

## Wheel Caster or Trail (mm)

for 700c wheels with various Head Angles and Fork Offsets

HA / Offset	72	72.5	73	73.5	74	74.5	75
0	110	106	103	100	97	94	90
5	104	101	98	95	92	88	85
10	99	96	93	90	86	83	80
15	94	91	87	84	81	78	75
20	89	85	82	79	76	73	70
25	83	80	77	74	71	68	65
30	78	75	72	69	66	62	59
35	73	70	67	63	60	57	54
37	71	68	64	61	58	55	52
40	68	64	61	58	55	52	49
43	64	61	58	55	52	49	46
45	62	59	56	53	50	47	44
50	57	54	51	48	45	42	39
55	52	49	46	43	40	37	33
60	47	44	40	37	34	31	28

### Recommended Trail (mm) for Various Types of Bicycles

#### Off Road

Mountain 70 - 80  
Cyclocross 60 - 65

#### Road

Road 55 - 60  
Touring 60 - 65  
Triathlon 60 - 65  
Time Trial 60 - 65

#### Track

Points 55 - 60  
Pursuit 60 - 65  
Sprint 60 - 65