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"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." Dr. Seuss (1904-1991)

FEBRUARY 12, 2009

New Trainer - Woohoo!

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I spent many hours on my old trainer last winter (Ironman training - and lots o' ice on the roads all winter!)- and I do mean M-A-N-Y hours! Since I've been teaching spinning classes up at Epic Bike and Sport this winter, the guys at the shop and I have been swapping around trainers. Because of this, I've had the opportunity to ride a couple different CycleOps trainers (by Saris). I've been on the Wind, Magneto and SuperMagneto - I love them! The Wind (as you may guess from it's name) is fairly noisy, but gets the job done. I liked the Magneto (I rode this one the most) because it was really easy to adjust, quiet, smooth, and pretty similar to the road. I liked it - until I rode the SuperMagneto! I didn't really think I would notice too much difference with this one, but it was such a SMOOTH ride - I was smitten. This trainer also features different power curve options - pretty cool. So, I bit the bullet and ordered the SuperMagneto through the shop and it arrived yesterday. I can't wait to ride it in spin class tonight!



This bad boy will likely see many more miles when Ironman CDA 2010 training kicks in this fall!

Posted by Dawn at [8:00 AM](#)

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