Race Platform Plans

Make your CompuTrainer an immovable installation while protecting your flooring from sweat by mounting your CompuTrainer to a Race Platform. This will eliminate trainer "walk" when you are up out of the saddle as well as providing a surface that is easily cleaned. This plan allows running any cables off the bike and below the platform. 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).

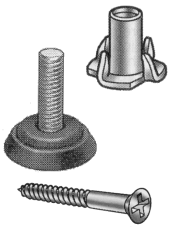
Construction Adhesive (to glue the two plywood sheets together).

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

Drill bit for the Tee Nut

1/8" Drill bit

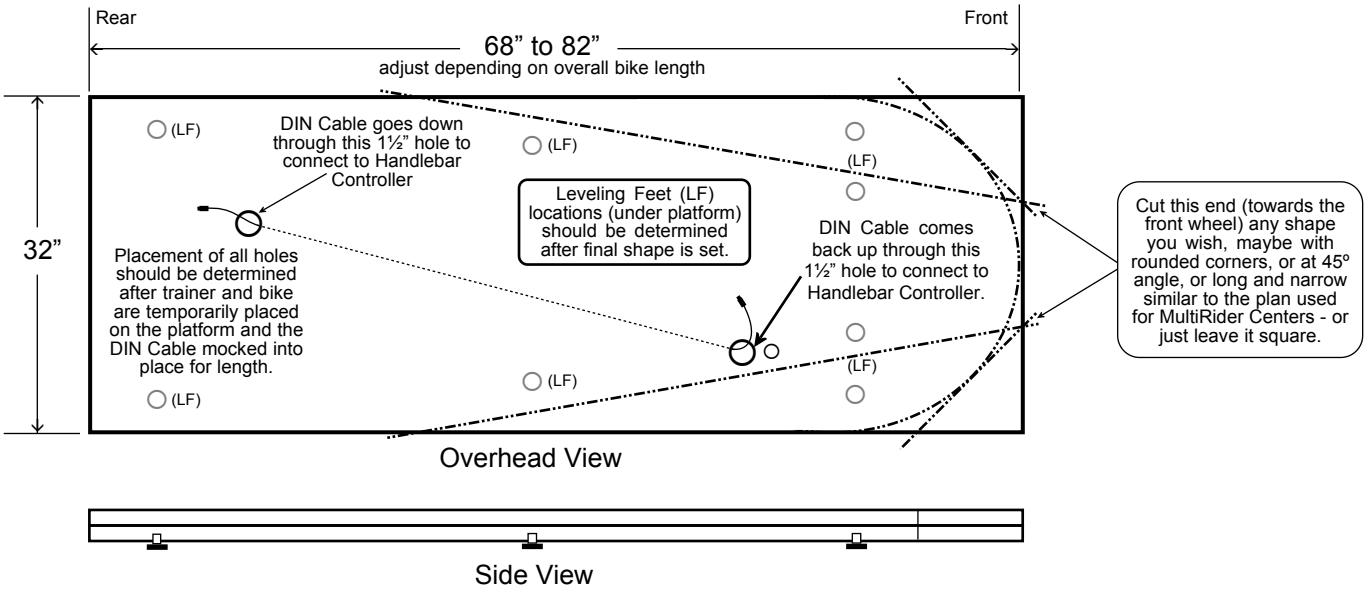
Phillips and Regular blade screwdrivers

Flooring Adhesive & application trowel

1 ½" Hole Saw (Optional)

Jig Saw (Optional)

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 local home center can usually do this for you for little or no charge. Once cut, glue the two sheets together with construction adhesive, making sure the smoothest sides are showing -- top and bottom. Secure them together with a half dozen sheet rock screws.

2) As shown on the plan, decide the end shape (straight, angled, or rounded) and cut this using the appropriate saw. You should set the CompuTrainer and bike on the platform before doing this so you don't cut too much off.

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) Decide what to apply to the edges of exposed plywood. Check your home center to see what they have that would be appropriate. Sand and paint the edges at the very least to hinder absorption of sweat.

6) Center the CompuTrainer onto the rear of the platform with the Hinge side of the stand (where the Load Generator mounts) towards the square end. Mount a bike and square everything to the platform by measuring from the squared end of the platform to the front of the stand on both sides, left and right and with the front wheel centered up front too. When satisfied with everything, remove the plastic decals that cover the 4 mounting holes in the trainer stand base and drill four 1/8" pilot holes and screw the #14 flathead screws through the CompuTrainer floor members.

7) With the CompuTrainer Stand secure and with bicycle mounted determine the best placement of the Off the Bike Handlebar Controller Mount described below (if you choose to build it too) and the location of the DIN Cable routing holes. Be careful drilling through your new flooring. It's best to pre-cut the flooring away before drilling holes.

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.

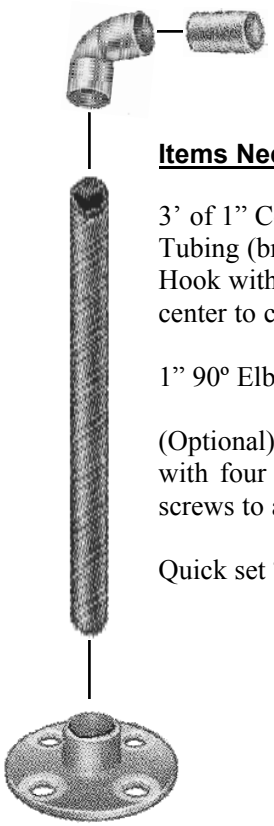
2) Then take the remaining short piece (2" long) of the same tubing to make the handlebar portion. Insert this piece into the 90º elbow.

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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