



US 20050077881A1

(19) **United States**

(12) **Patent Application Publication** (10) **Pub. No.: US 2005/0077881 A1**

**Capp et al.** (43) **Pub. Date: Apr. 14, 2005**

(54) **METHODS, SYSTEMS AND APPARATUS FOR REGULATING FREQUENCY OF GENERATED POWER USING FLYWHEEL ENERGY STORAGE SYSTEMS WITH VARYING LOAD AND/OR POWER GENERATION**

**Related U.S. Application Data**

(60) Provisional application No. 60/495,499, filed on Aug. 15, 2003.

**Publication Classification**

(51) **Int. Cl.<sup>7</sup>** ..... **H02H 7/06; H02P 9/00**

(52) **U.S. Cl.** ..... **322/29**

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(57) **ABSTRACT**

Featured are methods for regulating the AC frequency of the electrical power be supplied on an electrical distribution system or grid. Such a method includes electrically coupling an energy storage sub-system to the electrical distribution network, where the energy storage sub-system includes one or more flywheel energy storage systems. Also featured as devices, systems and apparatuses embodying such methodologies or for use in implementing such methodologies of the present invention.

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(21) Appl. No.: **10/920,146**

(22) Filed: **Aug. 16, 2004**

