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BIKE ACCESSORIES REVIEWS

SARIS

Aluminum Rollers with Resistance

Weight: 16 lbs **Issue:** Jan 2009
MSRP: \$360
 Bicycling Review

EDITORIAL REVIEW

I use rollers for training, to warm-up before criteriums and stay limber between events at the track. In my opinion, there's no better way train your legs to spin an optimal pedal stroke.

Finding the right rollers for so many applications can be a challenge. Drums that are 4.5" in diameter are too cumbersome to carry to races, while 2.5" drums provide too much resistance when all you need is to stay limber. Back to 4.5" drums, and the resistance can be a bit light for a challenging off-season workout. And if they're narrow 10" drums, well, for me, roller riding becomes a death-defying feat where I spend all my time just trying to stay on the darn things.

After a season of hard use, I've determined the Aluminum Rollers with Resistance by Saris are just right.

At 3.25" in diameter and 16" wide, the precision-lathed aluminum drums provide the classic, smooth ride most adept cyclists want from rollers. The rails are made of bi-fold tubular steel and anchored with six rubber foot pegs, which makes a sturdy base when climbing aboard and a stable, solid ride wherever you set them. Plus, they fold in half and lay nearly flat, so they're easy to store or travel with.

In the winter when training time means burying myself indoors in a pile of pain, I can attach a magnetic strip to the rear drum, adding up to five levels of resistance. I did find using the resistance unit a bit awkward at first. You have to get on and off your bike to find the range your looking for. But once I got it dialed in and learned what limits I need to set so I can try to surpass them, my race-ready rollers became a versatile training tool.

The Aluminum Rollers are available without the resistance unit for \$279. The Aluminum Rollers and the magnetic resistance unit can be purchased through a local bike shop.

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PRODUCT FEATURES

- Sturdy, smooth and silent
- Magnetic strip increases resistance of the rollers
- Good for home use, or to take on the road
- Lifetime warranty

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