

- [Home](#)
- About
 - [Find Us!](#)
 - [History](#)
 - [Contact the Staff](#)
 - [Online Employee Application](#)
 - [Sponsorship & Donations](#)
- Info
 - [Cycling Tips](#)
 - [Routes to Explore](#)
 - [Product Manuals](#)
 - [Calendar](#)
 - [Past Events](#)
- Newsletters
 - [2008 Archive](#)
 - [January 2008](#)
 - [February 2008](#)
 - [March 2008](#)
 - [April 2008](#)
 - [May 2008](#)
 - [June 2008](#)
 - [July 2008](#)
- Product
 - [Product Reviews](#)
 - [Products](#)
 - [Bicycles](#)
 - [Road](#)
 - [Mountain](#)
 - [Hybrid/Comfort](#)
 - [Flat Bar/Fitness](#)
 - [Cyclocross](#)
 - [Commuter](#)
 - [Fixie/Single Speed](#)
 - [Dirt Jump/Freeride](#)
 - [Kids](#)
 - [Fitness Equipment](#)
 - [Treadmills](#)
 - [Ellipticals](#)
 - [Upright Bikes](#)
 - [Spinning Bikes](#)
 - [Recumbent Bikes](#)
 - [Parts](#)
 - [Clothing](#)
 - [Accessories](#)
 - [Gender](#)

- [Men](#)
- [Women](#)
- [Fitting](#)
- [Kiddie Korner](#)
- Services
 - [Contact Service](#)
 - [Service Dept.](#)
 - [Custom Builds](#)
 - [Sauterbilt Wheels](#)
 - [Service & Maintenance Tips](#)
- [Category](#)
 - [Featured](#)
 - [Events](#)
 - [General](#)
 - [Service](#)
- [Archives](#)
 - [2009](#)



[New 2010 Product Information!](#)

2010 Cannondale F5

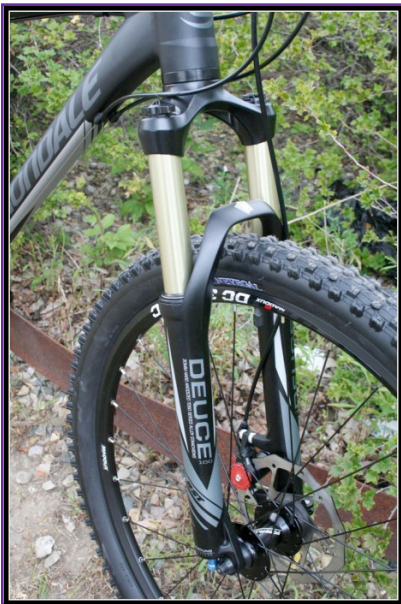


One thing that speaks volumes about the 2010 F5 is the number of features unique to this bike when compared with other bikes in it's class. As I was editing photos for this write up, the specially-made features just kept coming and I hardly touched on the drive- train components. Cannondale has put together what is arguably one of the best spec'd bikes in the \$800-\$900 range. The frame and fork highlight an already well-rounded package. At \$870 the

F5 is going to be hard to beat.

New for 2010 is the Trail SL frame that has been designed to highlight the company's aluminum-building expertise in an economical, performance oriented hardtail. Up front, the F5 features an oversized 1.5" headtube which is essential to the bikes overall front end stiffness. Following the top tube and downtube the first feature you notice is the hydroformed tubing that contributes to a light and rigid frame. The rear end of the frame takes a page out of Cannondale's road lineup and uses the S.A.V.E. chainstays for more rear end compliance and rider comfort. Tying the entire package together are the forged dropouts which include a replaceable hanger. The Trail SL frame is claimed to be the lightest in its class at 1500 g.

Besides the frame, the fork is an equally notable inclusion to this bike. Cannondale has partnered with RST to develop the Deuce 1.5,



The Deuce fork from RST is a solid platform with loads of adjustability.

which takes full advantage of the 1.5" headtube. With 100mm of travel the fork has a super plush feel that is quite adjustable. Traditionally most consumers are used to seeing low end and entry level forks from RST, but this model has the same sort of features found on Rock Shox forks and the quality to match. Adjustments include a lock-out feature, preload and rebound which are all controlled by machined aluminum knobs. No longer do you have to fuss with a plastic dial and worry about it snapping off in your hand.

Overall, the 2010 Cannondale F5 is a wonderful blend of quality and performance at an excellent price. Even with the extra time and attention they paid to the chassis and fork, Cannondale spec'd the rest of the bike equally well. With lock-on grips that utilize metal locking mechanisms rather than the plastic models we've seen in the past, combined with Sram X.5 components, this is a sure

fire way to enjoy mountain biking on both recreational and competitive levels.



2010 Cannondale F5



Even the top-tube reminds you of the features this bike has.



The F5 takes a page out of the road playbook and uses the S.A.V.E. stays for added ride comfort.



A sure sign of quality is in the materials that are used.



A shining example of the differing tube shapes.



The Deuce fork has a flip up alloy adjustment for setting your preload.



Cannondale has teamed with Maddux to provide a quality wheel.



A simple flip of the dial and you go from plush to efficient.



The lock-on grips are a little detail that prove a companies commitment to performance.



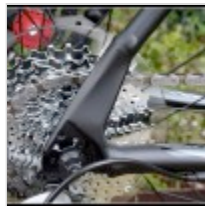
As with most Cannondale mountain bikes, the 1.5" is used to utilize front end stiffness.



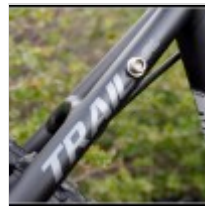
The Deuce fork from RST is a solid platform with loads of adjustability.



The Formula hubs are sure to keep you rolling for years to come.



The 3d forged dropouts allow for the various tube sections to be joined in a neat, clean, and strong way.



The Trail SL frame is noted on the seat stay.

Posted: 21 Jul, 2009 | Comments Off

Categories: [General](#) , [Product](#) | **Tags:** [2010](#) | **By:** [Oscar Bustos](#).

Comments are closed.

Archived Entry

- **Post Date:**
- Tuesday, Jul 21st, 2009 at 1:01 pm
- **Category:**
- [General](#) and [Product](#)
- **Do More:**
- Both comments and pings are currently closed.

Elsewhere

- **Latest**
- [All Trainer & Trainer Accessories On Sale!](#)
- [Vision Fitness – Voted 2010 Best Buy](#)
- [Have Us Wrap the Perfect Gifts for the Holidays](#)
- [2010 Giant TCX 1 – First Look & Comparison](#)
- [2010 Cannondale Flash Carbon 29'er](#)
- [Adoption Sale List](#)
- [Fitness Season Is Upon Us!](#)
- [Apples and Oranges: Setting up your Bike](#)
- [Winter Commuting Clinic](#)
- [Landice Treadmills](#)

Copyright Great Lakes Cycling 2009
2015 W. Stadium Blvd Ann Arbor, MI 48103 | 734.668.6484
[employee login](#)

☺