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Web racing takes cardiovascular training to a new level

FitnessHeaven.com offers real-time bike racing on indoor fitness equipment over the Internet. Gold-level members compete using treadmills, elliptical trainers, stair step machines, and wheelchair trainers. The system allows actual racing with real opponents.

To race, members sign on to FitnessHeaven.com's Web racing lobby server, select the type of equipment, and a course (bicycle race, foot race, wheelchair race, or rowing race). Other members who have selected the same course are put into a race. A countdown runs on the screen and the racers are off. The monitor displays a real-time virtual representation of the racers' activity. When a racer pedals or rows faster, the assigned virtual racers' activity is duplicated online. The racing action is three-dimensional and realistic. Racers can take advantage of drafting (riding in the wake of another rider) before speeding past opponents.

To participate in Web racing you need NetAthlon software; a PC with an available serial or USB port, a PC-interactive fitness machine; and Internet connectivity at 28K or higher.

Many courses and terrains are available, including an intense mountain trail, an Olympic velodrome, a BMX course, and a 6-mile lunar surface course. Web racing is only available to Gold-level members of Fitnessheaven.com. Gold membership costs \$6.95 per month or \$35 per year prepaid.

More information at: <http://www.fitnessheaven.com>

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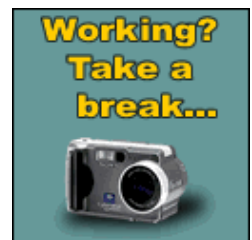
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