



The Bishop's Lodge Goes Dynamo

Santa Fe, N.M., May 6, 2010: Guests of the famed Bishop's Lodge Ranch Resort and Spa in Santa Fe, New Mexico who are both fitness-minded and sensitive to the environment can now tone up while doing their bit to lessen the Lodge's energy dependence.

In the Lodge's fitness room is a 'Team Dynamo', a full body cardio machine that uses the rotary motion of arms and legs working together to produce grid tied electricity. Looking like your standard stationary bikes, the two machines that make up a Team Dynamo utilize a proprietary generation system called FIG (FireWheel Inter Grid) that simply plugs into a standard electrical outlet. The electrical power generated by the cyclists then slows down the building's electrical usage.

"An elite cyclist can put out 300 watts of power for up to an hour and the typical gym person will average 70-150 watts," says Mike Taggett, a former river guide who created Chums, the incredibly successful cotton sunglass retainers. A self-described 'tinkerer', Taggett sold Chums in 2001, and for the last several years has devoted himself to perfecting the dynamo machines. "Imagine a group exercise class with 50 people making 5000 watts! A small club with low power use and 50 people could actually "reverse" the meter and spin it backwards putting power out into the city grid."

Not long ago during a visit to Bishop's Lodge, Taggett was in a conversation with Rich Verruni, Bishop's Managing Director, about the Human Dynamo. Verruni was intrigued and offered Taggett space in the fitness room to see how guests would respond. "Our guests love the idea of working out and putting energy back into the grid," says Verruni. "We're the only hotel resort in the United States to use the Dynamo, and the first in the world to use such technology to reduce our carbon footprint."

To date Taggett has placed his machines in the Lodge, and two recreation centers in Colorado. One of these in Carbondale, Colorado, is the only LEED platinum gym in the world. Taggett's goal in the next two years is to introduce the machines to a larger audience in gyms through 'Team Dynamo Classes', similar to spin classes, where six, three seat Dynamos will serve a class of eighteen. "There are about 20 million people who do cardio regularly which is about 3 million horsepower wasted," says Taggett. "Our goal at Human Dynamo is to put these people to work!"

For more information, please contact:

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About Bishop's Lodge:

The Bishop's Lodge Ranch Resort & Spa is a classic, historic destination resort minutes from downtown Santa Fe. Meeting spaces include four conference rooms totaling 8,000 square feet, fully wired with high-speed Internet access. Outdoor spaces are available for receptions and activities. Business support services are available, as well as catering and culinary planners.

Ranked by *Travel & Leisure* magazine as one of America's premier retreats, Bishop's Lodge Ranch Resort & Spa is managed by Prism Hotels & Resorts, whose clients also include Marriott, Hilton, Radisson, Doubletree, and Holiday Inn. To make a resort or spa reservation, call 800-732-2240 or visit www.bishopslodge.com.

