

## ASK THE BIKE FITTER

### PART 1: SHOE RESEARCH

A client came in the other day asking some specific questions about cycling shoes.

After spending some time researching this topic, I found out something very interesting. Something that isn't well advertised but will help those who are looking for a new pair of cycling shoes.

**In other words, DON'T BUY A PAIR OF CYCLING SHOES UNTIL YOU READ THIS FIRST!**

If you look at the table to the right, you will notice that LAKE shoes list Euro sizes as well as USA sizes. LAKE also offers regular and wide widths. This table shows Men's sizes and there is a corresponding table for Women's sizes. Note: A Euro size is a Euro size. There is no difference between a women's 40 and a men's 40. You will need to pay attention if using USA sizing since there is a big difference between women's USA 9 and a men's USA 9.

In this table, you will also notice half-sizes listed.

Here's the most important item. ***In my research, half-sizes are exactly the same as their full-size equivalent EXCEPT that half-sizes have a larger toe box.***

Length		Width	
Euro Size	*USA Size	Regular	Wide
39	5	79.9	94.9
39.5	5.5	81.9	96.9
40	6	83.9	98.9
40.5	6.5	85.9	100.9
41	7	87.9	102.9
41.5	7.5	89.9	104.9
42	8	91.9	106.9
42.5	8.5	93.9	108.9
43	9	95.9	110.9
43.5	9.5	97.9	112.9
44	10	99.9	114.9
44.5	10.5	101.9	116.9
45	11	103.9	118.9
45.5	11.5	105.9	120.9
46	12	107.9	122.9

### PART 2: DO I HAVE THE RIGHT SHOE?

First, please download the LAKE sizing charts on the Bike Fitness Coaching website.

**Step 1:** Trace your foot onto a sheet of paper. It's easiest if you have someone help you. After you trace your foot, take a ruler and make a line to mark the furthest point on all four sides as shown.

**Step 2:** Determine measurement (Points 1 to 2 as shown below). Use a millimeter ruler to get the measurement of the longest distance from heel to longest toe (first or second toe).

**Step 3:** Width measurement (Points 3 to 4 as shown below). Using a millimeter ruler get the measurement of the widest distance of foot from side to side.

**Step 4:** Repeat step for both feet as your feet may be different sizes.

**NOTE:** Typically, you will want shoes that accommodate your largest foot the most comfortably. Please Note: for correct measurement we require a 3-digit millimeter measurement. example: 267mm or 26.7cm is acceptable. We cannot get correct measurement from only 2 digits. example: 26cm cannot give us correct data.

