

# RETÜL BIKE FIT BOOKING FORM

Get the most out of your bicycle



Name: -----

Phone number: -----

Email address: -----

## Which days suit you?

- Tuesday   
Wednesday   
Thursday   
Friday   
Saturday

## What type of riding do you do?

- Recreational  Road Racing  Triathlon – Sprint / Olympic   
New to cycling  Time trialling  Triathlon – Long distance

## Concerns:

- Neck  Hips   
Shoulders  Knees   
Mid-back  Ankles   
Lower-back  Hands

## Previous injuries:

## Bike Details

Brand: ----- Size: -----

Model: ----- Year: -----

## Pedals

Brand: ----- Model: -----

## Shoes

Brand: ----- Size: -----

**It is not unusual for a bike fit to take as long as 3-4 hours depending on the complexity of the fit.  
Please ensure you have adequate time available.**

**All bike fits start at 10:00am, unless a different start time is arranged with Tom.**

During the bike fit you will spend time on the Retul machine where, occasionally, you will be expected to ride at up to 50% maximum effort.

## Please bring the following with you to your bike fit:

- Bike: clean & dry in case any components need changing
- Shoes
- Riding kit
- Towel
- Water bottle

## Pauls Cycles

Unit A, 13 Yaxham Road  
Dereham, Norfolk  
NR19 1HB