

Virtual Cycle: FAQs

1. What kind of bike is required to participate in Virtual Cycle classes?

Participants can join Virtual Cycle from any stationary bike. Alternatively, you may participate in class by attaching your outdoor bike to an indoor bike trainer. Campus Rec members who are comfortable going into the Rec Center can also utilize the spin bikes available in the facility.

2. What is an indoor bike trainer?

A bike trainer is a piece of equipment that allows you to ride a bike in a stationary position. For more information, watch this [What Is An Indoor Bike Trainer YouTube video](#).

3. Can I rent the required equipment for this class?

Campus Rec is currently renting [indoor bike trainers](#) to Campus Rec members through the Outdoor Program (ODP) office. The PSU Bike Hub also rents bikes *to students* that can be attached to an indoor trainer.

4. What is the rental process for a bike trainer?

- You must be a current Campus Rec member in order to rent a bike trainer.
 - Renters must be 18 years or older to rent gear from the Outdoor Program.
- The **bike trainer rental rate is \$20 per term**. This is a flat fee regardless of the start date of the rental. All trainers are due to be returned to the ODP office by the Friday of week 10.
- Individuals may only rent 1 bike trainer at a time.
- Reservations can be made up to one week in advance by calling the Campus Rec ODP Office at (503) 725-5668. For example, reservations made on a Thursday can be picked up the following Thursday. A 24-hour cancellation notice must be given to avoid being charged for the rental. Less than 24-hour notice will result in a charge for ½ the rental cost. Failure to cancel will result in a charge for the full rental value.
- By signing the Rental Agreement, the renter is agreeing that the equipment listed on the Rental Agreement is present and in good repair. The Outdoor Program is not responsible for gear reported damaged or missing after the renter removes it from the ODP Office. All renters are strongly encouraged to check gear prior to departure from the ODP Office.
- Equipment that is returned late will be charged \$25 for each additional week or portion of a week beyond the due date. In addition, renters will be charged the full replacement cost for equipment that is lost, missing, or damaged. If the equipment is returned excessively dirty, a cleaning fee will be charged.
- Individuals should allow adequate time for picking up and returning their rentals. For bike trainer rentals, please allow 15 minutes. It is the responsibility of the renter to ensure they have adequate transportation and storage for the equipment.

- The ODP office is located at: 505 SW Harrison Street, Portland, Oregon 97201.
- For summer term, the ODP Office is **open Monday-Friday from 12 p.m. - 6 p.m** for pick up and drop off of rentals.

5. What is the rental process for a bike from the PSU Bike Hub?

Students who do not own or have access to a bike are eligible to rent bikes from the Bike Hub for \$45 for the term. This fee can be charged to your student account. Learn more on the [Bike Hub website](#).

6. What type of bikes are compatible with an indoor bike trainer?

Campus Rec is renting the Saris Mag Bike Trainer. This specific bike trainer is designed to fit common road and mountain bike frames with included steel quick release skewer and is compatible with rear dropout spacing: 120mm, 130mm and 135mm. Resistance unit roller allows for 700c, 26", 27" and 29" wheel sizes – up to a 2.0 tire. Trainer is tested to the combined weight (rider and bike) of 300 lbs. More details on this trainer can be found on the [Saris website](#).

7. How do I attach my bike to an indoor bike trainer?

Watch [this video for an easy-to-follow tutorial](#) on attaching a bike to an indoor bike trainer.

8. What else do I need to know?

For more information on the Saris Mag Bike Trainer Resistance Knob, [watch this video on the CycleOps Classic Series: Mag](#).

Additional Questions: Contact Erin Bransford at orndorf@pdx.edu.