

Experience the FUN of group competition INDOORS - All Year long !!

MultiRider 3.0 Software

"where the road meets the lab"



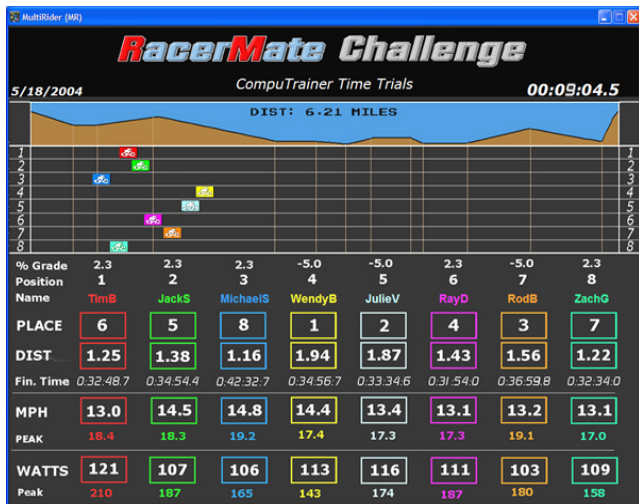
CompuTrainer MultiRider systems provide a new, exciting and technically superior method of indoor GROUP bike training and racing. It's a great way to motivate people to stick with an athletic or exercise program.

1- RacerMate Challenge Group Time Trial Races

3 to 8 riders can race against each other on an infinite variety of real bike courses including participation in the EBRA (Electronic Bike Racing Association) International 10K Time Trial Series. Race data can be uploaded to a Ranking system to keep track of individual performance results. Drafting mode is included.

2- MultiRider Group Coaching

Group Training and Coaching allows for non-competitive group training in which each rider performs at his own level. Train individual athletes in ergometer mode -- a key feature of the CompuTrainer system. The race administrator or coach will enter an athlete's threshold value and then create a special "time-versus-percent threshold" test for all athletes to follow. These are similar to the erg files already used in Coaching Software. So each rider will be doing the same test, but all at differing workloads!

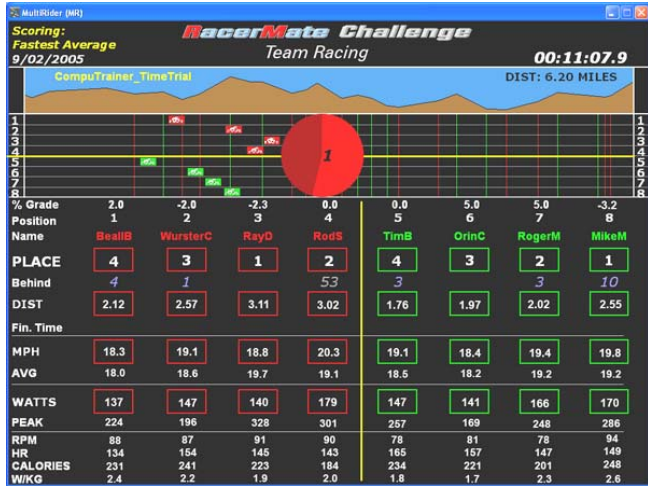


Group Time Trial Racing

3- RacerMate Challenge Team Racing

This is "Where the Road Meets the Lab". Team Racing simulates the authentic, dynamic feeling of riding in a pack and adds a new tactical element. Supports two- 4-man rider teams racing head-to-head. The winning team can be selected using fastest average time, fastest 2nd rider, fastest 3rd rider or fastest 4th rider. A 'pie chart clock' shows the leading team's instantaneous time advantage.

With a CompuTrainer MultiRider system, you can't beat it for high quality training and competition that's really fun.



Team Racing

Warranty Period:

Please be aware that the duration of CompuTrainer Warranties for MultiRider Systems differ from "home user"

Join a group ride or bring your team or riding buddies and do your own ride or race.

Computrainer Training Visits

MV YMCA member price nonmember

4 Visit Package\$45.00 \$89.00

8 Visit Package\$75.00 \$139.00

12 Visit Package\$105.00 \$179.00

PLEASE COMPLETE REGISTRATION FORM BELOW:

Name: _____ Payment: Check
 Address: _____ Cash
 City/State/ Zip: _____ MasterCard
 Phone: _____ Visa
 Date Of Birth: _____ Discover

Current Member Family / General Email: _____
 Non Member Card # ____/____/____/____ exp. Date ____

Please send completed Registration Form to:

Sharon Johnson
 Merrimack Valley YMCA
 101 Amesbury Street, 4th Floor
 Lawrence, MA 01840

For more information, call Sharon Johnson at 978-725-6681, ext. 117, or email: sjohnson@mvymca.org.

