

## About Us



Grace Bicycles owner Roy Cervantes has been in bicycle industry for twenty-two years. He has worked as store manager and service mechanic for top stores in Boston and the suburbs. For four years, he executed bicycle fit and performance design for over 5,000 clients at Seven Cycles, one of the world's largest custom framebuilders.

Roy is a member of the Serrotta International Cycling Institute, with Advanced Certification in Bicycle Fit, Triathlon Fit, Shoe and Pedal Interface, and Advanced Fit Issues. He is also certified in using the Retul 3D Motion Capture System, being one of the first fitters in the world to adopt the groundbreaking technology.

Roy is a graduate of Columbia University in New York.

## A Few of Our Friends

**Tri-Hard Endurance Sports Coaching** [www.tri-hard.com](http://www.tri-hard.com)

**Athletes For A Fit Planet** [www.افitplanet.com](http://www.افitplanet.com)

**Town of Holliston** [www.townofholliston.us](http://www.townofholliston.us)

**Holliston Net News** [www.hollistonnetnews.com](http://www.hollistonnetnews.com)

**Cycle for Haylee** [www.cycleforhaylee.org](http://www.cycleforhaylee.org)

**Holliston Trail Committee** [www.townofholliston.com/hollistontrails.html](http://www.townofholliston.com/hollistontrails.html)

**Alternative Needs Transportation** [www.antbikemike.com](http://www.antbikemike.com)

**Independent Fabrications** [www.ifbikes.com](http://www.ifbikes.com)

**Parlee Cycles** [www.parleecycles.com](http://www.parleecycles.com)

**Guru Bicycles** [www.gurubikes.com](http://www.gurubikes.com)

**Gunnar Bicycles** [www.gunnarbikes.com](http://www.gunnarbikes.com)

**Waterford Precision Bicycles** [www.waterfordbikes.com](http://www.waterfordbikes.com)

Visit the Grace Bicycles forum at [www.gracebicyclesforum.com](http://www.gracebicyclesforum.com). There, you can find information on various events and rides happening at our shop.

## Hours and Address



We are located 1.7 miles west of Holliston's town center on Route 16 (Washington Street). We are on the second floor above Bazel's Pizza and Mastro's Variety. There is a ramp on the left side of the building. Easy access from Rte 495.

### Store Hours

Tuesday-Friday 11-6

Saturday 10-5

Sunday Fittings By Appt

### Scheduling Bicycle Fittings

We prefer to schedule fittings before or after store hours. We understand that your time is valuable, and by doing this, we can devote our absolute attention to your bicycle fit.

### Grace Bicycles

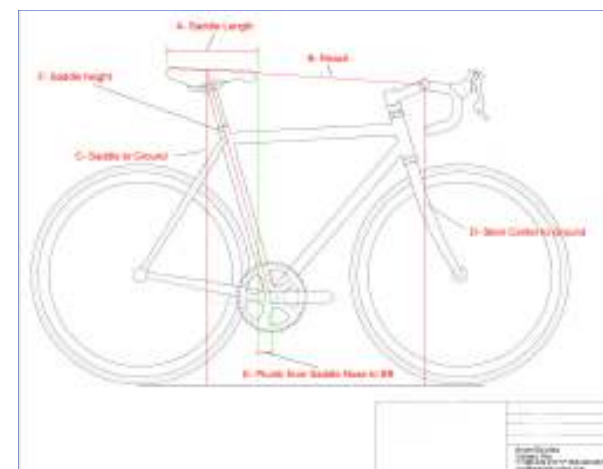
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HOLLISTON, MA



BICYCLE FITTING SERVICES

TRIATHLON • ROAD • CX • MTB



Retul Certified Fitter

[WWW.GRACEBICYCLES.COM](http://WWW.GRACEBICYCLES.COM)

## Retül Snapshot

\$75

**Feeling good on your bicycle doesn't necessarily mean you are positioned optimally for maximum sustainable power output, comfort, injury management, and aerodynamics. If you are curious how close your current riding position is to established norms**, wonder whether you might benefit from a comprehensive fitting, or even prefer to do self-evaluation and fit, we offer our Retül Snapshot Service. This service will provide you with a Retül report of your existing riding position and compare your riding position to discipline-specific normative values.

This is an objective report that should help you decide whether or not you can benefit from a good bicycle fit. If you decide to proceed with a more thorough fitting, we will apply the \$75 Snapshot fee towards the price of the Retül Dynamic Comprehensive Fit.

## Shoe/Pedal Interface \$75 and up

**We assess your stance and pedaling technique** and address issues such as foot varus and valgus tilt, foot pain, numbness, or burning, or knee eversion or inversion by working with footwear and pedal systems that help you accommodate for such issues.

We carry shoes from Shimano and Sidi, including Shimano's Custom Shoe system, footbeds by Aline and SOLE, and pedals by Shimano, Look, Speedplay, and Crank Brothers. We also help submit foot castings for D2 Custom Footwear of Colorado.

We also perform R.A.D. cleat alignment for most pedal systems. Correct rotational alignment of the cleat is necessary for a secure and efficient interface. It also greatly reduces equipment induced injury and the and the potential traumatic injury that can result from an inadvertent pedal release.

## Saddle Library

**When a client complains about saddle discomfort, we try to look at his or her overall fit first.** Poor fit (saddle too high, handlebars too low) can cause a rider to sit sub-optimally on a saddle, causing discomfort. Often, a bicycle fit helps minimize or eliminate saddle discomfort. However, if you need a new saddle, we have an extensive demo saddle library so you can try a saddle before committing to it. Saddles we have in our library include Terry, Selle SMP, Selle Italia, Selle San Marco, Fizik, and ISM. There is a \$5 demo fee which will be applied to your purchase should you decide to buy a saddle from us.

INFO@GRACEBICYCLES.COM

## Classic Comprehensive Fit \$175

**The Classic Comprehensive Fit uses video motion capture** to determine your optimal saddle height, fore-aft saddle position, reach, handlebar drop and shoe/pedal interface in order to help you achieve maximum sustainable power output, allow you to be comfortable, help you manage pain and injury, and give you good aerodynamics. We use video motion capture, body measurements, and flexibility assessments to help put you in a more efficient position on your bike.



Process:

- Conduct an interview to find out more about your riding history, goals, and physical issues that need to be accommodated
- Use video motion capture to document existing riding position
- Take body measurements and perform flexibility assessments and use this information along with your motion capture video to determine what fit changes need to be made
- Execute the fit changes to the bike
- Continue to use video motion capture and your feedback to refine your position
- Document your bicycle's final positional setup and give you the setup report

The Classic Comprehensive Fit costs \$175. If additional parts are needed, costs for labor and parts to adjust your bike to the final recommendations is additional. If you decide to buy a bike over \$2,000 within 6 months of the fitting, we will apply the cost of the fitting to your purchase.

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## Dynamic Comprehensive Fit \$275

**Grace Bicycles has today's state-of-the art data capture tool.** The Retül 3D Motion Capture system is designed specifically for collecting the most accurate, realistic, and relevant data for bike fit technicians. By gathering data from key seven (7) anatomical points in the cyclist's riding position, we are able to profile existing (before) and ideal (after) angles for their client's custom needs, whether it is to gain more efficiency and performance, more comfort or to accommodate and help manage pain and injuries.



Process:

- Conduct an interview to find out more about your riding history, goals, and physical issues that need to be accommodated
- Use Retül 3D Motion Capture to document existing riding position from both right and left sides
- Take body measurements and perform flexibility assessments and use this information along with your Retül data to determine what fit changes need to be made
- Execute the fit changes to the bike
- Continue to use Retül Motion Capture and your feedback to refine your position
- Document your bicycle's final positional setup and give you a full Retül bike fit report

The Dynamic Comprehensive Fit costs \$275. If additional parts are needed, costs for labor and parts to adjust your bike to the final recommendations is additional. If you decide to buy a bike over \$3,000 within 6 months of the fitting, we will apply the cost of the fitting to your purchase.

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