

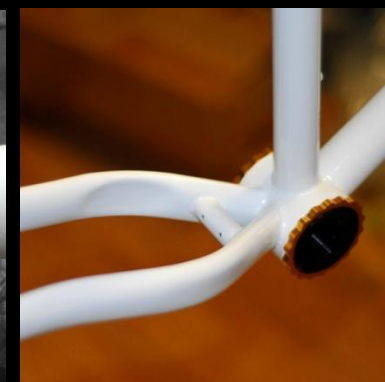


Keith's

## SANDERSON FIXIE PROJECT

Single Speed Fixed Gear Bike (with Flip-Flop Freewheel option)

July 2014











Sanderson 18" EBB Soloist Frame with VP Head Set, VP Bottom Bracket, Jenson Seat Post & DMR Race Saddle, Xero 90mm Riser, Independent Handlebars, Velo Lock-on Grips, Sanderson ProMag SL Pedals, Independent Seat Collar, Hope Head Spacers, Kinesis Forks, Shimano SLX Crank Set, 32T Front Chain-Ring, 16T Rear Sprocket, YBM BMX Half-Link Chain, 26" Wilkinson Wheels (on Shimano Hubs), Schwalbe Marathon Reflex Tyres, Shimano Disc Brake Rotor (but, No brakes fitted at this stage).



Same as above, but with the following changes: VP Pedals & Toe Straps, 44T Front Chain-Ring, 18T Rear Sprocket, 26" Shimano Eight-Spoke Race Wheels and Shimano Deore Front Hydraulic Disc Brake Set fitted.

The Final addition was to fit an 18 tooth Fixed Gear sprocket (rear Cog) on to one side of the wheel (as seen above), this is the Single Speed Fixed Gear option. On the other side of the wheel I've fitted another 18 tooth sprocket onto the Shimano Freewheel Hub. This allows the wheel to be turned-around to use the 'Freewheel' option (the bike's gearing remains the same) but allows the rider to 'Coast Downhill' without the need to pedal. This type of bike is affectionately known as single speed "Flip-Flop Fixie Bike" or "Fixie Flip-Flop".

**And finally . . . a word of warning. . . Building such a Bike can seriously damage your Wallet – It's not a cheaper option; to buy all of the components individually and then assemble them yourself. BUT, it's extremely rewarding and great fun too.**



Latest addition to my Fixie = VeloSolo 42T 1/8" Gold Anodised Front Chainring Sprocket & 16T 1/8" Rear Sprocket.  
Calculated as 68 Gear Inches (see Gear Inch Chart below).  
I've also fitted a 1/8" Red Anodised Half-Link Chain & Shimano 'ZEE' Crank set and new Pedals.

### GEAR INCHES CHART RELATING TO 26" WHEELS

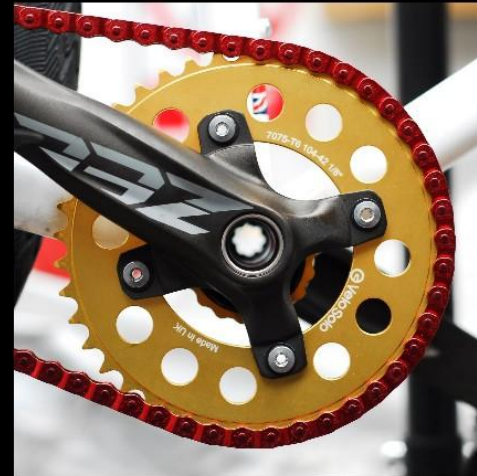
- (1) Multiply the wheel diameter (in inches) by the number of teeth on the chainring
- (2) Divide the Answer (from above) with the number of teeth on the rear sprocket
- (3) Equals the 'Gear Inches' (shaded blue)

26 Wheel Size (e.g. 26" x 42 = 1,092 divided by 18 = 68.25 Gear Inches)

no. of  
teeth on  
chainring

32	36	38	42	44	46	
55	62	66	73	76	80	15
52	59	62	68	72	75	16
49	55	58	64	67	70	17
46	52	55	61	64	66	18
44	49	52	57	60	63	19
42	47	49	55	57	60	20

no. of  
teeth on  
sprocket





I used my Sanderson Fixie on a regular basis from 2014 until 2017 each week (during term-times) travelling to & from work (a 16 mile round-trip). When I purchased my Velocette MAC 350cc and got that on the road, this (Velo) replaced my Fixie as my 'favoured' form of transport.

So . . . I put my trusty Fixie onto a couple of Wall-mounted Bike-brackets, and there it rested (for the next five years) hanging-up in the workshop, more as 'Wall Art' rather than a daily mode of transport.



**Sunday 20<sup>th</sup> March 2022:**

I blew the tyres 'up' (45 psi), dusted-it all down followed by a quick polish and then checked all of the moving parts, etc and finally . . . I took my 'Fixie' out for a ride (for the first ride for over five years). It still 'Rides' really well and feels most responsive. The hills proved no problem but . . . the 'Legs' however . . .

These seventy-odd year old Legs proved a bit more of a challenge.

To get 'Bike-Fit' again, I will need to start using my Fixie more often to acclimatise my Legs and 'Butt' to this self-propelled form of transport.