

# ***Travel Trac***<sup>™</sup>

## ***Millennium*** i-FORCE WIRELESS

adjustable inertial  
trainer with wireless  
computerized display



*Thank you for your purchase of a Travel Trac™ trainer. Your new trainer provides the same data on speed, distance and time that is available from a full-featured cycling computer, plus information on power output (expressed in watts), elevation gain and slope (percent grade). Your indoor training has never been as fun or effective as it will be with your new i-Force Wireless Trainer!*

### **⚠ CAUTION**

- This trainer is intended for single-rider bicycles only.
- Read and follow all instructions.
- Before beginning each workout, be sure bicycle is securely attached to trainer.
- During use, resistance unit may become hot enough to cause burns. Do not touch resistance unit during or after use, until it has had sufficient time to cool.
- Keep children and pets away from trainer during use.
- Before you start any exercise program you should consult a physician.

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## I. About Your Trainer

The Millennium i-Force Wireless provides a fun, effective workout, and can easily be switched from bike to bike or between riders. Customize your workout as desired, and get the feedback you need to create the optimum training program!

### Inertial Resistance Unit

The i-Force resistance unit is equipped with an integrated sensor and wireless transmitter to send data to the handlebar mounted computer console. The inertial resistance unit provides continuously variable progressive resistance, characterized by smooth, quiet operation.

### SofTrac Polyurethane Drive Roller

The unique SofTrac drive roller is made of durable polyurethane, which significantly reduces tire noise and tire wear while increasing traction between the tire and roller (less tire slippage). There are a few important points to keep in mind about the SofTrac roller:

1. To avoid damaging the roller, DO NOT apply the rear brake while using the trainer. Locking the rear wheel at high speed can seriously damage the polyurethane roller.
2. Allowing the tire to slip against the roller will also accelerate roller wear. If you notice the tire slipping regularly during use, you should:
  - a) Try to apply power more evenly when accelerating, and pedal with a smoother stroke.
  - b) Attach the resistance unit to the mounting plate through the forward set of mounting holes. (See page 3, "Assembly" and Figure 4.)
3. Use a smooth tread tire at least 23mm in width.
4. Maintain the recommended maximum inflation pressure for your tire.
5. Over time the SofTrac roller may show some slight signs of wear. This is normal, and does not affect the performance of the roller.

### Computer Console

The computer console calculates and displays data provided by the resistance unit sensor. The large LCD screen mounts directly to the handlebar, and presents the data in an easy to read format. The Fluid Force trainer provides the following valuable training feedback:

**Speed:** Current, Average, Maximum

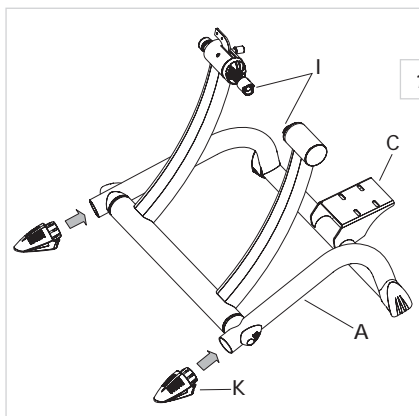
**Distance:** Trip Distance, Total Distance (Odometer)

**Time:** Ride Time, Total Time

**Power (Watts):** Current, Average, Maximum

**Slope (% Grade):** Current, Average (Slope is simulated by the level of resistance. Please note that at any given resistance level Slope will vary according to rider weight.)

**Elevation Gain:** Total Elevation Gain, based on Trip Distance and Slope



## II. Parts List

Part	Part Code	Quantity
Trainer Base	A	1
Resistance Unit	B	1
Resistance Unit Mounting Plate	C	1
Handle Attachment Bolts	D	2
Computer Console	E	1
Rubber Shims for Console	F	2
Handle	G	1
Safety Knob	H	1
Axle Support Cups	I	2
Axle Support Knob	J	1
Feet	K	2
Hex Bolts and Washers	L	2 each
"AA" Alkaline Batteries	(not shown)	4
Quick Release (QR) Skewer	(not shown)	1
5mm Hex Wrench	(not shown)	1

## III. Assembly

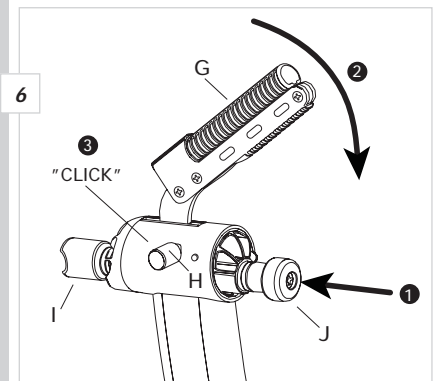
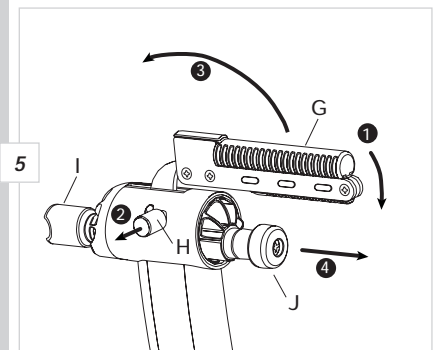
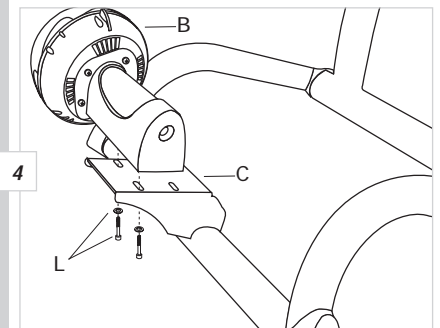
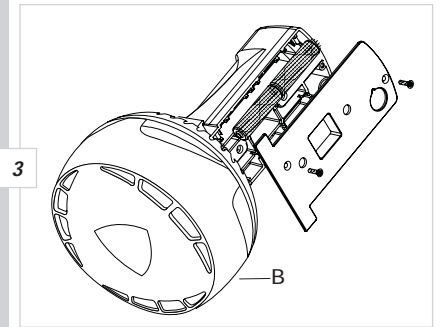
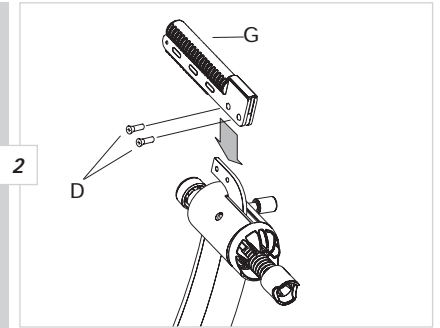
1. Remove the trainer, resistance unit and all parts from the box. If you believe parts are missing, please contact our Technical Support department for assistance at 1-800-553-8324.
2. Attach the two front feet (K) to the trainer base (A) by pressing them into the ends of the trainer base frame tubes. See Figure 1.
3. Attach the handle (G) to the trainer as shown in Figure 2. Remove the attachment bolts (D) from the handle post, fit the handle onto the post, and secure it with the attachment bolts.
4. Install the transmitter batteries in the resistance unit. Remove the screws and open the cover on the underside of the resistance unit. See Figure 3. Insert the two included "AA" batteries according to the diagram on the battery compartment cover, and replace the cover.
5. Attach the resistance unit (B) to the mounting plate (C) using the hex bolts and washers (L) as shown in Figure 4. There are two sets of holes in the mounting plate. Attach the resistance unit to the plate using the rear set of holes.

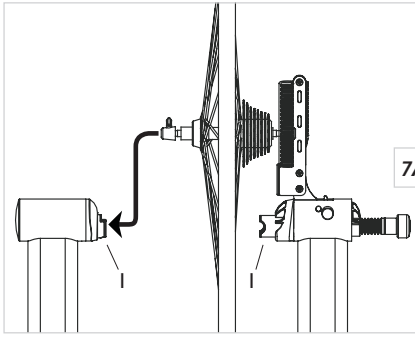
## IV. Bicycle Installation

### ⚠ WARNING

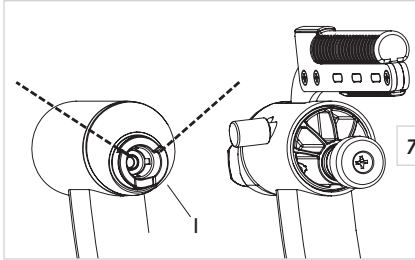
Read and follow all instructions concerning installation of the bicycle on the trainer. Failure to securely attach the bicycle to the trainer could result in the bicycle falling, causing injury to the rider or bystanders.

1. Set the trainer on a flat, stable surface.
2. Replace the bicycle's rear wheel quick release (QR) skewer with the one provided with the trainer. See bicycle owner's manual for instructions on how to properly adjust the QR skewer. Make sure the QR skewer is tight and not damaged or bent.
3. Raise the handle (G) to the fully open position. To do so, push the handle down slightly; pull the safety knob (H) all the way out and lift the handle to the open position. See Figure 5.
4. Slide the axle support cup (I) all the way to the right by pulling the axle support knob (J) away from the trainer frame.
5. Lift the bicycle into position, and fit the QR skewer lever on the left side of the wheel into the left axle support cup. Rotate the support cup as necessary, until the notch in the cup is aligned with the QR skewer lever. See Figure 7A and 7B.
6. Slide the right side axle support cup (I) against the QR skewer nut on the right side of the wheel by pushing the axle support knob (J) toward the bike. Once contact is made, push the handle (G) down to the fully closed position to firmly clamp the QR skewer between both axle support cups. You should here a "CLICK" as the safety knob (H) snaps into place. See Figure 6.
7. Check that the bicycle is securely installed in the trainer by pushing or pulling on the bicycle's top tube or seat.

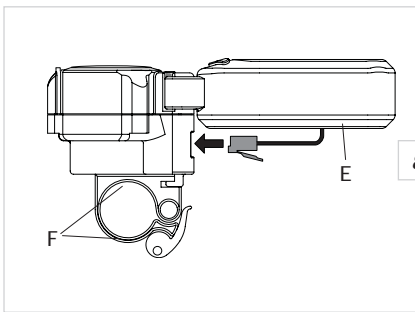




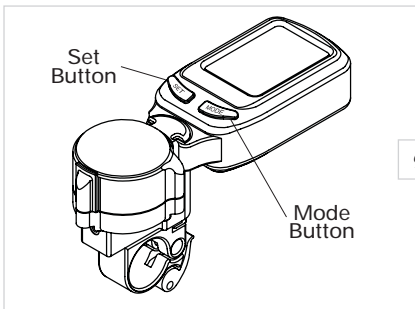
7A



7B



8



9



10

8. If the bicycle is not secure, check to see that the QR skewer lever and nut are properly positioned in the axle support cups, and that the handle is fully closed.

## ⚠ WARNING

Failure to securely attach the bicycle to the trainer could result in serious injury.

9. Install the batteries in the computer console (E). Remove the battery cover from the underside of the console, install the batteries according to the orientation diagram inside the battery compartment, and replace the cover.
10. Attach the computer console to the handlebar, preferably close to the stem. It may be necessary to remove one or both of the rubber shims (F) from the console bracket in order to fit larger diameter handlebars.
11. Connect the computer console cable to the console body as shown in Figure 8 and slide the power switch on the underside of the console to the "on" position.

**Tip:** To make your indoor workout as quiet as possible, set the trainer on a small section of carpet, and use a rear tire with a smooth tread pattern.

## V. Setup

Data generated by the i-Force Wireless computer will be accurate only if you first perform the following simple set-up procedure. The set-up screens cannot be accessed while the trainer is in use.

**Note:** In order to provide accurate data, the weight setting (rider weight + bicycle weight) must be programmed for each user. When switching riders, be sure to program the weight setting (see below).

1. To enter the set-up screens, press and hold the right (MODE) button for 4 seconds. See Figure 9.
2. Select metric or imperial units of measure. Press the left (SET) button to select between KM/H, Meters and Kilos, or M/H, Feet and Pounds (Lb). See Figure 10. Press the MODE button to confirm your selection and proceed to the Weight set-up screen.
3. The weight value will appear on the top line of the display screen, with the right digit flashing. See Figure 11. **Note:** This value represents the combined weight of the rider and the bicycle. Enter the combined weight of the rider and bicycle by pressing the SET button to adjust the flashing digit. Press the MODE button to enter your setting and proceed to the next digit. Repeat this process to set the remaining digits. When finished, press the MODE button to confirm the value and proceed to the Type set-up screen.
4. The correct Type setting for the Travel Trac™ i-Force Wireless is Type 4. See Figure 12. Press the SET button until "type 4" is displayed. Press the MODE button to confirm your selection and exit the set-up screens.

## VI. Using Your Trainer

Once the bicycle is mounted to the trainer (see section IV), and the initial set-up is complete (see section V), you are ready to ride.

**Note:** The Slope and Power readings will vary from rider to rider according to the weight value entered in the set-up process (see section V). Therefore, the Slope and Power readings may differ for two riders riding at the same speed and same resistance level settings. The indicated Slope value for each resistance setting is calculated based on the combined rider and bicycle weight. Remember to reset the weight value when switching between riders.

### A. Screens

Three display screens provide various training data as described below. Use the MODE button to scroll between the three screens. All screens can be viewed during a ride.

### Screen 1 (Figure 13)

Displays current values for Power (watts), Speed, Slope, Trip Distance and Ride Time. The ▲▼ speed comparison arrows in the upper right corner of the screen compare current speed to average speed. An upward arrow indicates your current speed is above your average speed. A downward arrow indicates your current speed is below your average speed.

- A. Current Power
- B. Current Speed
- C. Slope
- D. Trip Distance
- E. Ride Time
- F. Speed Comparison

### Screen 2 (Figure 14)

Displays average values for Power (watts), Speed and Slope. Also displayed are Trip Distance, Ride Time and Speed Comparison arrows.

- A. Average Power
- B. Average Speed
- C. Average Slope
- D. Trip Distance
- E. Ride Time
- F. Speed Comparison

### Screen 3 (Figure 15)

Displays maximum values for Power (watts) and Speed, Elevation Gain, Total Distance (odometer) and Total Ride Time. Also displayed are the Speed Comparison arrows. The Total Distance and Total Ride Time values represent total distance and time accumulated on all rides to date, and will not be reset when the data screens are cleared (see Section C, "Reset").

- A. Maximum Power
- B. Maximum Speed
- C. Elevation Gain
- D. Total Distance
- E. Total Ride Time
- F. Speed Comparison

### B. Battery Life Indicator

When battery life is low, a battery icon will flash in the display screen to indicate only a few hours of battery life remain. See Figure 16. When the battery icon appears, replace the batteries as soon as possible.

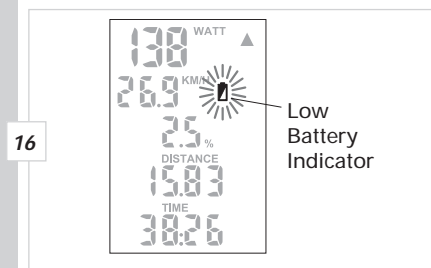
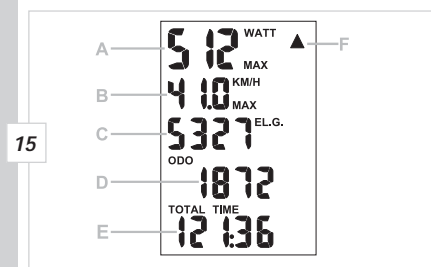
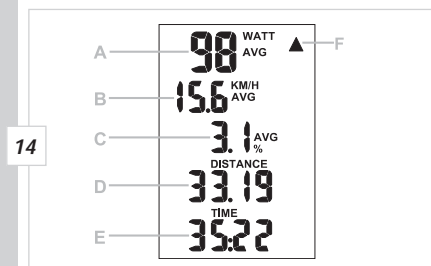
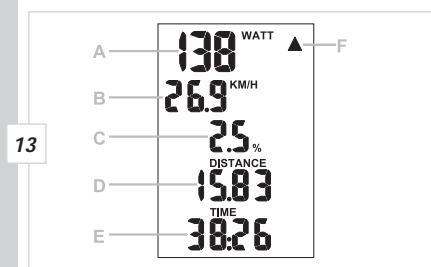
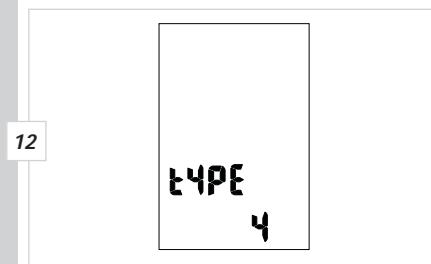
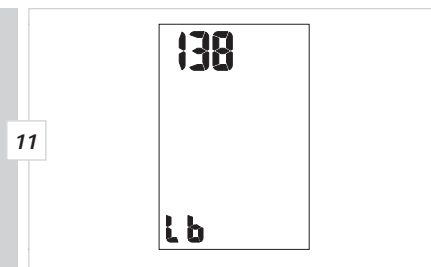
### C. Reset

At the beginning of each ride you'll want to perform a reset to clear from memory the data from your previous ride.

1. To clear the data, press and hold the SET button. After 3 seconds, "CLEAR" will be displayed (at this point no data has been deleted). Continue to hold the SET button and in another 3 seconds "DONE" will appear, indicating that all accumulated data (except Total Distance and Total Ride Time) has been cleared from memory. See Figure 17.
2. To reset Total Distance and Total Ride Time (as well as all other data), press and hold both the SET and MODE buttons. After 8 seconds "CLEAR" will be displayed (at this point no data has been deleted). Continue to hold the SET and MODE buttons, and in another 2 seconds "DONE" will appear, indicating that all accumulated data has been cleared from memory.

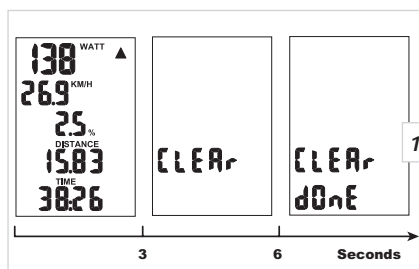
### D. Auto Off

After 2 minutes of inactivity (no pedaling or button presses) the system will automatically switch off to prolong battery life. Current values will be maintained. To turn the system back on press either button (SET or MODE) or begin pedaling. When you finish your workout, slide the power switch on the underside of the console to the "off" position.



## E. Summary List of Ride Data

SYMBOL	SCREEN	INFO
WATT	1	Current Power
KM/H- M/H	1	Current Speed
%	1	Slope (% Grade): A function of the resistance level and the rider + bike weight
DST	1-2	Trip Distance: Distance accumulated during current ride (or since last reset)
TIME	1-2	Ride Time: Time accumulated during current ride (or since last reset)
▲▼	1-2-3	Speed Comparison: Indicates whether current speed is above or below average speed
AVG WATT	2	Average Power developed for current ride (or since last reset)
AVG KM/H-M/H	2	Average Speed for current ride (or since last reset)
% AVG	2	Average Slope for current ride (or since last reset)
MAX WATT	3	Maximum Power: Indicates maximum wattage attained during current ride (or since last reset)
MAX KM/H	3	Maximum Speed: Indicates highest speed attained during current ride (or since last reset)
ELV.G	3	Elevation Gain: Indicates total elevation climbed during current ride (or since last reset)
ODO	3	Total Distance: Indicates total distance accumulated on all rides to date.
TOTAL TIME	3	Total Ride Time: Indicates total ride time accumulated on all rides to date.
⊕	1-2-3	Low Battery Indicator: Indicates batteries should be replaced



## VII. Troubleshooting

### 1. Display not working

- Check cable connection to the computer console.
- Replace the batteries in the computer console and/or resistance unit. See section VIII, "Changing the Batteries."

### 2. Data Values Erratic

- Check cable connection to the computer console.
- Replace the batteries in the computer console and/or resistance unit. See section VIII, "Changing the Batteries."

### 3. Low Battery Indicator Appears

Replace the batteries in the computer console and/or resistance unit. See section VIII, "Changing the Batteries."

## VIII. Changing the Batteries

The computer console and resistance unit transmitter each use 2 "AA" batteries. When the low battery life indicator appears in the display, or if the display is erratic, faint or disappears altogether, new batteries are needed.

### Console

- To replace the console batteries, remove the battery cover from the underside of the computer console.
- Remove the used batteries and dispose of properly.
- Install fresh batteries according to the diagram inside the battery compartment, and replace the cover.

### Transmitter

- To replace the transmitter batteries, remove the screws and open the cover on the underside of the resistance unit. See Figure 3.
- Remove the used batteries and dispose of properly.
- Install fresh batteries according to the diagram on the battery compartment cover, and replace the cover.

**Note:** During a battery change, current data and set-up values will be retained in memory.

## IX. Bicycle Removal

- Raise the handle (G) to the fully open position. To do so, push the handle down slightly; pull the safety knob (H) all the way out and lift the handle to the open position. See Figure 5.

2. Slide the axle support cup (I) all the way to the right by pulling the axle support knob (J) away from the trainer frame, until the rear wheel axle is free of the support cups.
3. The QR skewer provided with the trainer can be used when riding the bicycle off the trainer as well. If you choose to reinstall your bicycle's original skewer, refer to your bicycle owner's manual for instructions on properly adjusting the skewer. Before riding, ensure the quick release skewer is tight.

## X. Travel and Storage

Fold the frame legs, and the trainer is ready for transport or storage. Fold the legs gently to avoid striking the resistance unit and be careful to avoid pinching your fingers.

## XI. Specifications

**Battery Type:** 4 "AA" Alkaline Cells

**Battery Life:** Approximately 300 hours

**Computer Data Fields:**

*Power (watts):* up to 999 watts

*Speed:* up to 99.9 miles/hour or 99.9 kilometers/hour

*Distance:* up to 999.99 miles or kilometers

*Odometer:* up to 99999 miles or kilometers

*Ride Time:* up to 9 hours, 99 minutes, 59 seconds

*Total Time:* up to 999 hours, 59 minutes

*Elevation Gain:* up to 9999 feet or meters

**Weight Input Field:** up to 330 pounds or 150 kilograms

**Units of Measurement:**

*Metric:* Distance in Kilometers, Elevation in Meters, Weight in Kilograms, Speed in Kilometers/Hour

*Imperial:* Distance in Miles, Elevation in Feet, Weight in Pounds, Speed in Miles/Hour



**Tech Support 1(800)553-8324**