

Road to Tri bike conversions



[Active Toby](#) 1,540 posts since

Jun 5, 2007

I have a road bike and want to convert it to a tri set up for training for my upcoming half-ironman. I just picked up aero bars but is there anything you all have learned along the way that will help me and others who are looking to make this conversion? I'm most concerned with bike fit geometry at this point. I've got some time to test out and get accustom to the changes so all advice is welcomed. Thanks everyone!

Tags: triathlon, gear



[Anthony_All3](#) 238 posts since

Aug 8, 2007 1. **Re: Road to Tri bike conversions** Jan 7, 2008 6:21 AM

Active Toby,

That pretty cool, which 1/2 IM are you doing? How tall are you and what frame size do you have? The only tip I have is that to make sure when in the aero position your arms(biceps) are perpendicular to the ground and your fore arms are parallel, if you're too stretched out, then you will negate some of the benefits of the aero bars by over using your shoulders for support. If you're too crunched up, your breathing will suffer due to your legs compressing your abdomen during the 2nd 1/2 of the upstroke phase and beginning of the power phase. 1 more question, what kind of bars did you get?

-Anthony



[Itubound](#) 93 posts since

Aug 20, 2007 2. **Re: Road to Tri bike conversions** Jan 7, 2008 6:01 AM

This seems to be a popular conversion to do lately. Its also required in ITU races where Aero bars cannot extend past the brake levers. You are losing some of the aggressive geometry of the Tri-bike, but if its what you are used to go with it. Teh aero bars should make it easier to get into an aero position reducing some fatigue. If you can get fit by someone who does F.I.S.T. they can ensure the pointers that Anthony made are covered properly. You should also spend lots of time riding in this position, it takes some getting used too.



[Active Toby](#) 1,540 posts since

Jun 5, 2007 3. **Re: Road to Tri bike conversions** Jan 7, 2008 8:53 AM

👤 in response to: [Anthony_All3](#)

Hey Anthony, I'm registered for the California Ironman 70.3 on March 29. I'm 6'1" and have a size 58 frame. I found a set of Profile Designs that are an older model but most similar to these: <http://www.profile-design.com/products/aerobars/airstryke/>

This is great advice and I really appreciate your help!

Anthony_All3 wrote:
Active Toby,

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-Anthony

>

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[Active Toby](#) 1,540 posts since

Jun 5, 2007 4. **Re: Road to Tri bike conversions** Jan 7, 2008 9:15 AM

↑ in response to: [ltubound](#)

How about a forward facing seatpost?



[Anthony_All3](#) 238 posts since

Aug 8, 2007 5. **Re: Road to Tri bike conversions** Jan 7, 2008 10:12 AM

↑ in response to: [Active Toby](#)

Active Toby,

A forward facing seat post would be a great idea, taking in to account the info you provided.

It sounds like you have bike frame that may range from just right to very slightly too large, which is fine, riding styles and comfort level are different from bike to bike, as well as the individual. I have a road bike that is a 59cm and I am 6'2". In my situation, which is similar to yours, would also call for a retro fitted seat post to accommodate a more accurate fit that resembles conventional tri geometry. I opted for an entry level tri bike (felt S-32), due to a killer deal (50% off), other wise I was going to do exactly the same as you are. Good choice of bars, I am very happy with all of my profile design equipment.


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-Anthony



[Itubound](#) 93 posts since

Aug 20, 2007 6. **Re: Road to Tri bike conversions** Jan 7, 2008 11:07 AM

 in response to: [Anthony_All3](#)


If your road bike is a 59 and your tri bike is a 56, maybe this caused your problem? (knee) I don't know if you considered this before. I don't know that this would cause the problem, but a more compact geometry could cause you to compromise your form, since you never had this problem on your road bike. Just a thought.

Toby, a forward tube would help with the angle and ease up on your muscles for running. Try the Aero bars for a bit before the forward seat tube, do a few bricks for the feeling. If your legs are too fatigued from the ride then invest in the tube and see if it helps. No need to spend money if you don't need too right?



[Active Toby](#) 1,540 posts since

Jun 5, 2007 7. **Re: Road to Tri bike conversions** Jan 7, 2008 11:13 AM


 in response to: [Itubound](#)

I got the aero bars for \$25 and the seatpost for \$20 so I figured these were bargains I couldn't pass up!



[Itubound](#) 93 posts since

Aug 20, 2007 8. **Re: Road to Tri bike conversions** Jan 8, 2008 6:56 AM

 in response to: [Active Toby](#)


Road to Tri bike conversions

Bargain? thats a steal!



[lmaurer](#) 1 posts since

Sep 30, 2007 9. **Re: Road to Tri bike conversions** Jan 21, 2008 12:53 PM

 in response to: [ltubound](#)

I just came across this thread and wanted to comment that the advice offered here is awesome! Keep it simple and try each bike modification before moving onto another. I made small modifications to my Giant OCR-1 that have resulted in what I feel is a great ride. My first change was some profile aero bars, then a new Ritchey stem and finally a new seat post. I would highly recommend working with a local bike shop with experience in fitting bikes - this will save you time, energy and if they are a good crew you will learn a lot. Small changes to you set up can reap you big rewards in comfort and performance.

Good luck and have fun!