

Following is some general information about bike size and specs to help you choose a bike to get started racing. Please ask someone at the track if you have any other questions. BMX racers are a friendly and open group that love to see new people get involved with the sport. You can also visit our website at www.vernonbmx.com for more information.

Source: www.wiregrassbmx.com/bmxttech.html

Rider Height	Frame Size	Top Tube Length	Stem Length	Bar Rise	Bar Width	Crank Length	Gearing
4'0" & under	Micro-Mini	15"- 15.5"	Mini	2"-2.5"	20"- 21.5"	See Charts Below	See BMX Gear Ratios Link
4'0"-4'6"	Mini	15.5"- 16.5"	Mini Mini XL	2"-3.5"	21"- 23"		
4'4"-4'10"	Junior	16"- 17.5"	Mini Mini XL	3"-4.5"	22"- 24.5"		
4'8"-5'4"	Expert	17"- 18.5"	Pro	4.5"-6"	24"- 26"		
5'2"-5'8"	Expert XL	18"-19"	Pro	6"-7.5"	26"- 27"		
5'6" - 5'10"	Pro	18.5"- 19.5"	Pro Pro XL	7"-8"	27"- 28"		
5'10"-6'1"	Pro XL	19"-21"	Pro Pro XL	7"-8"	17"- 28"		
6' & over	Pro XXL	20.5" & over	Pro XL Pro XXL	7"-8"	28"- ?"		

CRANK SIZING	
Rider's Inseam	Crank Length
20"	140mm
21"	145mm
22"	150mm
23"	155mm
24"	160mm
25"	162mm
26"	166mm
27"	171mm
28"	175mm
29"	177mm
30"	180mm
31"	182mm
32"	185mm
34"	190mm

WHEEL SIZES	
MAXIMUM RIDER WEIGHT	RIM WIDTH
0 – 85#	Sew Ups
86 – 100	20 x 1-1/8"
101 – 120	20 x 1-3/8"
121 – 150	20 x 1.50"
151 – 200	20 x 1.75"

