

# The Journal of Competitive Cycling

# **Velonews**



**Campagnolo's Enduring Legacy**

**From Heroin to the Podium**



Allen Lim, Ph.D. Physiology Expert

**YOUR LEGS CRAMP.  
YOUR HEART POUNDS.  
YOUR LUNGS BURN.**

Winning never felt better.

Every rider knows pain is the price of victory. To put yourself in a position to win, you need a trainer that promises to help you reach your highest level of performance. The JetFluid Pro enables smooth



accelerations and decelerations for the most realistic ride a trainer can offer. A cooler operating temperature delivers long-lasting performance.



A more consistent power curve from unit to unit.

What's more, our unique single-sided frame mount lets you install and remove your bike quickly. Its wider stance provides a stable ride. And the frame folds flat for convenient storage. To learn more, please visit [cycleopsproseries.com](http://cycleopsproseries.com).



Unique design channels 100% of cooling intake air.

## Winter Spin

Nine indoor solutions to keep you fit no matter the weather by Matt Pacocha

Heading into the doldrums of winter, most of us are stuck behind a desk during the short days. The scarcity of sun can lead to lower motivation and much less if any daylight to train in after work. The solution? Ride inside.

From simple to surreal, these nine trainers will keep you on your bike, and may even get you excited about turning your pedals in the living room.

**CYCLEOPS POWERBEAM PRO**  
\$1,200 » [www.cycle-ops.com](http://www.cycle-ops.com)



The PowerBeam Pro is similar to Racer Mate's Computrainer (see opposite) in that it can track and adjust power levels based on a pre-programmed training profile. It comes with PowerAgent Workout Creator software, which lets you build or use pre-made workouts based on power, from 30 to 1,000 watts. Once you complete a workout, you can download data for analysis just like from a PowerTap power meter. The unit comes pre-assembled and folds down for storage. The PowerBeam accepts all wheel sizes including 29-inch mountain wheels.

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