

# THROWING ROCKS CONSULTING SERVICES LTD



The trainer itself is simple to construct. The parts list is as follows:

- two 30-inch wood pieces of 2x6 glued and screwed together using 3-inch brass wood screws;
- one 30-inch piece of 2x4 attached to the top, again using 3-inch brass screws;
- two 18-inch 2x4 pieces for the trainer's wheelbase;
- two 24-inch long, 1/2 inch threaded rods that serve as the axles, along with appropriate 1/2 inch nuts, washers, lock-washers, and locknuts;
- four standard 7-inch lawnmower wheels, purchased from Canadian Tire. I desired wheels that had a stainless steel hub with stainless steel ball bearings for durability, rather than wheels with plastic bushings, but unfortunately my local store had only one steel wheel in stock. The different wheels are identical in size and are interchangeable; each type uses a 1/2 inch axle.
- eight 1/2-inch steel pipe strapping fixtures for attaching the threaded rods to the 2x4 axles;
- two 7.5-inch cast-iron drawer handles from Lee Valley.

Total cost is approximately \$120.

