

## The Adjustment of a Saddle

The rider's comfort will depend to a much greater extent than is generally supposed, upon the correct adjustment of the saddle upon the machine. The great thing to bear in mind is that, to obtain comfort and immunity from injurious pressure the weight must be carried by the broad part of the saddle. The peak should not carry weight; it is only intended to ensure a steady and secure seat, which a peakless saddle would not do. By attention to the following hints the correct position should be readily attained.

The saddle should be placed:

1. Just sufficiently behind the crank-axle to allow the rider to sit upon the broad part of the saddle, while riding, without being pulled forward on to the peak by the ownward thrust of the leg.
2. Just low enough to enable the rider to reach the pedals comfortably all round, without even a suspicion of stretching after them.
3. With the peak positioned just high enough to prevent the rider from slipping forward.



### *Saddle Position*

*Saddle position should be such that the leg need never be straightened when pedalling.*