



WRITTEN AND COMPILED BY
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Rollers vs. Trainers for Indoor Riding

ROLLERS	
PROS	CONS
*Finely tuned nervous system	*Demands presence of mind
*Improves pedaling technique	*Difficult to sprint out of saddle
*Improves balance	*Need space to ride safely
*Refines steering	*Difficult to pay attention to anything but riding
*Improves form on the bike	
*Demands presence of mind	
*Fun, interesting, challenging	
*Saves bike frame and tires	

ROLLER SAFETY ISSUES: Should have the support of a counter top, door jam, or foot step, and should not be ridden around tables or chairs that could cause injury in case one should happen to fall while riding them. Always have a fan, or a towel so that rollers do not get wet while you are riding.

POSSIBLE ROLLER TRAINING FUN AND CHALLENGES:

No-handed riding, one-legged riding, riding out of the saddle, sprinting out of the saddle, very high rpm work, very intense work depending on the resistance of the rollers.

TRAINER	
PROS	CONS
*Can sprint readily	*Dampens nervous system
*Can read, watch TV, etc.	*Fosters pedal stroke complacency
*Can ride almost anywhere	*Very Boring....unless using computrainer with TV
*Can ride standing up	*Wears out rear tire very fast
*Can do very intense work with resistance	

TRAINING SAFETY ISSUES: Boredom fatalities, tipping over after falling asleep, posing a threat to other riders on group rides, because you have no sense of balance on the road at all, o.k., o.k. in general they are pretty safe.

POSSIBLE ROLLER TRAINING FUN AND CHALLENGES:

With a double computrainer, you can train with your friends, and never get left behind, or have to wait, while watching your numbers on the screen. Standing efforts of bionic proportions.



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Helpful Roller Riding Tips-From Kreitler

Taken from the Kreitler Website for the purpose of educating non-roller riders about rollers

"I ran off the rollers and got zapped into the wall" or "I ran off the rollers and ran right through the doorway." Does this sound familiar? Unfortunately this is what the non-roller rider hears. These kind of statements are just plain silly. Common sense (and physics) will tell you that bicycle wheels cannot and do not store enough energy to propel the bicycle in any direction, forward or backward, in the event you run off the rollers, period! Roller riding has the potential for teaching you balance, control, style, smoothness and form. If the thought of riding rollers scares you, here are some hints to help you overcome those fears and put you on the road to becoming an accomplished roller rider.

Find a narrow doorway. Set up the rollers with your bike in place on them. In setting them up, be sure to properly adjust the front roller drum to fit your bike. The axle of the front roller should be just forward of the axle of the front wheel of your bicycle (not to exceed 3/4"). With your hands on the bars (the top of the drops), your elbows should now be in line with the door jamb so that if you move too far to the left or right you can simply move your elbow toward the door jamb for support without taking your hands off the bars.

The most important first step is to learn steering! Do not pedal any faster than your ability to steer (which means not running off the rollers). As you master the steering, you can increase your speed, but not until. Do not "lock in" or use any binding on your shoes/pedals. Another hint: Don't stare at the front drum! Look at an object on the floor placed far enough in front of you so that your lower peripheral vision will enable you to see the relationship of your front wheel and roller drum (to see if you are riding in the middle, left or right side of the rollers).

When you have reached the point where you find it necessary to touch the door jamb only once or twice in your training session, move out of the doorway so as not to become psychologically entrapped. Move to your favored place, be it a wall a post or maybe a fireplace mantle, with your favored side facing it.

Most cyclists over time learn to ride "no hands", dress and undress shirts and start-up in an open area without the assistance of a shoulder, stool or chair. Roller riding can help you develop to a level not possible on the road.

You can fine tune your spin even further by using the [Kreitler Forkstand](#), placing a chair under one leg and pedaling with the other (you must "lock in" to effectively do one leg training). You can get even more benefit if you use the "[Killer KOOL Headwind Fan](#)" with the door wide open. Use a stool, milk crate, or a sturdy box to help you get started on the rollers. Always place rollers on a firm surface, in an open area away from obstructions, and keep children and pets away from all moving parts. Use rollers with the same care you use when riding your bike. Always check equipment before use.

Keep tires inflated to manufacturer's rated pressure. Under inflated tires do cause a greater resistance due to tire flexing/scrub but can also cause rim cut around the valve.

KEY STEPS TO RIDING ROLLERS UPRIGHT WITH PROFICIENCY

- 1) Mount and dismount your bike on the rollers several times before attempting to ride. Hold the brakes while getting on the bike, so the rollers don't let the wheels spin while you are mounting. Hold onto a counter top, or a ledge of some kind while doing this. Some people like to use doorways, others use a ledge at about waist height or a bit higher. To help with the mounting, depending on your size, you may also use a milk crate or a small stool propped next to the rollers as well.**
- 2) Once you are on the bike, and holding onto something, start riding, but maintain contact with your hand support until you are comfortable riding upright. Relax your shoulders, let your elbows bend, breathe. Maintain support with other hand until you are comfortable riding (there's no time limit on this!!)**
- 3) Once you are steady while riding with support hand helping, then gradually UNWEIGHT the support hand from the ledge, counter-top, or doorway. If your whole hand is on the support system, try unweighting it until just your fingers are supporting you.**
- 4) When you are ready (remember, there is no time limit here)....WHEN YOU ARE READY, bring the supporting hand over to the bars, and ride steadily.**
- 5) If you get nervous, RESPOND with PEDALING! It is a common instinct to stop pedaling when you are "in trouble" with your balance. With the rollers, pedaling can save your uprightness, because it helps you keep your momentum. Momentum is a good thing on the rollers!**
- 6) To stop, gradually put your hand back on the support ledge or doorway, and slow your pedaling. Avoid braking on the rollers. That's a great way to lose your momentum.**



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TWO TOP CHOICES FOR ROLLERS and TRAINERS

<u>BRAND</u>	<u>MODEL</u>	Approximate <u>PRICE</u>
Cyclops	Fluid Trainer 2	\$269.99
Cyclops	PVC-Rollers (3.25" drum)	\$169.99
Cyclops	Aluminum Rollers (3.25" drum)	\$249.99
Kreidler	Challenger (4.5" drum)	\$289.99
<i>Note: All Kreidler Rollers come in both 15" wide drums and 10" wide drums (called Hot Dogs)</i>		
Kreidler	Alloy (4.5" drum)	\$429.99
Kreidler	Dyno- Myte (2.25" drum) (silver anodized end caps)	\$359.99
Kreidler	Poly- Myte (2.25" drum) (black polycarbonate end caps)	\$269.99
Kreidler	Dyno-Lyte (3" drums)	\$374.99
Kreidler	Poly-Lyte (3" drums)	\$279.99