

Martin Vedris

From: Joanne Anstee Doanne@bicyc ingaustralia.com
Sent: Monday, 12 August 2002 12:5(1 PM
To: Martin Vedris (E-mail)
SUBject FW: Bicycling Australia Letter
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**BICYCLING
AUSTRALIA**

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----- Original Message -----

From: michael hanson [mailto:chesterthehound@hotmail.com]
Sent: Thursday, 8 August 2002 7:48
To: jhayes1@bigpond.net.au
Cc :mail@bicyclingaustralia.com
Subject: Re: Bicycling Australia Letter

It has taken a while to reply, but I have added this to my original email to refresh your memory. Sorry for the delay. But apart from being a little tardy I also wanted to give the new position time to work.

I had the Cyclefit done with Steve Hogg about 3 months ago. Apart from the major adjustments he did I also found I have an extremely stiff body, a few muscles that don't work, one leg shorter than the other and a few bones that don't stack up quite right. He suggested part of my problem may be all of these things so I have taken up yoga and gone to see a chiropractor at his suggestion, things that seem to be working for me.

To give you an idea of the changes, he raised my saddle 20 mm, moved it back 20 mm, raised the bars by using a new stem about the same distance. The frame I have is a little small apparently. He moved my cleats well back. In other words he changed everything fairly drastically. I rode around for a couple of months like this. and soon realised that this new position was much better. Instead of adjusting the cleats after every ride I have not had to touch them at all.

Since my flexibility has increased, I went back for an adjustment about 3 weeks ago. I also discussed my pedaling style with him which was a bit like the style discussed in the latest copy of Bicycling Australia.

Anyway, he raised the saddle another 11 mm following the improvements in my flexibility I have gained through the yoga and the chiropractor poking and shoving me. While I knew the first repositioning had made a big difference, it has been the last few weeks since I had the adjustment that I feel really good, and that I am sure this is the correct position. I don't have knee and back pain that I had before where I would suffer for days after the hard ride and my power on the bike has definitely increased.

So in short, I think this guy is all he is cracked up to be. Apparently I was a real challenge! The Cyclefit took a about three and a half hours, which is longer than normal. He measures you, weighs you, draws little diagrams on you, you're on and off the bike' all sort of things. A very clever man and a thoroughly nice chap to boot. I had a stack of questions of course, which you would expect for the money he charges and he was most happy to listen and give advice. He didn't try to sell me a whole stack of fancy bits and went out of his way to say that I could take his

recommendations to the local bike shop if I preferred. to have any work done. Furthermore he went out of his way to point out that this procedure is not only for the big deals but for ordinary keen cyclists such as myself. Apparently he has people from Malaysia, Europe, New Zealand and all sorts of far flung places.

I intend to get a custom built frame next year to the measurements he has supplied as being right for me. Again he went out of his way to say this will apply to any brand of custom built bike, not just the type he sells. I intend to re cycle the rather low class existing parts I have on another bike which he thought was an excellent idea.

So in conclusion, my aches and pains are gone, my power has increased and I feel much better on the bike. I thoroughly recommend this bloke. A first class, very knowledgeable chap. I can't speak highly enough of the man.

Regards, and good luck,

Michael Hanson