimeter, creating true objective data which can be utilized by the fitter for the perfect biomechanical fit. Small adjustments can make a big difference in alleviating back, knee or neck pain, and those adjustments will improve a rider's performance.

SPORT FIT: \$15.00 FOR EVERY FIFTEEN MINUTES

Using our experience and knowledge learned from Retül, we will tailor the fit to your bike using a set of angles appropriate to your riding discipline and technique. Our Sport Fit uses the same set of geometry guidelines that we apply during our Retül Fit and can help resolve many issues riders experience as they explore longer hours in the saddle or need that perfect fit on a new bike.