MultiRider Style Platform

This platform plan will allow 8 CompuTrainer's to sit side by side in a semi-circle. This shape allows plenty of room between riders in addition to focusing the cyclists attention to one focal point. A CompuTrainer when fastened to a platform will eliminate trainer "walk" during out of the saddle riding as well as provide a sweat resistant surface that is easily cleaned. A Handlebar mount added to the front of the bike will allow the rider to see heart rate, and for indoor time trial software, there is no need for the cadence assembly. By building the Handlebar Controller Mount you will only be attaching the cadence sensor to the bike to speed bike swapping, or using the cadence Puck to eliminate attaching anything to the bike.

Actual hole locations for the DIN Cable will vary depending upon your bike length and handlebar location, so mock the bike on the platform before marking hole locations.

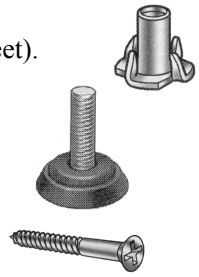
Materials Needed:

2 - 4' x 8' sheets of ¾" Plywood (smooth one side).

Construction Adhesive (to glue the two plywood sheets together).

12 (or so) 1 ¼" long sheet rock screws
(to screw plywood sheets together).

6 - 3/8-16 x 1" Tee Nuts (for Leveling Feet).



6 - Leveling Feet - 1" diameter foot with 3/8-16 thread x 1".

4 - #14 x 2" Flat Head Wood Screws
(to attach CompuTrainer to platform).

18 sq. feet of Industrial Floor Tile, appropriate adhesive and application trowel. (Linoleum is an acceptable option).

Tools Needed:

Power Saw

Hand Drill

29/64" Drill bit (7/16 is OK)

1/8" Drill bit

Phillips and Regular blade screwdrivers

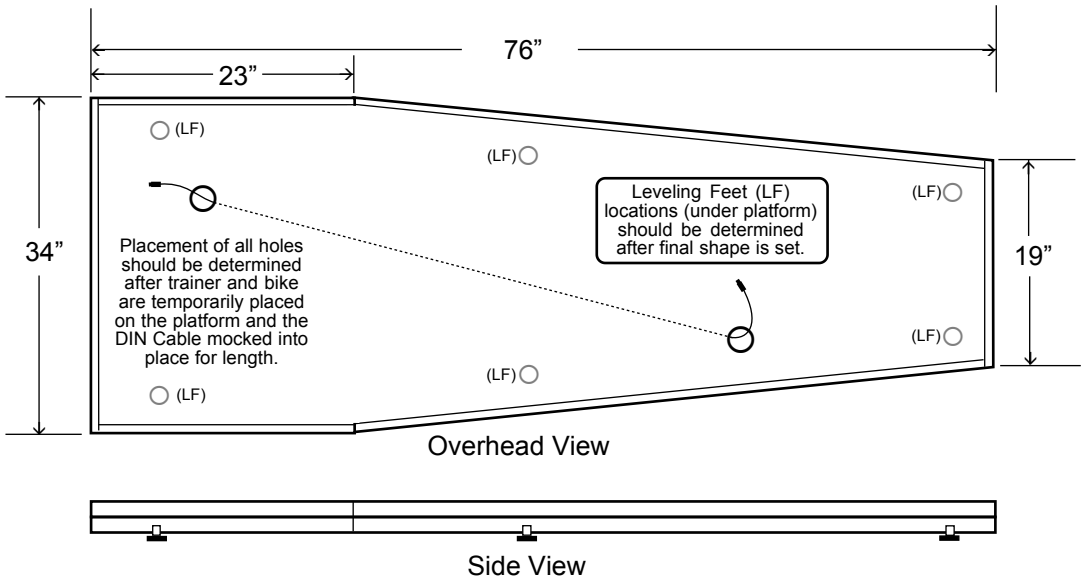
Flooring Adhesive & application trowel

1 ½" Hole Saw (Optional)

Jig Saw (Optional)

Utility Knife

Platform Details



Detailed Assembly Instructions on Reverse Side

Part# R984-041-00A
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Race Platform Assembly Instructions - Remember to 'measure twice, cut once'

1) Cut the two sheets of plywood to their rectangular size first. Each sheet will be the same. Your home builder supply can usually do this for you for little or no charge. Afterwards, glue the two sheets together with construction adhesive, making sure the smoothest sides are showing -- top and bottom. Secure them with a half dozen sheet rock screws until the glue sets.

2) Now find the center line of both ends and measure the front width (9.5" on either side of the center line). Measure 23" from the back end and make a mark. Draw a straight line from this mark to the 9.5" mark on the front of the platform. This is your angle cut. Duplicate this on the other side of the platform.

3) Locate and drill 6 holes the diameter needed to accept the Tee Nuts. These are driven in with a hammer from the bottom of the platform. Once the Tee Nuts are installed, you can thread the Leveling Feet into place.

4) Lay out your Floor tile and apply according to the manufacturers instructions. Trim to size with a utility knife.

5) Once you have the platform this far, decide what to apply something to the side to cover the edges of the two sheets of plywood. Check with your home builder supply to see what they might have that would be appropriate. RacerMate added wood edging which was about 1/4" higher than the top surface to act as a dam to keep sweat from dripping on the floor.

6) Center the CompuTrainer onto the platform with the Hinge side of the stand (where the Load Generator mounts) toward the square end. The easiest way to do this would be with a ruler, with the distance from the end of the platform to the rear cross member of the trainer being about 8". When satisfied with its placement, remove the plastic decals that cover the 4 mounting holes in the trainer base and drill four 1/8" pilot holes and screw the #14 flathead screws through the CompuTrainer floor members.

A Simple 'Off the Bike' Handlebar Controller Mount Pedestal

You can build this optional Controller Mount Pedestal out of ***1" O.D. copper or plastic tubing***. When mounted alongside the bike, the only part [maybe] attached to the bike will be the cadence sensor. Be sure, wherever you position this mount, that your cadence sensor wire will reach the Handlebar Controller.

1) Cut a 34" piece of straight 1" tubing and super glue a 90º elbow to the top.

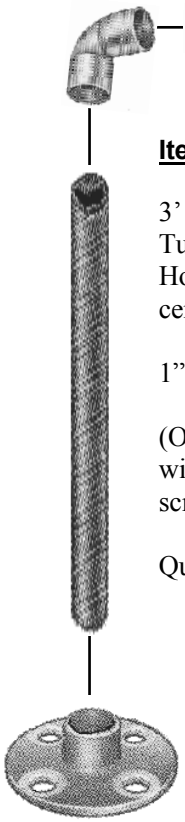
2) Then take the remaining short piece (2" long) of the same tubing to make the handlebar portion. Insert this piece into the 90º elbow.

3) You can either drill the appropriately sized hole into the base and glue this assembly into the platform using more construction adhesive or use an optional floor flange (as pictured) and screw it to the platform.

4) Attach the Handlebar Controller to this Mount just as you would to the handlebars of your bicycle.

5) Determine the location of and drill two 1.5" holes through the platform for the DIN Cable - one in front of the Load Generator on the Trainer Stand and one just behind the Controller Mount pedestal.

6) Now run the DIN Cable through the rear hole and up through the front hole and plug it into the already attached Handlebar Control Module.



Items Needed:

3' of 1" Copper or Plastic Tubing (bring the Controller Hook with you to the home center to check size)

1" 90º Elbow

(Optional) 1" Floor Flange with four 1¼" sheetrock screws to attach to base

Quick set "super" glue

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