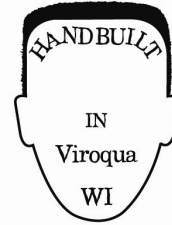




# Bluedog Customs

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**“Man’s best friend for life”**

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Here is a list of the measurements I take and use when I’m designing a frame. It works best if I take these myself but, I’m willing to guide you through how to take each one. Having a second person to assist you is helpful. Please call with any questions - 608-606-1155

## **MEASUREMENTS FOR FITTING**

- 1) Overall Height-
- 2) Weight-
- 3) Shoe Size-
- 4) Pubic Bone Height-
- 5) Torso Length-
- 6) Arm Length-
  - Right arm-
  - Left arm-
- 7) Top of Femur Bone-
- 8) Lower Leg Length-
- 9) Shoulder Width-
- 10) Forearm length-

## Notes on taking measurements yourself

All measurements should be taken without shoes. All measurements should be provided in millimeters or centimeters. Example would be: 623 mm = 62.3 cm, so if centimeters is used please provide to the tenth of a centimeter. Pubic bone height, torso length, and top of femur bone are all easier to take the measurement if you find the spot to measure and, using a level, transfer the measurement over to a wall, mark it, and then measure from the floor to the mark.

If it is known, please provide shoe size in European sizing.

Pubic bone height – back to the wall and 4-6” from the wall, feet should be about shoulder width apart, hold the level between your legs with one hand in front and one hand in back. Keeping it level and against the wall, pull up using the same amount of pressure as if you were sitting on bike seat. This is quite a bit of pressure, but it’s what I’m looking for. When it’s level and at proper pressure, mark the wall and take the measurement.

Torso length – standing at a right angle to the wall, feet shoulder width apart, find the upper edge of the sternum. This is the depression where the two clavicle (collar) bones meet. Level over from this spot to the wall, mark and measure. Provide this measurement as is. I will then take the measurement and subtract the pubic bone height to get a torso length.

Top of femur bone – the best way to find this spot is to stand on both feet, then raise and lower one leg about 6” repeatedly. Start feeling near the top of the hip on the outside and when the leg is raised this bone will feel like it moves straight backwards. Locate the top of it, level the spot over to the wall, mark and measure. It is helpful to find this bone when wearing something tight fitting, like bike shorts. It can also be helpful to mark the spot with a small piece of tape before leveling over.

Arm length – it’s important to measure both arms, I will take an average. The spot is the top of acromion bone, which is at the top of the upper arm bone. To find the general area first, raise one arm feeling the top of the shoulder. When the arm is raised you will feel a depression. Lower the arm and begin feeling towards your back (not very far). You will feel a bone protruding at the outside edge of the shoulder blade. There is the spot, and you will use this same spot for shoulder width. Now, standing erect, hold one arm out from the side of your body at about a 30 degree angle and with your palm facing down, fold at the wrist with the crease being on the outside of your hand. Measure from acromion bone to fold in the wrist. Repeat with other arm and record both measurements.

Shoulder width – this measurement is taken from acromion bone to acromion bone. Try to take this measurement on a straight line not around the curve of the back. This measurement is only used for handlebar width so if you know without a doubt that you want a certain width bar, you can just note that in this area.

Lower leg length – sit in a chair with the lower part of your leg perpendicular to the floor and your feet flat on the floor. Measure from the bottom of the knee cap to the floor.

Forearm length – holding a pencil in your fist, place the back of your elbow against the wall with your forearm perpendicular to the wall. Measure from the pencil to the wall.