

CompuTrainer™

Indoor Time Trial Platform

The following is a plan to build a CompuTrainer platform that 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. These platforms will minimize trainer "walk" when you are up out of the saddle and 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.

Materials Needed:

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

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

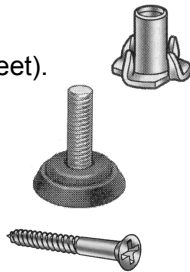
12 (or so) 1 ¼" long sheet rock screws (to screw plywood sheets together).

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

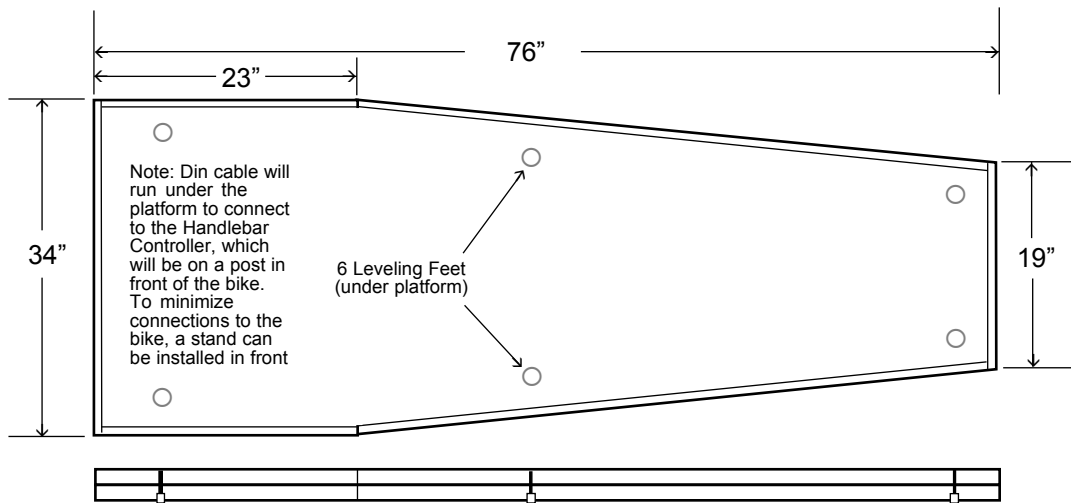
Flooring Adhesive & application trowel

1 ½" Hole Saw (Optional)

Jig Saw (Optional)

Utility Knife

Platform Details



Detailed Assembly Instructions on Reverse Side



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Race Platform Plan R984-041-00A: 6/00

Race Platform Assembly Instructions

- 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) Drill 6 holes 29/64" in diameter into the platform to accept the Tee Nuts, which are driven in with a hammer from the bottom. A 7/16 in drill will work, but you may need to ream the whole slightly to get the Tee Nut to fit. 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 and trim to size with your utility knife.
- 5) Once you have the platform this far, you can decide whether 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 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) Now square 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.

Off the Bike Handlebar Controller Mount

You can build a Handlebar Controller Mount out of 1" **copper tubing**. When mounted in front of the bike, the only part attached to the bike, the cyclist can at least plug in the heart rate sensor and read heart rate. For the Indoor Time Trial Software, there is no display of RPM due to the timer constraint setting up multiple riders in a tight time frame.

- 1) Cut a 35" piece of straight 1" copper tubing and super glue a 90° elbow to the top.
- 2) Then take the remaining short piece (1" long) of the same tubing and the 1" copper pipe cap to make the handlebar portion. Glue these two pieces together and then insert these and glue them to the 90° elbow.
- 3) You can either drill the appropriately sized hole into the base or purchase the 4 hole copper flange for the base of the mount 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) Drill two 1 1/2" holes into the platform -- one behind the Load Generator mount 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.

