

Dear Prospective Client,

You have received this letter, because you have either scheduled a fit appointment, or inquired as to the availability of one and what it entails. This letter will serve as a tutorial on the Elite Bicycle fit process as given by owner David G. Greenfield. If after reading this letter you have any questions or concerns, please feel free to contact Elite's Director of Operations, Ryan MacArthur, at any time.

***\*\*\*If you have previously participated in, or currently participate in, any activities that put more strain on one side of your body than the other (e.g. breaststroke, field events, or any type of dance) PLEASE let us know prior to scheduling your fitting. It is imperative that we have this information so that we may allot a sufficient amount of time to work with you. Thank you in advance for your cooperation.\*\*\****

### Fitting Days and Times

Monday-Saturday:

Morning Session: 10:00 AM to 2:00 PM

Afternoon Session: 2:00 PM to 6:00 PM

All fittings are by appointment only and must be cancelled within 48 hours prior to the appointment. Clients will be asked for a valid credit card. Clients who cancel after the 48 hour window will be charged a \$ 100.00 cancellation fee.

### Fit Process

The fitting process generally takes from four to six hours. Each session begins with a full tune up on your current bicycle (new parts not included) so we know that it is up to working standards.

While this is taking place, David personally records all your body measurements and conducts an in-depth interview and education on several topics. He then tests and assesses your flexibility and muscle recruitment, while checking for any pelvic obliquities or leg length discrepancies.

We will provide exercises and instruction on how to self improve, or alternately we will refer you to the proper authority. You will also go through a full foot analysis (including tibial and femoral torsion) for proper cleat placement. Your cleats are then positioned to maximize pedal stroke efficiency, minimize knee wobble through the use of varus and valgus adjustments (if needed), and you will be instructed on how to flow well with your new body adjustments. We are strong supporters and believers in arch support, which will also be discussed further during your appointment.

Once body measurements have been taken and your current bike has been tuned up, you will be placed on your current bike for a frame of reference. Your hip, shoulder, knee, and elbow angles are calculated, and the bike is adjusted so that the biomechanical output of your body is maximized.

Once fit properly (if possible) to your current bicycle, David will discuss with you all of your options moving forward. Our complete custom builds are only suggested if it is absolutely necessary. In most cases, stock frame sets (on which most people fit) are recommended. Ultimately, it is the decision of the client as to which model he or she would prefer.

Our goal is to provide you with all the facts, so you can make an intelligent decision.

Elite Bicycles offers four triathlon frames. All include an Easton EC90 Aero Fork and Chris King Headset, standard.

#### Magnus

Entry level, short course – 7005 double-buttressed AL, Easton carbon seat stays, rear wheel cutout, Easton EC90 Aero Fork and Chris King Headset, standard.

\$1,399.99

#### T-Class

High end, short course thru Ironman – Easton Ultralite 7005 double-buttressed AL, rear wheel cutout, Easton EC90 Aero Fork and Chris King Headset, standard. This is one of the lightest production frames on the market.

\$2,199.99

#### Razor

Full Custom (not Lego\*) Build – All courses – Easton Ultralite 7005 double-buttressed tubing & Easton GX2 Scandium, rear wheel cutout, aero seat stays, Easton EC90 Aero Fork and Chris King Headset, standard.

\$3,199.99

#### Razor Carbon

Full Custom (not Lego\*) Build – All courses – Easton Ultralite 7005 double-buttressed tubing in rear triangle, Edge Composites carbon top tube and proprietary airfoil down tube, Easton EC90 Aero Fork and Chris King Headset, standard.

\$3,999.99

## Road Frames

Elite Bicycles offers six road frames. All include Easton EC90 Full Carbon Fork and Chris King Headset, standard.

#### Magnus

Stock – 7005 double-buttressed AL, Easton carbon seat stays, rear wheel cutout, Easton EC90 Full Carbon Fork and Chris King Headset, standard.

\$1,399.99

#### Joule

Stock – Easton Ultralite 7005 double-buttressed AL, Easton full carbon rear triangle, Easton EC90 Full Carbon Fork and Chris King Headset, standard.

\$2,299.99

#### Joule Pro

Full Custom (not Lego\*) Build – Easton GX2 Scandium tubing, Easton full carbon rear triangle, Easton EC90 Full Carbon Fork and Chris King Headset, standard.

\$3,199.99

#### Joule Pro Carbon

Full Custom (not Lego\*) Build – Easton GX2 Scandium head tube and seat tube, proprietary carbon top tube and down tube, Easton full carbon rear triangle, Easton EC90 Full Carbon Fork and Chris King Headset, standard.

\$3,999.99

#### Aurora

Full Custom (not Lego\*) Build – Easton GX2 Scandium head tube and seat tube, Edge Composites carbon top tube and proprietary air foil down tube, Easton full carbon rear triangle, Easton EC90 Full Carbon Fork and Chris King Headset, standard.

\$4,199.99

#### KiloJoule Pro(Ti)

Full Custom (not "Lego") Build - The Elite Bicycles Titanium custom road bike is brand new for 2010. Fabricated from the highest grade of titanium tubesets available today, the frameset also features an Easton EC90 full carbon fork and Chris King headset, standard. Custom tubesets also available upon request.

\$4,999.99

Elite Bicycles also manufactures full custom Track, Mountain, Cyclocross, BMX, and Trials frames (among others). All custom frame sets start at \$3,199.99, and include a 2 color custom paint job, fork paint, and a Chris King headset.

## Pricing

Triathlon Builds (Shimano):	105/DA	Ultegra 6700	Dura Ace 7900	Dura Ace 7970
Magnus	\$2,699.99	\$2,999.99	\$3,899.99	\$6,499.99
T-Class	\$3,499.99	\$3,799.99	\$4,699.99	\$7,299.99
Razor	\$4,499.99	\$4,799.99	\$5,699.99	\$8,299.99
Razor Carbon	\$5,299.99	\$5,599.99	\$6,499.99	\$9,099.99
Road Builds (Shimano):	105/DA	Ultegra 6700	Dura Ace 7900	Dura Ace 7970
Magnus	\$2,799.99	\$3,399.99	\$4,699.99	\$6,599.99
Joule	\$3,699.99	\$4,299.99	\$5,599.99	\$7,499.99
Joule Pro	\$4,599.99	\$5,199.99	\$6,499.99	\$8,399.99
Joule Pro Carbon	\$5,399.99	\$5,999.99	\$7,299.99	\$9,199.99
Aurora	\$5,599.99	\$6,199.99	\$7,499.99	\$9,399.99
Ti-Joule	\$6,399.99	\$6,999.99	\$8,299.99	\$10,199.99
Road Builds (Campy):	Athena	Chorus	Record	Super Record
Magnus	\$3,499.99	\$3,999.99	\$4,949.99	\$5,699.99
Joule	\$4,399.99	\$4,899.99	\$5,849.99	\$6,599.99
Joule Pro	\$5,299.99	\$5,799.99	\$6,749.99	\$7,499.99
Joule Pro Carbon	\$6,099.99	\$6,599.99	\$7,549.99	\$8,299.99
Aurora	\$6,299.99	\$6,799.99	\$7,749.99	\$8,499.99
Ti-Joule	\$7,099.99	\$7,599.99	\$8,549.99	\$9,299.99

## Upgrade Options

Upgrade Options Include, but are not limited to:

Zipp Vuka Aerobar

Valdora Aerobar

Zipp Vuma TT Cranks

FSA Neo Pro TT Cranks

Rotor Ceramic Bottom Bracket

Race Wheelsets

PowerTap Wheelsets

Additional upgrades (such as ceramic pulleys, titanium or custom anodized hardware, etc) on request.

Please contact us with any upgrade questions.

### Magnus

Two stock colors – Mercedes Silver and a Rich Royal Blue, with fork decaled to match.

### T-Class

Your choice of any one color on the frame, with fork decaled to match.

### Joule

Your choice of any one color on the frame, with fork decaled to match.

### Custom

All custom bikes ([Razor](#), [Razor Carbon](#), [Joule Pro](#), [Joule Pro Carbon](#), [Aurora](#), [Ti-Joule Pro](#) and all [speciality bikes](#)) include your choice of any two colors on the frame, including fork paint.

Any additional colors, patterns, or any type of design not listed above will incur an added cost.

Please visit our web site for additional information and different paint options as well as examples.

## Fit Pricing and What to Bring

The Elite Bicycles biomechanical bicycle positioning with the Retül system for one bike costs \$489.99 (one additional bike will bring the total cost to \$689.99). The cost of a fit is credited toward the purchase of an Elite frame set (one fit credit per riding style) within 30 days. After 30 days, \$200.00 will be credited towards the purchase of a new bike. When you come to the shop [YOU WILL NEED TO BRING YOUR CURRENT BICYCLE \(if you have one\)](#), all of your cycling shoes, tight (preferably sleeveless) bicycle clothing, helmet, glasses, pedals, quarters for parking, and any questions you might have. Try not to do any running or cycling the day you come in for your fit, as your legs should be fresh for spinning during the fit itself. If you have purchased an Elite elsewhere, the cost for one bike is \$289.99 (one additional bike will bring the total cost to \$489.99).



Also, and this is very important, we provide wet suits, pedals, helmets, shoes, bike cases, trainers, and race wheels. If you need any of these items, or are interested in purchasing them, please call ahead of time to discuss pricing and availability. Thank you for taking the time to read this letter, and thank you for your interest in Elite Bicycles.

\*Many "custom" bicycle manufacturers utilize pre-built shells with predetermined head tube and seat tube angles and a predetermined bottom bracket drop, which in turn renders the frame as something less than truly custom. Our custom frames are TRUE custom builds in that all of the numbers above (in addition to sizing, of course) are decided based on each individual rider.

### \*\*\*\* Important \*\*\*\*

[Due to the increased numbers of local Elite owners, we now ask that all bike maintenance issues are called in 48 hours in advance. A day and time will then be scheduled for you to bring in the bike. We will no longer be able to provide same day service, so the bike will have to be left overnight. We require a minimum of 24 hours to complete all necessary mechanical work and will contact you when said service is finished. We thank you for your understanding and patience.](#)

Sincerely,  
Ryan MacArthur  
Director of Operations  
Elite Bicycles, Inc.

## Contact

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ Phone2: \_\_\_\_\_

State/Zip: \_\_\_\_\_

## Riding Information

Current Bike Make/Model: \_\_\_\_\_ Size: \_\_\_\_\_

Type of Riding style(circle what may apply): \_\_\_\_\_ Recreational / Serious Rec / Amateur Race / Elite

Type of rides participate in: \_\_\_\_\_ Solo / Group / Club / Team

Miles ridden on average per year: \_\_\_\_\_

Days ridden per week on average: \_\_\_\_\_

Average distance ridden per ride: \_\_\_\_\_

Average speed per ride(mph/kph): \_\_\_\_\_

Do you spin(>95rpm) or mash(<90rpm): \_\_\_\_\_

## Work Life

Occupation: \_\_\_\_\_

Hours per day/week: \_\_\_\_\_

Stress level(1-Low; 10-High): \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10

## Personal Maintenance

Type of treatmeant(circle all that apply): \_\_\_\_\_ Phsyical Therapy / Massage / Chiropractor / ART

Stretching(how many positions practiced): \_\_\_\_\_ Frequency: \_\_\_\_\_

Gym(exercises practiced): \_\_\_\_\_ Frequency: \_\_\_\_\_

What kind of shape are you in? (1-worst; 10-Best): \_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10

Please fill out the following form to the best of your abilities. The more information we have, the more efficient and accurate we can make the fit process for you. Thank you (you are a beautiful snowflake).

**\*\*\*If you have previously participated in, or currently participate in, any activities that put more strain on one side of your body than the other (e.g. breaststroke, field events, or any type of dance) PLEASE let us know prior to scheduling your fitting. It is imperative that we have this information so that we may allot a sufficient amount of time to work with you. Thank you in advance for your cooperation.\*\*\***

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Questionnaire

What do you like about your current bike? \_\_\_\_\_

What do you dislike about your current bike? \_\_\_\_\_

What do you expect out of your new bike? \_\_\_\_\_

What goals do you have for yourself this year? \_\_\_\_\_

### Feet

Hot Spots: (L) \_\_\_\_\_ (R) \_\_\_\_\_

Numbness: (L) \_\_\_\_\_ (R) \_\_\_\_\_

Soreness or Irritation (location?): \_\_\_\_\_

Planter Fasciitis (Heel Spur/Heel Pain): \_\_\_\_\_

### Ankles

Breaks or Fractures: \_\_\_\_\_

Lateral Soreness: \_\_\_\_\_

Achilles Issues: \_\_\_\_\_

Calf/Shins (Tears or Strains): \_\_\_\_\_

Shin Splints: \_\_\_\_\_

## Knee

Front Pain:\_\_\_\_\_

Lateral Pain(In/Out):\_\_\_\_\_

Back Pain:\_\_\_\_\_

Hamstrings/Quads(Tears or Strains):\_\_\_\_\_

Hamstrings/Quads(Tears or Strains):\_\_\_\_\_

## TFL

ACL Injuries(or ligament strain/injury – MCL/LCL/Meniscus)? :\_\_\_\_\_

Tenderness:\_\_\_\_\_

Soreness:\_\_\_\_\_

Strains:\_\_\_\_\_

## Hip

Tenderness:\_\_\_\_\_

Numbness:\_\_\_\_\_

Soreness:\_\_\_\_\_

Strain:\_\_\_\_\_

Hyper Mobility:\_\_\_\_\_

Clicking:\_\_\_\_\_

## Saddle Issues

Tenderness:\_\_\_\_\_

Numbness:\_\_\_\_\_

Soreness:\_\_\_\_\_

Friction:\_\_\_\_\_

Pressure:\_\_\_\_\_

Urination(Increased/Decreased):\_\_\_\_\_

## Lower Back

Central:\_\_\_\_\_

Left Side:\_\_\_\_\_

Right Side:\_\_\_\_\_

**Center Back**

Central: \_\_\_\_\_

Left Side: \_\_\_\_\_

Right Side: \_\_\_\_\_

**Upper Back**

Central: \_\_\_\_\_

Left Side: \_\_\_\_\_

Right Side: \_\_\_\_\_

**Neck**

Central: \_\_\_\_\_

Left Side: \_\_\_\_\_

Right Side: \_\_\_\_\_

Headaches: \_\_\_\_\_

**Shoulders**

Internal: \_\_\_\_\_

External: \_\_\_\_\_

Rotator: \_\_\_\_\_

Front: \_\_\_\_\_

Back: \_\_\_\_\_

**Elbow**

Pain: \_\_\_\_\_

**Wrist**

Pain: \_\_\_\_\_

**Hand**

Numbness: \_\_\_\_\_

Pinky Side/Thumb Side: \_\_\_\_\_

Soreness: \_\_\_\_\_

Pressure: \_\_\_\_\_



#### From Northeast(NY or NJ) (Walt Whitman Bridge)

From I-95 S/NJ TURNPIKE SOUTH

Take the RT-73 exit, EXIT 4, toward CAMDEN/PHILADELPHIA

Merge onto NJ-73 N

Merge onto KAIGHN AVE/NJ-38 W toward RT-41/B FRANKLIN BR/HADDONFIELD

Turn SLIGHT RIGHT onto ADMIRAL WILSON BLVD/US-30 W

Turn SLIGHT LEFT onto ADMIRAL WILSON BLVD/US-30 W. Continue to follow US-30 W (Portions toll)  
(Crossing into PENNSYLVANIA)

Merge onto VINE ST EXPY/I-676 W/US-30 W toward CENTRAL PHILA

Take the exit toward BEN FRANKLIN PARKWAY

Turn RIGHT onto N 22ND ST

Turn RIGHT onto BENJAMIN FRANKLIN PKWY

Turn RIGHT onto N 21ST ST

Turn RIGHT onto LOMBARD ST

Turn LEFT onto S 23RD ST

Turn LEFT onto SOUTH ST

Elite Bicycles is located between 22nd and 21st streets on the right hand side.

#### From South of the city(Baltimore/Washington DC Area) (95 North)

I-95 North to Philadelphia/Chester

Take the I-495 N exit, EXIT 5D, toward PORT OF WILM/PHILADELPHIA

Merge onto I-495 N

Stay STRAIGHT to go onto i-95 N (Crossing into PENNSYLVANIA)

Merge onto PENROSE AVE/PA-291 E via EXIT 13 toward I-76 W/VALLEY FORGE

Turn LEFT onto S 26TH ST/PA-291 E

S 26TH ST/PA-291 E becomes I-76 W

Take EXIT 346B toward UNIVERSITY AVENUE

Stay STRAIGHT to go onto S 34TH ST

Turn RIGHT onto GRAYS FERRY AVE

Turn SLIGHT RIGHT onto BAINBRIDGE ST

Turn LEFT onto S 22ND ST

Turn RIGHT onto SOUTH ST

Elite Bicycles is located between 22nd and 21st streets on the right hand side.

#### From Northwest & West of the city (I-76)

I-76 East to Philadelphia

Keep LEFT to take VINE ST EXPY/I-676 E/US-30 E via EXIT 344 toward CENTRAL PHILADELPHIA

Take the 23RD STREET exit toward BEN FRANKLIN PARKWAY

Take the ramp toward BEN FRANKLIN PKWY/ART MUSEUM

Stay STRAIGHT to go onto WINTER ST

Turn RIGHT onto N 21ST ST

Turn RIGHT onto LOMBARD ST

Turn LEFT onto S 23RD ST

Turn LEFT onto SOUTH ST

Elite Bicycles is located between 22nd and 21st streets on the right hand side.

## Some Local Hotels

### Rittenhouse Hotel

210 W Rittenhouse Sq  
Philadelphia, PA 19103  
(215) 546-9000  
(800) 745-8883  
(800) 635-1042  
(215) 732-3364 - Fax  
rittenhousehotel.com

### Radisson Plaza-Warwick Hotel Philadelphia

1701 Locust St # 411  
Philadelphia, PA 19103  
(215) 735-6000  
radisson.com

### Latham Hotel

135 S 17th St  
Philadelphia, PA 19103  
(215) 563-7474  
lathamhotel.com

### Sheraton Rittenhouse Hotel

227 S 18th St  
Philadelphia, PA 19103  
(215) 546-9400  
pa-motels-review.com

### Lippincott House Bed and Breakfast

2023 - 2025 Locust St  
Philadelphia, PA 19103  
(215) 523-9251  
lippincotthouse.com

### Hotel Sofitel Philadelphia

120 South 17th Street  
Philadelphia, PA 19103  
(215) 569-8300  
(215) 564-7452 - Fax  
(215) 231-7172  
(215) 564-7459 - Fax  
accorhotels.com

### The Westin Philadelphia

99 S. 17th Street  
Philadelphia, PA 19103  
(215) 563-1600  
starwoodhotels.com

### Rittenhouse 222

222 W Rittenhouse Sq  
Philadelphia, PA 19103  
(215) 222-7275  
kormancommunities.com

## Some Local Restaurants

### La. Va Cafe

2100 South St  
Philadelphia, PA 19146  
(215) 545-1508  
lava-cafe.com

### Ten Stone Restaurant & Bar

2063 South St  
Philadelphia, PA 19146  
(215) 735-9939  
tenstone.com

### Roberto Cafe

2108 South St  
Philadelphia, PA 19146  
(215) 545-0793  
robertocafe.us

### My Thai Restaurant

2200 South St  
Philadelphia, PA 19146  
(215) 985-1878  
restaurantrow.com

### L2 / L Two Restaurant & Bar

2201 South St  
Philadelphia, PA 19146  
(215) 732-7878  
l2restaurant.com

### Pub and Kitchen

1946 Lombard St  
Philadelphia, PA 19146  
(215) 545-0350  
thepubandkitchen.com

**Mixto Restaurant**

1143 Pine St  
Philadelphia, PA 19107  
(215) 324-6086

What an amazing find!!! This Latin American restaurant has an amazing variety of food from Mexico to Chile and all cooked with finesse. Service was excellent and the mojitos are the best anywhere. The fried chicharrones exquisite; the churrasco steak delicious; and all portions are huge and inexpensive. Avoid the empanadas which are breadly and tasteless. A great dining experience!!!

**Mama Palma**

2229 Spruce St  
Philadelphia, PA 19103  
(215) 735-7357

If you're looking for neighbourhood Pizza and other Italian, this is the place. There's no better Pizza in Centre City.

**Friday Saturday Sunday**

261 S 21st St  
Philadelphia, PA 19103  
(215) 546-4232  
frisatsun.com

Inspired menu especially the salads and soups. Great value. Our waiter offered pithy and apt advise when asked. You may want to bring a pen light in order to read the menu.

**Nodding Head Brewery & Restaurant**

1516 Sansom St  
Philadelphia, PA 19102  
(215) 569-9525  
noddinghead.com

Fun funky place for a night or lunch out with friends. Great french fries, friendly service. Overall a very cool place.

**Monks Belgian Cafe**

626 S 16th St  
Philadelphia, PA 19146  
(215) 545-7005  
monkscafe.com

I was in Philadelphia for 4 days and ate here twice. Beer selection is fantastic and the food isn't just good, cozy and hearty- it's affordable and divine. Go for the rack of lamb or the pot pie or mussels, or who am I kidding? It's all good. I would tell someone to take a vacation to Philadelphia just to eat here.

### Rittenhouse Square

1800 Walnut St  
Philadelphia, PA 19103  
(215) 555-1212  
(215) 636-1666  
rittenhouse1715.com

Local park just a few blocks away from our location in Philadelphia with some good restaurants and shopping centers(walnut st) in very short walking distance.

### Philadelphia Museum of Art

26th Street and the Benjamin Franklin Parkway  
Philadelphia, PA 19130  
(215) 763-8100  
philamuseum.org

The famous PMA with the "rocky steps" and very wide selection of art with changing shows, check schedule. (Closed on Mondays)

### Please Touch Museum

Memorial Hall, Fairmount Park  
4231 Avenue of the Republic  
(Formerly North Concourse Drive)  
Philadelphia, PA 19131  
(215) 581-3181  
pleasetouchmuseum.org

The children's museum of Philadelphia where children are aloud to touch everything and learn through playing with everything. Now located in the Memorial Hall building in Fairmount park.

General Hours:  
Monday - Saturday: 9 am-5 pm  
Sunday: 11 am - 5 pm

### National Constitution Centre

525 Arch Street  
Philadelphia, PA 19106  
(215) 409-6600  
constitutioncenter.org

A place to see Independence Hall, the Liberty Bell, and the Constitution itself surrounded by Old City just next to the river filled with history of the country.

