

## **Spin Doctor: A Great Tool for Teaching**

**by Kirby Beck, PCI #002T/EMSCI #017T**

*Coon Rapids (MN) Police Dept. (retired)*

I wanted to pass along a neat piece of equipment I used while teaching an EMS class to the Denver paramedics. They had purchased a **Spin Doctor Essential Workstand** from Performance Bicycle. It's the first time I saw one and I was very impressed.

It is a great workstand for use in demonstrations during class or working on bikes in your bike room. It is light, easy to carry and store and really stable. The legs fold open and closed like an ironing board. You rest the bike's bottom bracket on small cradle and use a universal clamp that goes around the downtube to hold it secure. About the only work you really can't do with it is access any cable guides that are underneath the bottom bracket. If you're a hard-core overhaul mechanic you might want to stick with your expensive and heavy workstand, but for everyone else, this is pretty darn good!

When I saw it I knew I had to have one. It is so easy to stick in the car and bring to class or even work with around the house. My old workstand is heavier and bulkier and a pain to haul around. The best part is the price. I got mine on sale for \$39.99, marked down from \$59.99. If you're interested you can get them through Performance Bicycle or even through Amazon.Com. Just Google **Spin Doctor Essential Workstand**.

By the way, those medics in Denver are some mighty darn good riders!

Be Safe. Live to retire. It's great, too.

*Kirby is a former president of IPMBA and one of the authors of the Complete Guide to Police Cycling. He is an IPMBA Instructor Trainer and an expert in a variety of bike-related issues, including crashes. He can be reached through his website, [www.kbconsulting.com](http://www.kbconsulting.com) or at [kirbyp42@aol.com](mailto:kirbyp42@aol.com).*

(c) 2007 IPMBA. This review appeared in the Spring 2007 issue of *IPMBA News*.