



SIZE MATTERS

Almost more important than choosing which bike, is choosing the right frame size. After all, the frame size is critical to getting the optimum performance from your machine. Small changes and adjustments are easy, such as stem length, saddle height and seat height. However, if you fundamentally don't have a frame that fits, you won't be comfortable or efficient.

Do you already have a bike that fits just right, or do you have measurements from a professional coach or fitter? Compare these measurements to the ones you find in our bicycle geometry table. When in doubt, consult a Ridley (Expert) Center and let them help you make the right choice.

SIZING CHART*

RACE MEN		
BODY LENGTH	PROFESSIONAL	RECREATIONAL
< 162 CM	XXS	XS
162 - 170 CM	XS	S
170 - 178 CM	S	M
178 - 186 CM	M	L
186 - 194 CM	L	XL
> 194 CM	XL	XL

WOMEN'S		
BODY LENGTH	PROFESSIONAL	RECREATIONAL
< 160 CM	XXS	XS
160 - 166 CM	XS	S
166 - 172 CM	S	M
172 - 178 CM	M	M

MTB 26 / 27.5 INCH	
BODY LENGTH	FRAME SIZE
< 170 CM	S
170 - 178 CM	M

MTB 29 INCH	
BODY LENGTH	FRAME SIZE
170 - 178 CM	M
178 - 186 CM	L
> 186 CM	XL

CYCLOCROSS X-NIGHT	
BODY LENGTH	FRAME SIZE
168 - 174 CM	50
174 - 180 CM	52
180 - 186 CM	54
186 - 192 CM	56
> 192 CM	58

CYCLOCROSS X-FIRE	
BODY LENGTH	FRAME SIZE
< 162 CM	41
162 - 168 CM	48
168 - 174 CM	50
174 - 180 CM	52
180 - 186 CM	54
186 - 192 CM	56
> 192 CM	58

CYCLOCROSS X-RIDE	
BODY LENGTH	FRAME SIZE
162 - 168 CM	48
168 - 174 CM	50
174 - 180 CM	52
180 - 186 CM	54
186 - 192 CM	56
192 - 196 CM	58
> 196 CM	60

CYCLOCROSS X-BOW	
BODY LENGTH	FRAME SIZE
< 162 CM	XXS
162 - 168 CM	XS
168 - 174 CM	S
174 - 180 CM	M
180 - 186 CM	L
> 186 CM	XL

TRACK	
BODY LENGTH	FRAME SIZE
< 170 CM	XS
170 - 178 CM	S
178 - 186 CM	M
186 - 194 CM	L
> 194 CM	XL

TRIATHLON / TIME TRIAL	
BODY LENGTH	FRAME SIZE
< 170 CM	XS
170 - 178 CM	S
178 - 186 CM	M
186 - 194 CM	L
> 194 CM	XL

FITNESS MEN	
BODY LENGTH	FRAME SIZE
< 170 CM	XS
170 - 176 CM	S
176 - 182 CM	M
182 - 188 CM	L
188 - 194 CM	XL

FITNESS WOMEN	
BODY LENGTH	FRAME SIZE
< 168 CM	XS
168 - 172 CM	S
172 - 176 CM	M

*THE CORRECT FRAME SIZE IS VERY IMPORTANT BECAUSE IT DIRECTLY AFFECTS THE WAY THE BIKE HANDLES AND IT WILL HAVE A BIG INFLUENCE ON YOUR COMFORT.

EVERY RIDER'S PHYSICAL DIMENSIONS ARE DIFFERENT AND PERFECT SIZING AND ADJUSTMENT IS ALSO BASED ON YOUR PERSONAL GOALS AND PREFERENCES. PRO ATHLETES HAVE DIFFERENT IDEAS ON FIT THAN RECREATIONAL RIDERS. THIS MEANS THAT EVEN TWO RIDERS OF THE SAME HEIGHT CAN RIDE DIFFERENT FRAME SIZES. IN OUR GEOMETRY LISTS YOU CAN FIND SOME ROUGH GUIDELINES, BASED ON TOTAL HEIGHT, BUT WE STRONGLY ADVISE YOU TO VISIT AN AUTHORIZED RIDLEY DEALER TO FIND THE BEST POSSIBLE BIKE AND SIZE FOR YOUR INDIVIDUAL NEEDS.