

## **Clinical MTB Bike Fitting**

### **and the treatment/prevention of cycling related overuse injuries**

Sunday, April 20, 2025: 9am to 4pm

Location: Acceleration Kozoris Strength & Conditioning  
765 Lansdowne St, Kamloops, BC, V2C 5S2

A 1-day seminar intended to teach advanced mountain bike fitting. Participants will use their current understanding of bike fit and learn a new mountain bike specific step-by-step approach that takes considerations for suspension setup, pedal setup, fork offset, and the various downhill/uphill fit compromises. An introduction to Retul bike fitting technology will be included.

By the end of the course, participants will be confident to offer full and partial mountain bike fits for prevention of injuries as well as to keep an injured cyclist's on the bike as they rehabilitate. The course will be concluded with a review of cycling specific strength and conditioning and off-season physical preparation programming.

#### **Educational goals**

- 1) To learn correct bike fit for mountain bikers.
- 2) To understand common bike fit faults that contribute to cycling-related overuse injuries.
- 3) To enhance your knowledge of treating and preventing cycling-related overuse injuries.

#### **Program**

##### **Day 1 (AM/PM)**

- Registration, introduction, course objectives
- Lecture: Bike fit theory
- Lecture/Practical: Suspension
- Lecture: Pedal set-up, back-end fitting
- Practical: Pedal set-up and back-end fitting
- Lecture/Practical: Front end and lateral axis
- Lecture: Common injuries, treatment concepts, SnC
- Practical: Intro to Retul Bike Fitting for mountain bikes

**Seminar Fee: \$700 - confirm registration via email to [aarondobie@live.ca](mailto:aarondobie@live.ca)**

**\*Max 10 participants\***

**About Aaron**

Aaron Dobie was born and raised in Vancouver, BC, Canada. He stayed close to home throughout his bachelor's and master's degrees and cemented his love for bikes at the age of 14. He started racing mountain bikes when he was 16, advanced through the various divisions, entered the pro/elite field at 19 and continues to race at this level.

A significant part of Aaron's Physiotherapy practice is with off-road and road cyclists. He enjoys rehabilitating injuries as well as programming off-season strength and conditioning plans for professionals and amateurs. Aaron has completed multiple certifications in Bike Fitting, including the Retul Fitting system. In recent years, Aaron has found a passion for teaching and has led various cycling specific lectures and courses.

Aaron also has sport work experience with various professional cycling teams. For the 2020 and 2021 seasons, Aaron travelled on the UCI World Cup downhill mountain bike circuit as a team Physiotherapist. Aaron switched disciplines in 2022 and worked at the UCI Enduro World Series with Ibis Cycles.