



20° below outside, CycleOps inside.

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In Alaska, when it's twenty-below zero outside, most cyclists take the polar bear approach to winter - they hibernate. As their bicycles hang from the rafters like so much dried salmon, cherished memories of racing across the Alaskan landscape starts to fade as prolonged darkness consumes their external world.

But as the sun returns, returning from its long vacation in the south, the road ice starts to melt and minds return to thoughts of the outdoors. This is when most avatars of the human-powered road machine awaken, feeling the mating call of approaching spring.

So, we dust off our two-wheeled friends, pump up the tires, and step outside for a quickie. It doesn't take long, however, before we discovery that our expectations of the perfect ride and the reality we find outside don't match.

With the mercury still hovering around freezing during the day, we quickly realize that even the plowed and paved streets of Anchorage can hold the hostile characteristic of untamed wilderness. The pure, flat ice sheets that once covered the winter roads are now littered with pot holes, offering the latest flavor of road-grime slushy to both visitor and passersby.

Finally, we realize that, despite our earnest desire to fly down the coastal trail on our still shiny carbon cruiser, chasing the latest wildlife or spandex-clad cyclist, we're just not ready to leave the warm, dry comforts of home yet.

The solution? Instead of condemning your bike once again to the confines of storage, why not get a head start on your summer fitness plans from the comfort of your living room, fitness room, or even bedroom?

There are many bike trainers out there. All you need do is strap your race, mountain, or commuter into one of the CycleOps training systems, and you can satisfy that outdoor urge without missing the latest episode of American Idol or Discovery nature show.



Cycling across Alaska...
in Winter!

CycleOps Magnetic

Pros: Best unit for the price. Quiet. Made in USA.

Cons: Decreased resistance when speed increases. Dismount required to adjust tension.

CycleOps Magnetic Bike Trainer



CycleOps Mag bike trainer's unique design incorporates a flywheel for an unbeatable smooth and quiet ride. Five-position adjustment makes it easy to vary your workouts; training DVD included. Sturdy steel construction, bolt-action, quick-release lever, foldable legs and leveling feet provide worry-free training. Great for cyclists looking to stay in shape all year round.

CycleOps Fluid 2

Pros: Progressive resistance without dismount for more realistic workout. Made in USA.

Cons: Inconsistent heat dissipation (common with all fluid trainers).

CycleOps Fluid 2 Bike Trainer



CycleOps Fluid 2 Trainer is designed with Power Band technology to allow distinct resistance level changes without reaching to a lever on the unit. Resistance level varies automatically based on your cadence and wheel speed directly by using your bike's own gears. More power allows for intense interval and strength building workouts. Cooling mechanism increases life of the resistance unit. Power varies from less than 20 watts to over 725 watts (at 22.5 mph). Ideal for hitting and maintaining specific heart-rate targets. The patented design gives you the quietest ride with the best road-like feel. Includes training DVD.

No matter if you're a racer, commuter, or dirt-muncher, you can stay in shape this spring without feeling the chill with one of CycleOps Bike Trainers.