

## Product Reviews for Look (KEO pedal, 386 carbon frame)

LOOK KEO pedal (review from M Hanson, Dec 2004)

[www.lookcyclesusa.com](http://www.lookcyclesusa.com)

Always leading the pack in clipless pedal technology, LOOK took their product line one step further at the of the 2004 season by introducing the KEO, just as weight considerations have returned to the forefront of cycling. At a mere 230 grams for the KEO Carbon cro-mo (and only 190gms for the soon to be available KEO Carbon TI, the KEO was designed to weigh less than LOOK's other carbon model's (the CX-6 and CX-7) yet offer a new, thin and more sleek design. The KEO does all of that and at a price well below the CX-7 (\$219 verses \$450). The new KEO is comparably priced to the Dura-Ace SPD-SL, which weighs in at higher 270gms (sorry Shimano!). The KEO also offers something new for a cycling shoe - a 'memory tab', which attaches to the shoe permanently and allows you easily refit your shoes with new cleats in the exact same place you removed them from (no more painting outlines around the cleats). The only draw back we can see to the KEO, is that it does require a new cleat design, one which is not compatible with other LOOK pedals (not really a big deal unless you have several bikes and many pairs of cycling shoes Like I do!).

What does the team think about it? Well, here is what Enhance Sports' very own Charles Macintosh had to say about the new KEO (I think he was like the first to get the KEO!). "I've been using the new KEO pedal since the fall of 2004 on my Kuota and have been extremely happy with them. Their super lightweight design (115 grams per pedal) and increased aero profile have been wonderful to use. Despite the new, smaller cleat face, the KEO has retained LOOK's basic shape and still provides excellent range of motion for the foot and a relatively large cleat area, both important attributes for me. While I have only had one opportunity to race on them (before the end of the season), they steered me to a great third place finish at the Lake Tahoe Around the Lake bike race. I can't wait to get out on the pedal and do some real damage on the triathlon circuit next summer!"

Still not convinced?

Take a look at what some others have had to say ([Review by cyclingnz.com](http://Review%20by%20cyclingnz.com) and by [cyclingnews.com](http://cyclingnews.com)) and a full description by [LOOK on their KEO](#).

LOOK 386 carbon frame (review from M Hanson, Jan 2005)

[www.lookcycle.com](http://www.lookcycle.com)

This may be the most versatile bike out there. The all carbon monobloc Look 386 was not only a popular choice among the pro peleton for many years (until replaced by their new 486), it also served as a solid time trialing bike for many and carried Santiago Botero to TT stage victory in the 2002 Tour de France. Several years ago when I decided to replace my classic Waterford road bike with something carbon, I took a long look at the Look 386. At the time, I was splitting my time between road racing and triathlons and wanted a frame that could do both and the 386 seemed the perfect choice (another key selling feature was the that fact it was not a Trek carbon bike - as NY's Central Park was already swarming with Lance Armstrong look-a-likes on Treks!). From my road set up all that was really required to turn the 386 into a truly effective TT machine was a set of aero clip on bars and a quick swap of the seat post to one with less offset (or in my case a reversible Corima carbon aero post). The result? Well, let's just say that not long after acquiring my Look 386, I managed my first multi-sport age group win thanks to a wicked bike split on a bike course featuring several monster climbs.

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At 3.2lbs, the Look 386 frame is not as light as many of the feather weight machines being produced now, but how many of us truly need a sub-16 pound bike for road racing in the states (note: my Campy Chorus equipped 386 tipped the scales at just over 18 pounds). The frame offers a stellar finish, sleek internal routing for the rear brake cable, two water bottle mounts, an aero Look HCS 4 fork, and a shaped seat tube offering a rear wheel cut-out to better hug the profile of the rear wheel (which gets even more extreme on their new 486). Whether climbing your favorite hill or tearing down its backside, the bike offers a nice solid ride and unlike some of its lighter and more expensive peers, the Look 386 remains very stiff and highly responsive in even the most hair raising sprint finishes. At an MSRP of \$2199.00 the Look 386 is priced well below the competition (Colnago, Kuota, Pinerello, and Wilier come to mind) and is certainly a great option for those who can't afford Look's new flagship model - the Look 486 (same weight as the 386 and about \$1000 more expensive, but certainly a head turner!). Looking for a bike that can do it all, yet at a price that won't break the bank - LOOK no further than the Look 386!

<http://www.cyclingnews.com/photos/2002/jul02/tdf/?id=stage09/AFPboteroside> (photo)

(PS: While I used the 386 for both road riding and triathlons for many years, I did eventually break down and buy a pure Tri bike, selecting the Look KG 196 so as to keep it all in the same family. But that is a story for another day!)

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