



HEYDAY! SIZE CHART

To find your frame size, take the following measurements and refer to the size chart below.

1. What is your height?
2. Determine one of the following:
 - a. What is your inner leg length?
 - b. What is your existing saddle height?
3. To determine your frame size using inner leg length find your height across the top row and your inner leg length measurement in the column on the left-hand side of the chart. Locate the point where these values intersect to get your target frame size.
4. To determine your frame size using existing saddle height find your height across the top row and your saddle height in the column on the right-hand side of the chart. Locate the point where these values intersect to get your target frame size.

		RIDER HEIGHT																												FT		CRANK LENGTH																																																																																																				
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INNER LEG LENGTH	IN	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"	6'7"	CM	IN	CM	IN																																																																																																									
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XS

SM

MD

LG

XL

SADDLE HEIGHT (PEDAL TO TOP)

SADDLE HEIGHT (BB TO TOP)

Notes about Sizing Results:

1. If your recommended frame size falls in the overlap between two sizes:
 - a. You can reliably fit either size frame (length and standover) and achieve your required saddle height with OE equipment (unless noted). Consider the follow to help choose:
 - i. Select the larger of the two sizes if you prefer a roomier fit and a more stable bike. You may want to consider a 10mm shorter stem if you feel too extended.
 - ii. Select the smaller of the two sizes if you want a bike with more nimble handling. You may want to consider a 10mm longer stem if you feel cramped.
2. If your measurements result in a coordinate that is outside the recommended size zones to the RIGHT AND ABOVE:
 - a. Your inner leg length measurement is shorter than average (double check this measurement).
 - b. You can likely ride the larger frame size indicated below your position on the chart, but may not have sufficient standover and will likely need a shorter seatpost than what is included with the bike.
 - c. You can likely ride the smaller frame size indicated to the left of your position on the chart, but you may need a longer stem and/or higher handlebar position to dial in the length of the bike.
 - d. Consult your local Salsa dealer, professional fitter, or Salsa customer support for further guidance.
3. If your measurements result in a coordinate that is outside of the recommended size zones to the LEFT AND BELOW:
 - a. Your inner leg length measurement is longer than average (double check this measurement).
 - b. You can likely ride the smaller frame size indicated above your position on the chart, but might need a longer seatpost to accommodate your higher saddle height.
 - c. You can likely ride the larger frame size indicated to the right of your position on the chart, but you may need a shorter stem and/or lower handlebar position to dial in the length of the bike.