



"The reason a lot of people don't recognize opportunity, is because it usually goes around wearing overalls and looking like hard work"
-Thomas Edison

5627 University Way NE • Seattle • WA • 98105 • (206)-527-4822 • Fax (206)-527-8931 • e-mail RodTandem@aol.com

R+E NEWS

APRIL-MAY 1996

THE NEWSLETTER OF CYCLING VALUES!

**24 HOURS A DAY
7 DAYS A WEEK!?!?**

SETTING THE STANDARD FOR SERVICE, AGAIN!

- PERSONAL ATTENTION
- UNINTERRUPTED SERVICE
- WE WORK AROUND YOUR SCHEDULE!

R+E Cycles, and Mountain Bike Specialists are open 24 hours a day, 7 days a week. That's right! Our posted hours are 12-7. That's so we can leave the morning and evening hours for personal appointments.

Everyone has shopped in a store where it is hard, if not impossible, to get a salesperson to focus on you... A store where it takes 10 minutes or more before someone helps you. When they do get to you, they may have to interrupt to answer the phone, help another customer, ring up a sale, help another employee find something etc.... In the 90's most people are too busy to hang around for an hour or two to buy something that should take 1/3 the time! Not to mention the fact that if you're buying an expensive item, you want to feel sure that your salesperson is concentrating on you, and not being distracted.

At R+E Cycles, we've created the solution! As a matter of fact, between 7AM and noon,

STORY CONTINUED ON PAGE 2

IF YOU CAN'T COME TO US, WE'LL COME TO YOU!

Do you know just what you want, but you don't have the time to come in? Call us, fax us, or e-mail us and we can send your order directly to you. We ship free if your order is over \$15 (except for bicycles) and ship anywhere in the United States. UPS within Washington state usually only takes a day, so if your order is placed before 2:00PM, you'll probably have it the next day!

A RODRIGUEZ DESIGNED TO COME APART!?!?

Perfect for the person who wants to travel with their bicycle on an airplane. The S&S Coupling system is a simple to use system for splitting your bicycle into 2 pieces for storage in a small suitcase sized container for travelling. We can build a new bicycle frame with this system, or install it onto most steel bicycle or tandem frames. Its applications may include tandems, racing, touring, or mountain bikes. Professional bicycle adventurer, Willy Weir, has chosen a Rodriguez S&S Coupling custom bicycle for his next tour of the Balkans. (See page 2)

R+E
5627 University Way NE Seattle
206-527-4822
Fax 206-527-8931

Mountain Bike Specialists
5601 University Way NE Seattle
206-527-4310

Seattle Bike Repair
5601 University Way NE Seattle
206-527-0360

Summer Hours

12 - 7 Mon - Thurs
12 - 8 Friday
10 - 6 Saturday
12 - 5 Sunday

By appointment anytime!
Beginning March 1st

WHAT'S INSIDE

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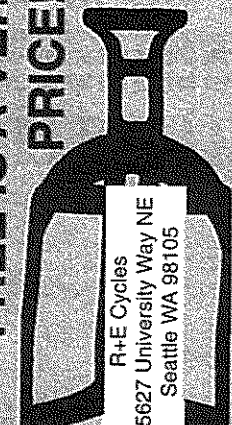
CHUG-A-LUG!
Get rid of your nasty, grimy old bottles.
Use this coupon to receive 2 large or small water bottles for the incredibly low price of \$5.
2 for \$5
Reg. \$10
Save 50%
Hurry, Limited to stock on hand!
Offer good with coupon only. No cash value. Expires May 19, 1996



TOTALLY TUBULAR!
Inner tube special!
Get 'em 3 for \$10!!
What a deal!
Offer good with coupon only. No cash value. Expires May 19, 1996



DON'T RATTLE YOUR CAGE
Use this coupon with your mailing label attached, and receive a brand new, 1996 Advent Composite rattle proof water bottle cage FREE with your purchase of \$5.00 or more! Limited Quantity. One coupon per customer.
\$6.00 Value!
FREE IS A VERY GOOD PRICE!
Bulk Rate U.S. Postage Paid Seattle WA. Permit No. 12977
R+E Cycles 5627 University Way NE Seattle WA 98105
This is not an in store coupon, your coupon must have its mailing label attached. This offer expires May 19, 1996



APPOINTMENTS CONT. FROM PAGE 1

and 7PM-10PM are some of the best hours to work with us. We work by appointment, around your schedule, any hour of the day. It lets us give you our undivided, personal attention without having to answer the phone or ring up a sale at the register. We have early birds on staff that are often here by 6 or 7 AM and night owls that thrive at hours that others of us are hitting the pillow.

You certainly don't need an appointment to shop with us but if you would like undivided, personal attention, give us a call in advance and let us know what it is that you are looking for. We'll gather things up and have a bike, clothing or whatever it is you're looking for ready and waiting for you.

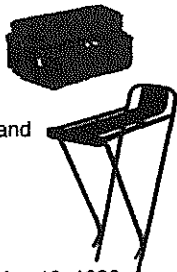
RACK IT UP & STUFF IT IN THE TRUNK!

Use this coupon to receive an Advent rear rack (\$30 value) and an Advent Rack Trunk (\$30 value) for only \$39.99

HIGHLY RECOMMENDED FOR STP!

SAVE \$20!!

Offer good with coupon only. No cash value. Expires May 19, 1996



PUT THE METAL TO THE PEDAL

LIMITED TO
STOCK ON
HAND

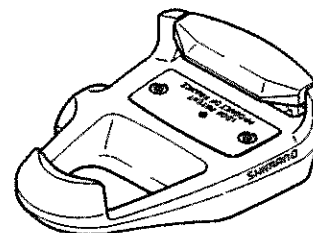
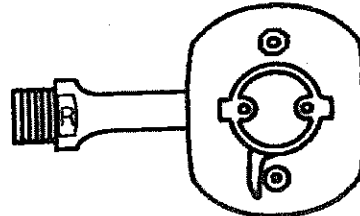
Use this coupon to receive **FREE** Professional installation and set up of your cleats with your purchase of any clipless pedal and shoe combo in stock!

Includes: any shoe modifications/cleat installation/fore and aft adjustment of cleat

**SHIMANO
RITCHEY**

\$25 value

Offer good with coupon only. No cash value. Expires May 19, 1996



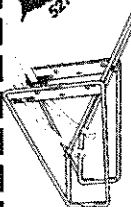
FRONT END LOADER

Buy a pair of Madden Lizzard panniers and get a Blackburn Lowrider front rack for \$20

Save \$20!

LIMITED TO STOCK ON HAND

Offer good with coupon only. No cash value. Expires May 19, 1996



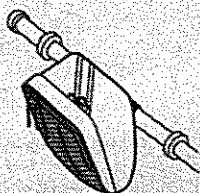
PLAIN & SIMPLE

LIMITED
SUPPLY!

Use this coupon to receive a Bike Pro Yosemite Handlebar bag for **only \$9.99!**

Save 60%!!

Offer good with coupon only. No cash value. Expires May 19, 1996



DON'T COME UNGLUED!

Don't even use any glue! These patches are like bandaids for your tubes. No glue, no mess, no waiting for glue to dry! Reg. \$2 per kit

Sale:

2 kits for \$3.00

Offer good with coupon only. No cash value. Expires May 19, 1996



COMMUTER SPECIAL

Bike Pro Ascent Panniers, with a volume of 1650 cu. in. are perfect for commuting or light touring. Top loading with compression straps.

Sale: 69.99 pr.

Reg. \$130

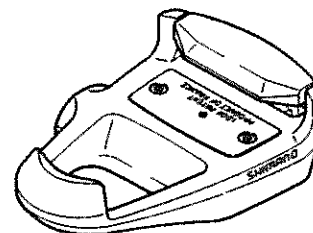
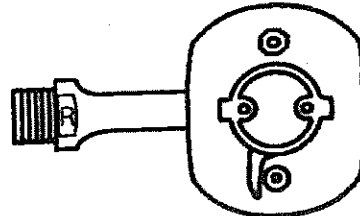
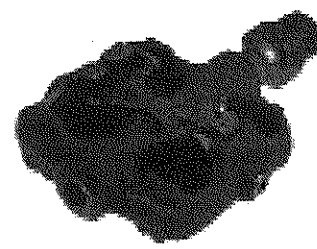
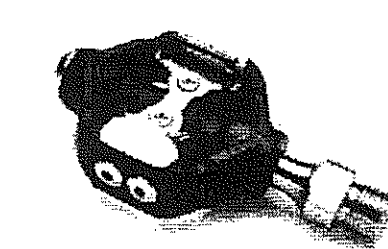
LIMITED
SUPPLY!

Offer good with coupon only. No cash value. Expires May 19, 1996



OF COURSE YOU CAN TRY THE PEDALS BEFORE YOU BUY THE PEDALS!

We can explain the differences until we're blue in the face, but until you've tried them, you don't know how easy they are to get in or out of, or what the different brands feel like. At R+E Cycles, we'll let you try out the brands that we sell. We've got a trainer set up just for that purpose. You can bring in your bike, or use one of ours. We've got shoes in all sizes and we'll set you up right! Don't buy a set of clipless pedals without having tried them out first! Stop in today, and try a few out!



WOULD YOU LIKE TO TRAVEL THE WORLD BY BICYCLE AS YOUR JOB??

If that's not something you can do, here's your chance to meet someone who does just that. Willie Weir is an actor by trade, an adventurer in spirit and a world wide bicycle traveler by profession. Willie is not an avid cyclist. He is an explorer who finds that the ultimate way to explore the world's cultures is by bicycle. You may recognize him as a commentator for KUOW or as the guy who lived on the Millstone billboard a few years ago.

On April 29th at 7:30 PM Willie will present a slide show combining adventures from his most recent travels in India and South Africa. You'll also have the unique opportunity to mingle, socialize and ask questions of Willie. He'll be showing off his new RODRIGUEZ "Take Apart bicycle" and Ortlieb waterproof panniers.

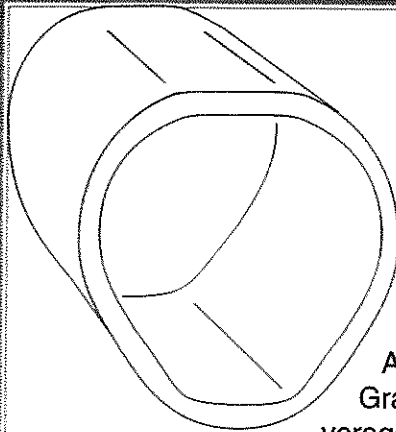
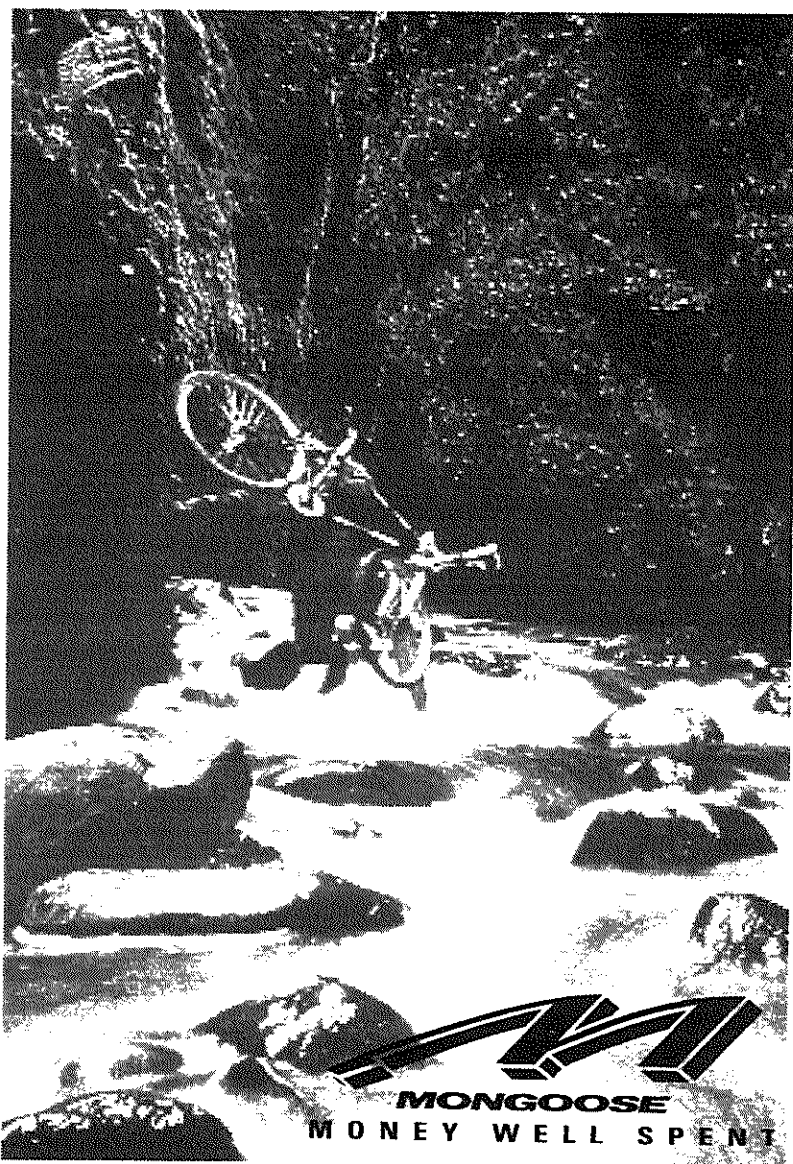
Some of Willie's more interesting stories will include:

- what to do when your tire explodes in the mountains of Lesotho
- how to successfully cross the Kowbanqaba river
- bicycles and game reserves - the deadly combination
- mipane worms- grubs or grub?

RSVP to 368-5490 ext. EST (378) Leave your name and phone number. Or e-mail us at RodTandem@aol.com.

With over 35,000 miles of international touring and a LOT of flat tires, you'll hear stories and learn those tips that you won't read about in any bicycling publication. Don't miss this. It is going to be R+E's Event of the Year!!!

P.S. Willie leaves for the Balkans early in May so you won't get another chance to see him for quite a while!



C(a)2

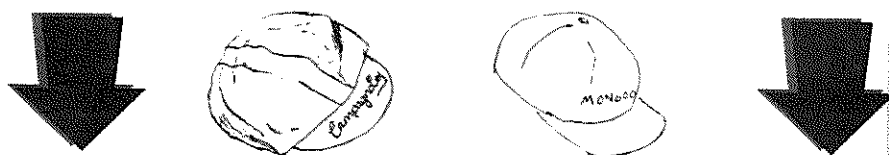
Complex Aluminum Array

MONGOOSE.

C(a)2 stands for 'Complex Aluminum Array'. Originally developed for use in Grand Prix motorcycles, C(a)2 fully leverages aluminum's primary benefit - light weight - while also improving on some of aluminum's weak points; mainly stress-related failure. The C(a)2 process produces multi-thickness 7000 series, radially butted aluminum tubes that, when constructed into a frame, produce exceptionally strong, seriously stiff and incredibly lightweight bicycles. With C(a)2, *Mongoose has created the most advanced Aluminum frames on the planet!*

FREE STUFF!!

We've got Road bikes and Mountain bikes that utilize the new **MONGOOSE C(a)2 tubing**. Come in to R+E Cycles or Mountain Bike Specialists today for a test ride on a **C(a)2 MONGOOSE**, and we'll give you a **FREE** Mongoose Baseball cap or a Cycling cap.



Dial • A • Fit

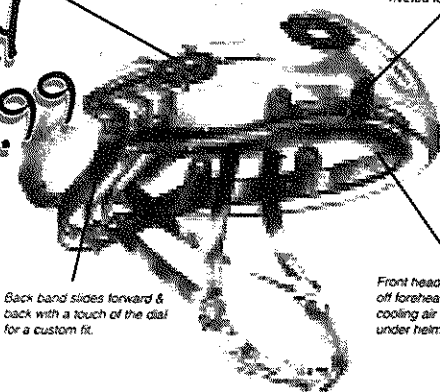
Buying a helmet can be a trying experience. Selecting & installing sizing pads is time consuming, & often the fit isn't quite right. The Dial•A•Fit helmet by Advent eliminates all this frustration. It fits any head in seconds. Choose a shell size, select a color & go! No sizing pads to waste your time. A twist of the Dial•A•Fit dial delivers a custom fit that's adjustable on the fly.

ADVENT

So easy to adjust. Dial up to tighten, dial down to loosen

Headband is strongly riveted to EPS liner.

ONLY \$34.99

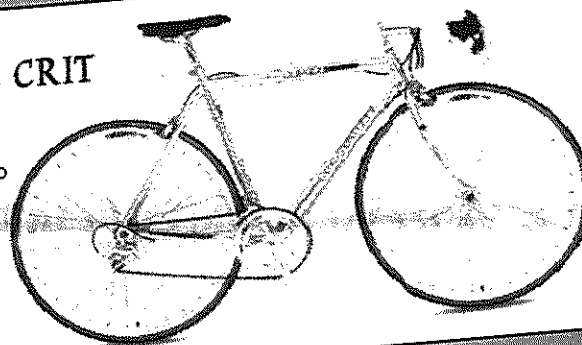


Back band slides forward & back with a touch of the dial for a custom fit.

Front headband lifts helmet off forehead & allows cooling air to circulate under helmet.

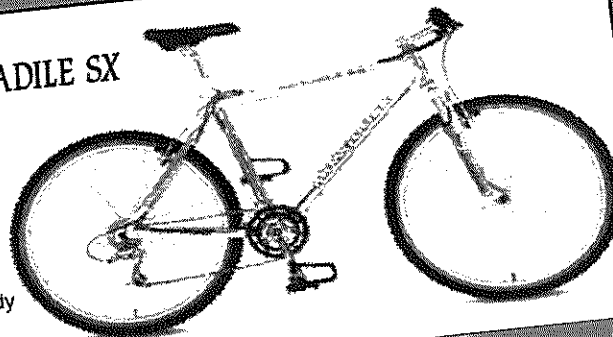
MONGOOSE IBOC CRIT

- C(a)2 aluminum frame
 - Campagnolo Mirage w/Ergo
 - Mavic CXP 14 rims
 - Tubular alloy stem
 - Light weight Road Racing
- \$1249.99**



MONGOOSE ROCKADILE SX

- C(a)2 aluminum frame
 - STX RC Components
 - Manitou Mach 5 Shock
 - Mavic 238 rims
 - Light weight Race Ready
- \$899.99**



CLOSEOUT!!

We've got a few 1995 Mongoose Rockadile, and Rockadile SX mountain bikes available. We will be closing these bikes out on a great special.

Rockadile:

- 7000 series aluminum frame
- Shimano STX RC Components
- Blue or Polished Silver

Reg. Price \$639.99
Sale Price \$499.99
 You Save \$140

Rockadile SX:

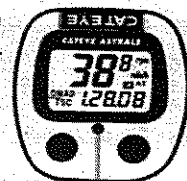
- 7000 series aluminum frame
- Shimano STX RC Components
- Green or Polished Silver
- Rock Shock Quadra

Reg. Price \$759.99
Sale Price \$599.99
 You Save \$160

MONGOOSE®

SPINNING YOUR WHEELS?

Track your cadence as well as your speed and distance. Use this coupon to get a \$49 Cateye Astrale Computer with Cadence for only \$39.99



LIMITED SUPPLY!

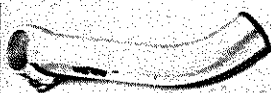
Save \$10.00

Offer good with coupon only. No cash value. Expires May 19, 1996

GET A GRIP!

Use this coupon to receive a set of Ritchey Mountain bike grips for FREE, when you purchase a set of Cyclepro bar ends for \$19.99

\$10 Value!



Offer good with coupon only. No cash value. Expires May 19, 1996

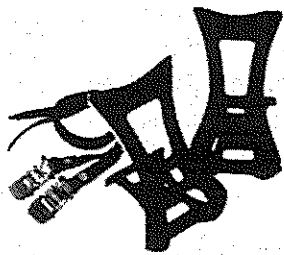


BUCKLE-UP

Use this coupon to receive \$2 off a pair of Delta Toe Clips and straps. (Reg. \$8) These toe clips are great because they come in 3 sizes to fit almost ANY size foot & will work with most tennis shoes or light hiking boots!

Sale \$5.99

No cash value. Offer good with coupon only. Expires May 19, 1996



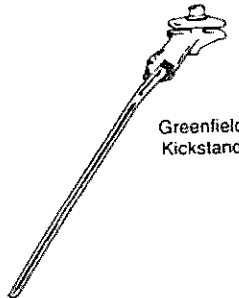
WHAT? NO KICKSTAND!?

Do you hate having to lean your bike against walls and windows because you don't have a kickstand?

Greenfield aluminum kickstands are lightweight and save your paint. Get one for half price! (Reg: \$10)

Sale \$4.99

No cash value. Offer good with coupon only. Expires May 19, 1996



Greenfield Kickstand

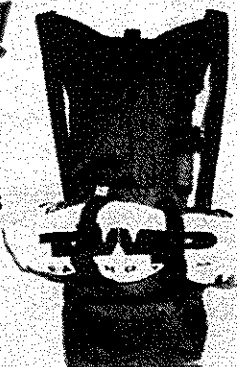


GET TANKED!

This is the BEST value in a drinking system! 60 oz. bladder inside an insulated bag that also has outside pockets for storage of other small items. (Compare at \$85)

Sale \$54.99

No cash value. Offer good with coupon only. Expires May 19, 1996



A Bullet For Bikers

This is one seat pack that will never wear out or accidentally spill your tools. It has a supple plastic lining, a drawstring closure and a long flap covering the opening. It is another Blackburn product that is made to last! Reg. \$27

Sale \$12.99

No cash value. Offer good with coupon only. Expires May 19, 1996



How Many Bottles Can a Mountain Biker Drink?

Mountain Bikers are always looking for ways to get weight off of their bike as well as ways to carry more water. Here is the solution to both at a price you can't pass up. This pack is also made from recycled materials.

Reg: \$50

Sale: \$24.99

No cash value. Offer good with coupon only. Expires May 19, 1996



HANG-LOOSE!

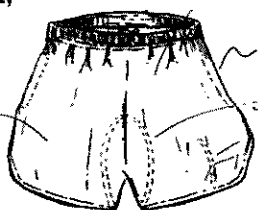
Enjoy the comfort of a real cycling short, but look normal when you get off your bike. A cotton outer short conceals a real bike short in disguise. Reg. \$45

Sale \$38.25 with coupon



Bellwether

No cash value. Offer good with coupon only. Expires May 19, 1996



DO YOU SUFFER FROM SUSPENSION DEFICIT DISORDER!!!???

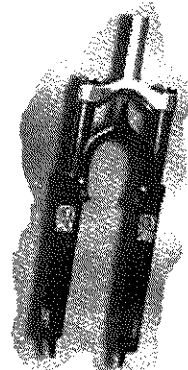
When you're riding, is your vision blurry on rough terrain? Does your body hurt, and do you have trouble controlling your front end? Do your friends pass you by on off road downhills? These are the symptoms of **SUSPENSION DEFICIT DISORDER!** There is a cure and it's not Advil or Ibuprofen.

MOUNTAIN BIKE SPECIALISTS HAS YOUR CURE!

If you're also sick of hearing how everyone "has the lowest prices in town" we've got the cure for that too.

These are the lowest published prices we've ever seen! If you don't think they are the lowest, call around first, and then bring your bike in so we can make sure that we get you the right size fork.

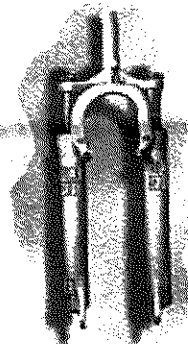
All prices current at time of printing. Prices and availability subject to change without notice.



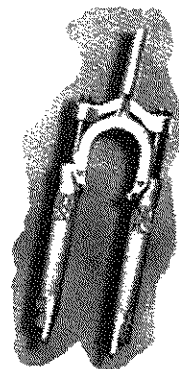
ROCK SHOX
JUDY DOWNHILL
\$406.67



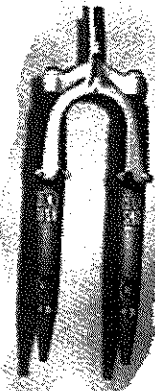
ROCK SHOX
JUDY SL
\$456.42



ROCK SHOX
JUDY XC
\$307.26



ROCK SHOX
QUADRA 21R
\$206.65



ROCK SHOX
QUADRA 5
\$155.28

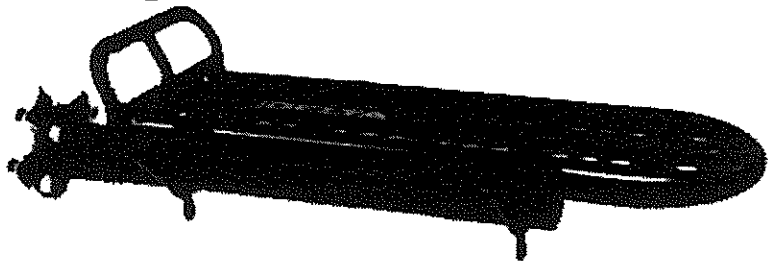


RACK ATTACK!!

Have you ever been in the predicament where you wanted to carry a little more than a seat bag would allow, but didn't want to carry a fanny pack or use a big rack? You are not alone. Many people have asked us for another alternative. And now, we have the perfect solution. The Delta Post Haste is a simple rack that attaches to your seat post with two easy bolts. No struts, no complications, and one size fits all. You can carry a small set of panniers, a rack trunk or merely bungy your load to the rack. So easy to install, even a kid can do it. Introductory special ends May 15, 1996.

Reg.\$40

Special: \$34.99



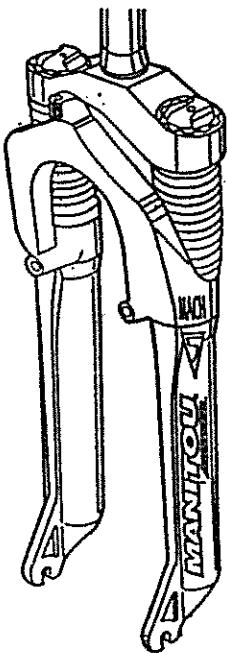
ATTENTION MANITOU FORK OWNERS!!

There has been a recall issued on Manitou Mach 5 series suspension forks!

Answer Products has found that a small percentage of the 1995-96 season Manitou Mach 5 fork die cast leg assemblies may fail under certain circumstances. Although the percentage of forks that have castings which could fail under some circumstances is very small, the casting failure may cause the front wheel to separate from the bicycle. This situation would result in loss of control of the bicycle. Therefore, we are requesting all of the subject forks be inspected.

If you own a 1995/96 Manitou Mach 5 model suspension fork you should:

1. STOP USING THE FORK IMMEDIATELY UNTIL THE SERIAL NUMBER CAN BE INSPECTED and the appropriate action below is taken.
2. All Mach 5 forks with Serial Numbers LESS than Ser. #5100086500 need to have the outer leg castings replaced before riding. The casting replacement will be done at no charge.
3. Forks that have Serial Numbers that are GREATER than Ser. #5100086500 yet LESS than Ser. #5100149464 need to be returned to be inspected at Answer Products and reworked if necessary. This will be done at no charge.
4. All Mach 5 forks with a number LESS than #5100149464, BUT have a Red paint dot on the inside of the dropout, have already been inspected and are not subject to this notice.
5. All Mach 5 forks with a Serial Number greater than #5100149464 do not need further inspection and are not subject to this notice.
6. See the dealer where you purchased your Manitou fork for an RA (Return Authorization) for a fork that requires inspection or rework, or call Answer Products at 800-670-7446. RA numbers and shipping instructions will be issued immediately via phone by a Customer Service Representative. The casting replacement will be done at no charge.
7. You may have your dealer perform the inspection/rework or you may send the forks involved in the recall to ANSWER PRODUCTS, INC. 28209 AVENUE STANFORD, VALENCIA, CA 91355. Write "M-5 REWORK" on the package for quick identification and turn around. For forks on an assembled bicycle, it is recommended that the crown steerer remain on the bicycle and just the stanchion/leg assembly is returned for inspection or rework. All work and parts required will be replaced at No Charge to the Consumer.



ACCELERATE YOUR BIKE TO 70 M.P.H.

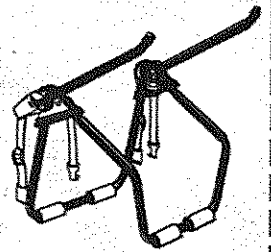
This easy to use bike rack is as nice to your car as it is to your bike. Folds flat for easy storage and adjusts to fit almost any car or van.

Reg \$60

with this coupon \$39.99

Special purchase, Limited Supply

No cash value. Offer good with coupon only. Expires May 19, 1996



USE BELL OR VOICE WHEN PASSING

If you are riding the Burke Gilman Trail or STP you probably get sick of saying "on your left". Use a bell instead. Advent mini bell goes "ding". Special purchase, limited supply

Reg \$5

Sale \$2.99

No cash value. Offer good with coupon only. Expires May 19, 1996



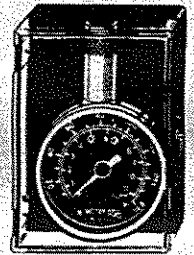
UNDER PRESSURE?

Low tire pressure is a major cause of flat tires and makes for inefficient riding. Unless you have calibrated finger tips you need a pressure gauge. The schraeder valve Accugauge is shop quality and fits in a tool bag.

Reg \$10

Sale \$7.99

No cash value. Offer good with coupon only. Expires May 19, 1996



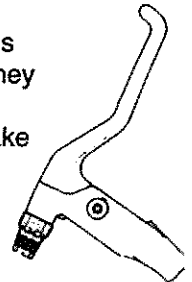
ULTRA VIOLET LIGHT

The Dia Compe SS-7 mountain bike brake lever is one of the lightest production levers made. And they even come in purple. Upgrade your brake levers; save some weight, improve your braking, and make your bike look cool. Hurry, limited supply

Reg \$40

Sale \$19.99

No cash value. Offer good with coupon only. Expires May 19, 1996



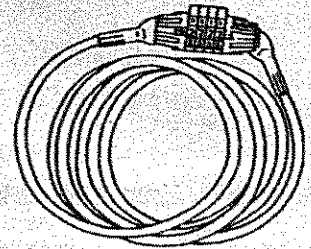
1-900-XXXX

This traditional cable has an integral lock with a resettable combination. You can't lose the lock part, a key, or forget the combination. Perfect for anyone who has ever lost a key or forgotten a combination. Limited to stock on hand.

Reg \$15

Sale \$9.99

No cash value. Offer good with coupon only. Expires May 19, 1996



We'll tell ya where to go

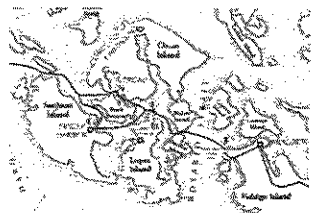
TOURING THE SAN JUANS-MAPS AND ROUTE DESCRIPTIONS

People come from all over the country to tour the Saun Juans. We are lucky enough to have them nearly in our backyard. Explore them by bicycle. It's the way to go!

Reg \$13

Sale: \$10.99

No cash value. Offer good with coupon only. Expires May 19, 1996





WE DON'T STINK!

WHAT WE CARRY

TOOLS

The trailer is a complete mobile bike shop. We have a shop quality repair stand, spoke maker, every tool one could need for basic bike repair, 24" crescent wrench, files, a big hammer, and other tools you would never imagine we'd carry. You're welcome to look in our tool kit but we hope you don't have to.

TIRES/TUBES

Road, mountain, hybrid, tandem, presta valve, schrader valve. We carry them all; about 100 tubes and 12 tires per day.

SPOKES

There are about 40 different "common" size spokes and mechanics never know how many they'll need of each size. We have that problem licked. We carry a tool that cuts and threads spokes so that we have all the common sizes and any other size one could need.

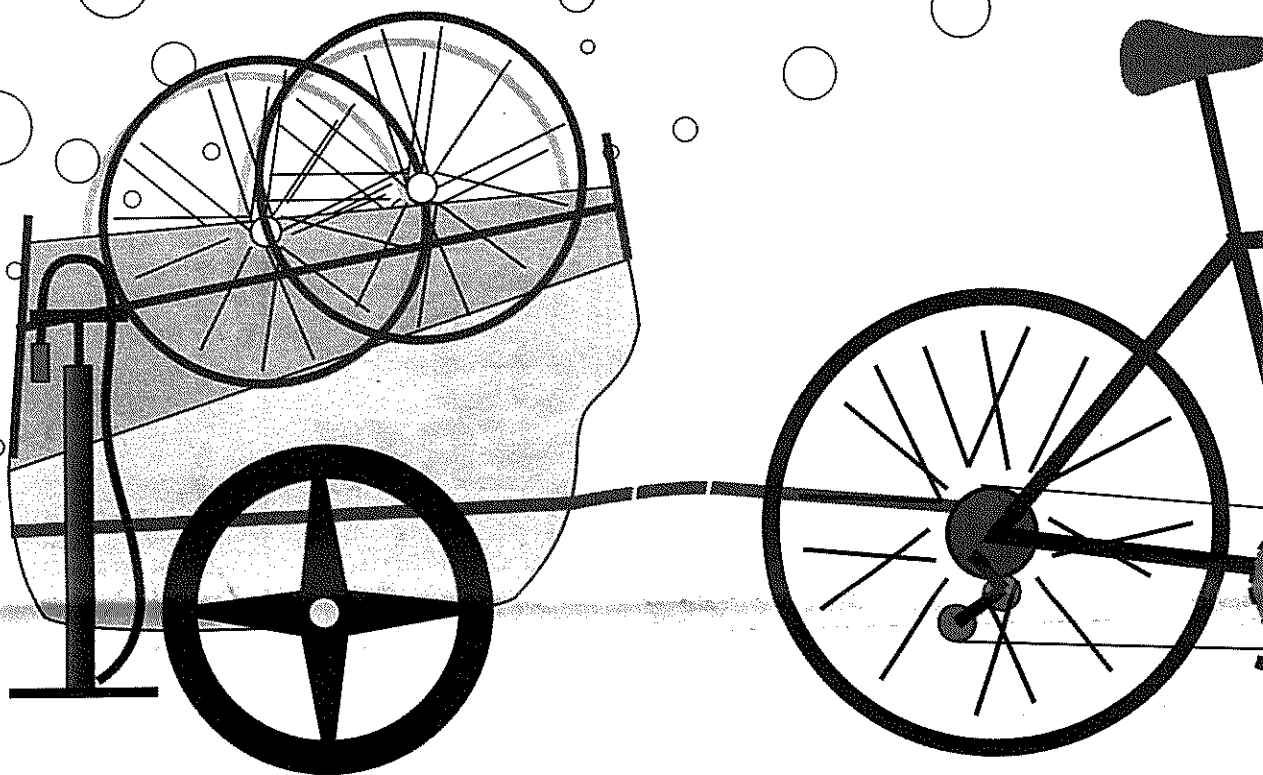
WHEELS

We carry 6 wheels with us. As cumbersome as they are we'd like to get rid of them but unfortunately when we rescue someone who needs a wheel we end up with their old one!

POWERBARS

(and sometimes real chocolate)

We constantly run into people who have run out of fuel. We occasionally run into folks who have run out of good humor (especially if we are fixing their bike for the third or fourth time). We have *high octane* PowerBars for the first group, and chocolate bars for the latter.



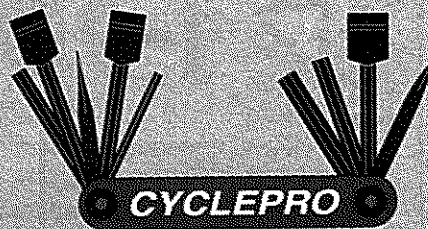
BE PREPARED!

Most bikes require allen wrenches and sockets. This tool is a one piece compact folding unit that has both of these, along with 2 screwdrivers. It is the choice of our mechanics and should be yours, too.

Reg \$25

Sale \$19.99

No cash value. Offer good with coupon only. Expires May 19, 1996



FREE SPOKES!

Lots of people break spokes on STP, and none of them thought it was going to happen to them. Be prepared just in case. There are many different size spokes and we want to be sure you have the right size. Bring

your bike in and we'll give you

2 free spokes

just because we care.

No cash value. Offer good with coupon only. Expires May 19, 1996



YOU DON'T WANT Because that means you're

Tech vans are nice on STP (we've got one stationed at the start and with mechanical support!

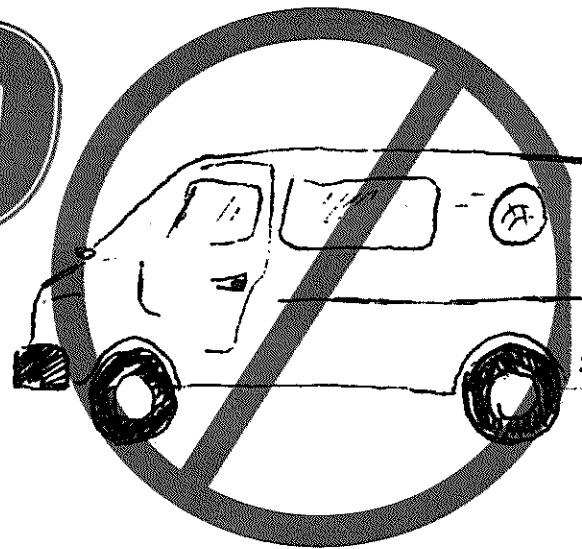
Once again, R+E goes the extra step to support cycling. We send as fully equipped (185lbs.) as most of the vans (In some cases, obvious like fix flats and broken spokes, but we also do a lot of unthreads into trashed crank arms. During last years STP we fixed being carried by their riders toward the next stationary van (2 miles

Statistics from R

- Replac
- Provided over 60 ri
- Repl
- Repla
- Replaced
- Straight
- Repl
- Replac
- Fixed lots
- 1 Complete b

* Last year another shop's support van chased us down because they were with
Have your bike checked out before y

NEED NO V' VAN!



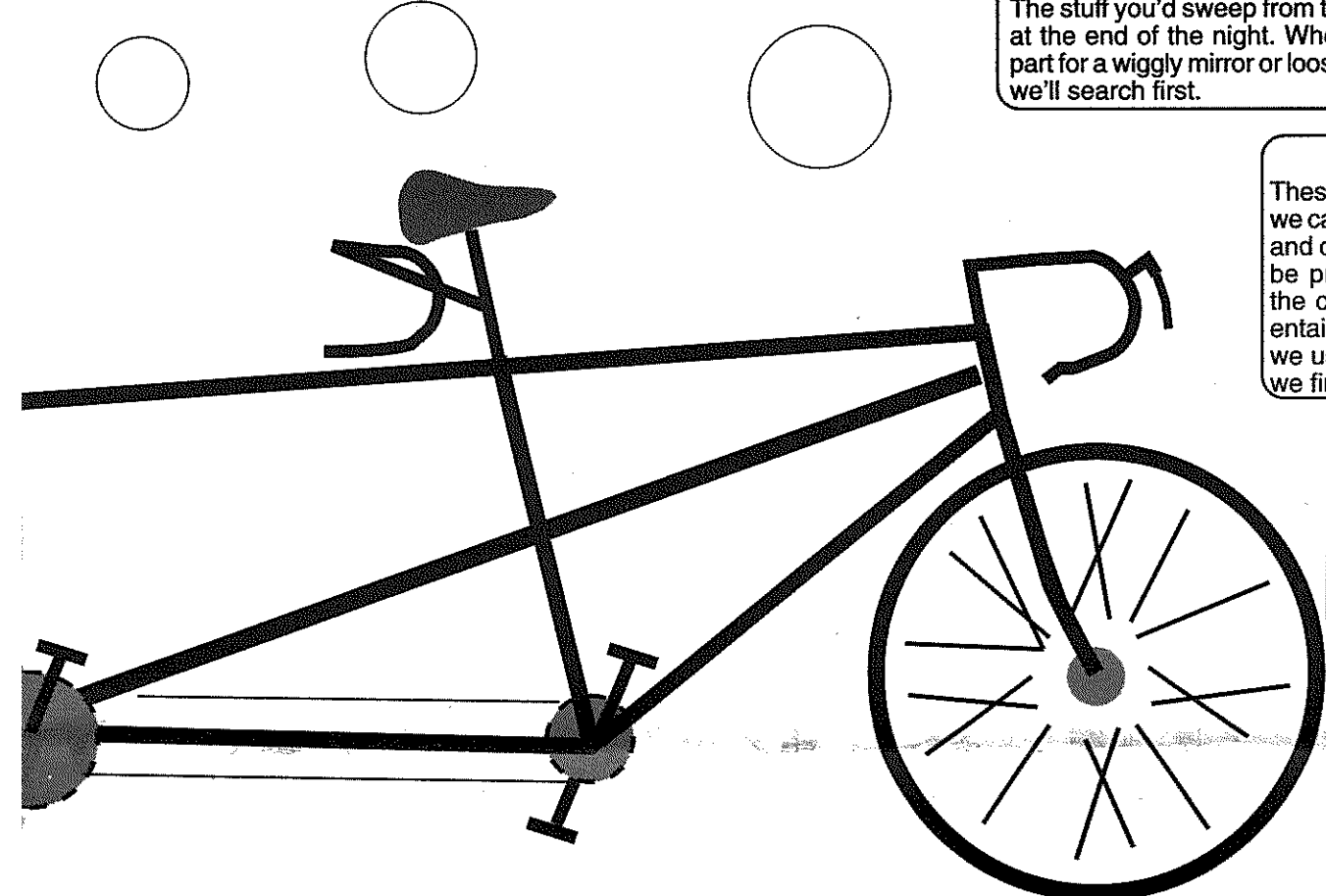
THE TRAILER ON STP

CHAOS
Yup, that's what we call it. It is a great big jar of assorted nuts, bolts, clamps, screws, helmet buckles, washers, thing-a-ma-jigs- and more. The stuff you'd sweep from the mechanic's floor at the end of the night. When you need a little part for a wiggly mirror or loose cleat this is where we'll search first.

CHAINS and FREEWHEELS
These account for a significant amount of the weight we carry. There are so many variations in freewheels and cassettes that we need to carry a lot in order to be prepared. Many people break their chains on the climbs and quite often the chain is so worn it entails requiring replacing the gears as well. (And we usually have to carry their old heavy ones until we find an appropriate trash can.)

PUMPS
Our big floor pump is a lot easier to use than your small frame or mini pump. If we come by and you are struggling with a small hand pump, we'll help you out.

SLICK TIRES
We carry a few items such as slick tires, comfy saddles and mirrors for those of you that find they are a must. We do sell through all of our slick tires!!



STP TO HELP YOU..... Not getting on the side of the road.

(like at Spannaway) as long as your bike can make it to the next stop

(like a pair of mechanics on a Rodriguez tandem pulling a trailer that is not more so*) and we ride the STP right along with you. We fix the needed repairs, like replace destroyed bottom brackets and carve new sprockets on most 50 bikes, most of which were in unridable condition and were a long walk carrying a bike wearing cleats).

- '95 STP Trailer:
- 27 rim strips
- Spare inner tubes
- 4 wheels
- 19 spokes
- Rear derailleurs
- 1 bent frame
- 8 chains
- 3 freewheels
- Lots of flat tires
- Bottom bracket overhaul
- and more

(like the necessary spoke to fix a rider's wheel, and they knew that we could make one.)
Don't ride STP. Don't become a statistic!!

PREVENT 36 FLATS!

We believe the most common cause of flat tires on STP is a bad rim strip. Older bikes probably have rotten rubber strips that are ready to break and newer bikes often have plastic strips that often break. Protect yourself with Velox cloth rim strips. They'll last for the rest of your wheel's lifetime.

Reg \$3
Sale 2 for \$4

No cash value. Offer good with coupon only. Expires May 19, 1996

**No more
tweeeky squeaks!**

Lubing your chain is the most basic maintenance thing you need to do to your bike. A well lubed chain will prevent your drivetrain from wearing out prematurely as well as make your riding more efficient. Triflow is the choice of our mechanics. 2 oz. bottle

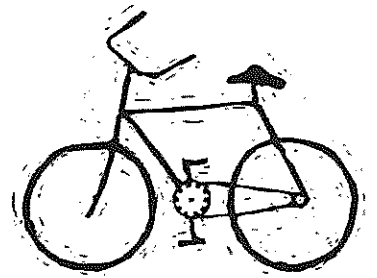
Reg \$3
FREE

With any purchase over \$25

No cash value. Offer good with coupon only. Expires May 19, 1996



NEWS FROM THE REPAIR BENCH



LONG LIVE ERGOPOWER!!

Shift easier, shift more often. Better shifting results in greater efficiency. Being more efficient means you go faster and go farther. It's a beautiful thing, this easier shifting.

Mountain bikers have had friendly shifter positioning from the very beginning. Recently we have seen the advent of brake lever mounted shift levers for road bikes. These brake/shift lever combos are quite convenient, placing shifters close to the rider's hands. Easier shifting... it's a beautiful thing.

**And the King of brake/shift levers-
Thy name is Ergopower.**

Campagnolo, the grandfather of bicycle components, has designed a brake/shift lever combo that has many advantages. This brake/shift lever is also available from Sachs, the Sachs lever being manufactured by Campagnolo. Here's the story of this wonderful piece of bicycle componentry.

Compatibility. The Ergopower lever has a much broader compatibility than other brake/shift levers (i.e. STI). The Sachs version will shift a Shimano drivetrain as well as Sachs components. The Campagnolo version shifts only Campy rear derailleurs. Either can be set up for 7 or 8 speed drivetrains. The best news is that either version will shift any front derailleur. There is no need to use a specific front derailleur. Specific front derailleurs often limit crankset and chainring options. This limitation **does not** exist with the Ergopower levers. The front lever functions with a fine ratchet that also allows the front derailleur to be trimmed.

Durability. Ergopower is the most durable of the brake/shift levers. Crashes almost always impact the brake levers (please notice the scratches on your brake levers). The shifting portion of Ergo is hidden behind its very beefy and crash proof brake lever. But like any mechanical component, Ergo is susceptible to wear and tear. Ergo is superior from this standpoint also.

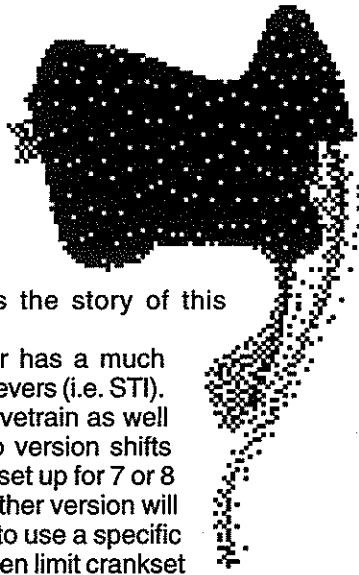
Repairability. When Ergopower levers finally start feeling worn and

'sloppy' they can be easily overhauled. Other brake/shift levers must be replaced, there is no repair or overhaul possible. A sloppy pair of Ergo levers can be rejuvenated with four \$6.00 springs. The labor, when done by SBR, is \$50 for the pair. A \$75 overhaul vs. \$300 or more for STI replacement. The choice seems simple. Long live Ergopower!!

Shifting Quality. There is one very distinct advantage to the shifting dynamics of Ergopower. STI requires multiple activation of the lever to shift into higher gears (smaller cogs). Ergo requires just one quick push to go from the 26T to the 12T. This is a big advantage when cresting a hill or beginning to sprint. Ergopower shifting is very strong and powerful. Ergo levers feel initially 'heavy' to some users. This heavy feeling turns into smooth, positive shifting with a little use. And after many years of great performance, these levers can be overhauled to like new condition as mentioned above.

Ergopower is an intelligent choice when upgrading to brake/shift levers or when replacing broken or worn out STI.

LONG LIVE ERGOPOWER!!



REPAIRABILITY!
SHIFTING
QUALITY! DURABILITY!

TUBES presta & schraeder
three for \$10

**SAME DAY
CUSTOM WHEELS**
IN BY 2 P.M., OUT BY 7 P.M.
Bring in your trashed wheel or place a custom order. Exclusive 3 yr. guarantee.

**DO YOU THINK
WE'D BE PUTTING YOU ON
WE ARE!**

Purchase a set of tires from us and we'll install them for free! Free is a very good price.

\$12 Value

No cash value. Offer good with coupon only. Expires May 19, 1996

**LET'S WRAP
ABOUT ERGO!**

Use this coupon to receive a free set of Cinelli cork handlebar tape when you purchase an Ergo Upgrade for your bicycle! Parts-\$300 Labor-\$60

\$16 Value

No cash value. Offer good with coupon only. Expires May 19, 1996

Seal it up tight!

Purchase any sealed bottom bracket from us, and we'll install it for \$15

Reg. \$25
SAVE \$10

No cash value. Offer good with coupon only. Expires May 19, 1996

DO YOU SQUEEK?

Bring in this coupon for a FREE chain inspection and chain lubrication.

TRI-FLOW

No cash value. Offer good with coupon only. Expires May 19, 1996



SEATTLE BIKE REPAIR

5601 UNIVERSITY WAY N.E. in the R & E CYCLEPLEX • 527-0360

FREE ESTIMATES • REASONABLE RATES

ATB SHIFTER UPGRADE

The 1980's was the decade of the under-bar-two-lever-push-push-trigger-rapid-fire-index-express shifting system. These shifters are the product of an industry that was driven by bells and whistles. Even though these systems have become more reliable, they all suffer from the same problem; **too many small breakable parts**. Furthermore, for those who are brave enough to attempt to disassemble these complicated gear shifting mechanisms, replacement repair parts are not available. As a result, a broken shifter means replacing the whole mechanism. These shifter pods are expensive and often are difficult to find. And once replaced, it is the same delicate, unreliable shifter.

Enter the twist grip shifter. These shifters are much simpler in construction and the parts are durable. And if you should happen to break one, they are easily repairable. These shifters work great, are not affected by severe usage and are easy to maintain. It's 1996 and time to upgrade to twist grip shifters. Here's what we suggest.

The French bicycle components company, Sachs, manufactures an excellent twist shifter called the Power Grip. It is available in two versions, the Power Grip Plus and the Power Grip Extreme. Both are available in either 7 or 8 speed rear shifting configurations and all have an excellent fine ratchet shifter for the front derailleur. The fine ratchet front shifter (as opposed to a 3 position front) allows for more aggressive front shifting and allows the front derailleur to be 'trimmed' to avoid annoying front derailleur rub. These Sachs shifters are affordable and available as single shifters or pairs.

Since most under-bar shifters are integrated to the brake lever, you will also have to replace your brake levers. This will allow you to choose levers that are compatible with the hot new Shimano V-brakes, if that upgrade is in your future. If you're sticking with your conventional cantilever brakes, see the **coupon** below for a great shifter/brake lever combo deal.

**SACHS SHIFTER
SUNTOUR LEVER
COMBO**

UPGRADE TO SACHS
POWER GRIP PLUS
SHIFTERS AND SUNTOUR
XC-PRO BRAKE LEVERS FOR
ONLY \$99

\$99

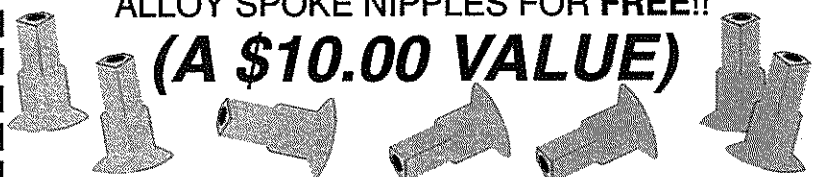
INSTALLED
(A \$150 VALUE)

No cash value. Offer good with coupon only. Expires May 19, 1996

FREE ALLOY NIPPLES

BUY A RIM AND WHEELBUILD WITH DT BUTTED OR REVOLUTION SPOKES AND UPGRADE TO ALLOY SPOKE NIPPLES FOR FREE!!

(A \$10.00 VALUE)



No cash value. Offer good with coupon only. Expires May 19, 1996

F.Y.I. (for you, information)

- Shimano V-brakes require a brake lever that pulls more cable than most conventional levers. You will probably have to replace your levers for these brakes.
- Freewheel? Don't panic. Freewheels (as opposed to cassettes) are getting harder to find, but Sachs is still manufacturing excellent quality 6, 7 & 8 speed freewheels.
- Front derailleurs for non-compact triple cranksets (like on most tandems & touring bikes) are also a rarity but are still available from the French company Sachs.
- 8 speed road wheels, especially on Campagnolo hubs, benefit greatly from butted spokes on the off-drive side and straight gauge spokes on the drive side. Always use DT spokes.
- Speaking of wheel builds... Alloy spoke nipples are an easy and inexpensive way to improve wheel performance. They reduce rotational weight with no loss of durability or reliability. Even a better deal with the coupon below.
- Over used and stretched chains continue to be the major cause of I.R.C. (Increased repair cost). Over stretched chains require replacement of cogsets, freewheels and/or chainrings which can add as much as \$200 to the cost of a repair. Have your chain checked and replaced every 1-2,000 miles.
- The new CXP deep aero section rims from Mavic require a longer than normal spoke nipple. SBR is stocking the alloy version of these nipples for use with the new CXP rims.

SBR REPAIR COURSES

ROADSIDE REPAIR:

(1 SESSION; 2 HOURS; \$15)

APR. 22; APR. 28; MAY 17; MAY 31; JUN. 11; JUN. 17

WELL-TUNED BIKE:

(3 SESSIONS @ COURSE; 3 HOURS @; \$55)

APR. 13/14/20; JUN. 2/8/9

OVERHAUL COURSE:

(3 SESSIONS @ COURSE; 3 HOURS @; \$45)

MAY 5/11/12; JUN. 30/JUL. 6/7

WHEELBUILDING:

(1 SESSION; 4 HOURS; \$45)

APR. 27; MAY 18; JUN. 15

TANDEM MECHANICS:

(1 SESSION; 2 HOURS; \$15)

MAY 20; JUN. 1; JUN. 28

CUSTOM GEARING:

(2 SESSIONS @ COURSE; 2 HOURS @; \$30)

MAY 3/JUN. 7

STARTING TIMES FOR ALL CLASSES:

MONDAY-THURSDAY 7PM; FRIDAY 8PM;

SATURDAY 6PM; SUNDAY 5PM

CALL 527-0360 TO ENROLL

ON BEING PREPARED

Many people train hard for an organized ride and halfway down the road discover that their bike was not as prepared as their body. Now is the time to get your bike checked over. The month before STP all repair shops are backed up and may not be able to accommodate you in the time frame that you need.

Wheels and chains are two components whose failures can often be prevented by a simple check over by our mechanics. We have a tool to measure your chain and determine how worn it is. Just like you change the oil in your car before it turns to sludge you need to change your chain before it breaks. We can also examine your spokes to determine what shape your wheel is in. Worn tires and bad rim strips cause about as many flats as glass does. Changing a flat is easy if you know how and if you have the right tools.

We encourage you to bring your bike to Seattle Bike Repair for a FREE 10 point check over. While you are there, ask about our simple Roadside Repair Class (see schedule pg. 9)



AERO BAGS FOR AERO BARS

Aero bars offer you additional riding positions as well as aerodynamic efficiency. Purchase any pair of Scott aero bars and we'll throw in a Blackburn AeroBar bag for FREE.

Save \$20

Offer good with coupon only. No cash value. Expires May 19, 1996



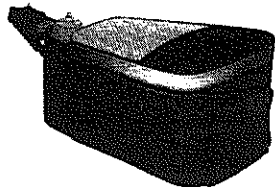
QUICK RELEASE BAGS

Easy on easy off. These bags eliminate grabby velcro that snags on your shorts and eliminates straps that seem to evade your grip when you are trying to install them. The larger versions are the answer for the rider who wants a large bag but does not want to use a rack.

Reg. \$19-\$45

15% off

Offer good with coupon only. No cash value. Expires May 19, 1996



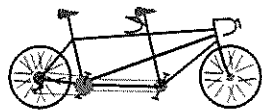
PUT YOUR KID TO WORK

There is a joy to pedaling with your child that can't be expressed in words. When kids ride on the back of a tandem, believe it or not, they can actually pull their own weight. See for yourself. This coupon entitles you to

\$20 off

a kidback tandem rental.

Offer good with coupon only. No cash value. Expires May 19, 1996



LIKE A ROCK!

Turn your helmet into a 1996 model with a Giro Roc Loc upgrade kit. This add on strap at the back of the helmet keeps it snugly in place. Fits most Giros ever made. Bring in your helmet with you so we can be sure. Reg \$20

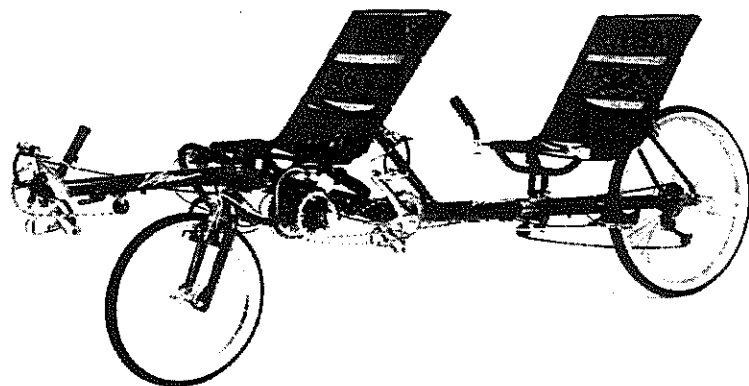
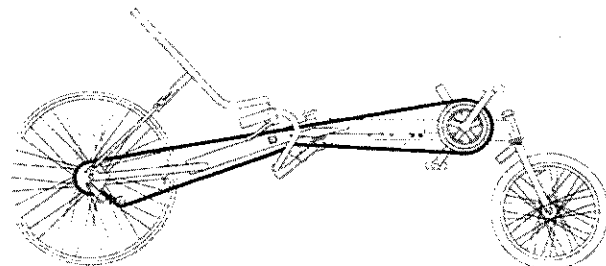
Sale \$16.99

Offer good with coupon only. No cash value. Expires May 19, 1996



OUR VISION IS 20-20 AT R+E CYCLES!

Imagine riding a bike in perfect comfort! No neck, shoulder, butt, hand or foot discomfort! Sounds too good to be true? Check out the Vision recumbent. It's comfortable, fun and easy to ride. We have various models in long and short wheelbases with steering above or below the handlebars. Come in for a free test ride. It just might change how you think about cycling.



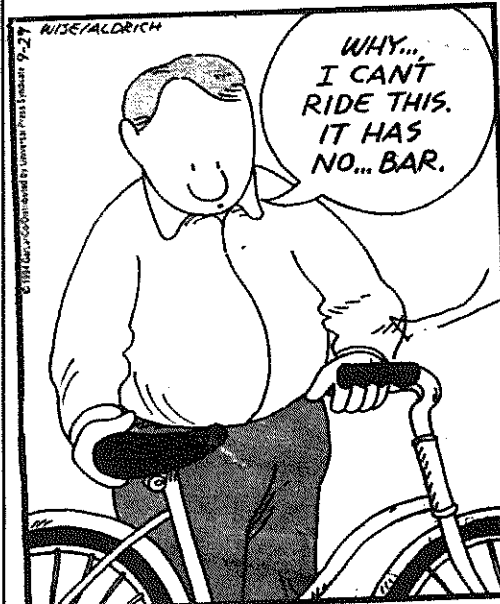
WHO'S THE BEARDED FELLOW IN THE SMASHINGLY ATTRACTIVE JERSEY?

The first 25 people to identify him correctly and stop by R+E with the answer will receive a FREE RODRIGUEZ water bottle (\$3 value). We will also put those names in a hat, and draw for a brand new 1996 R+E Jersey. (\$45 value)

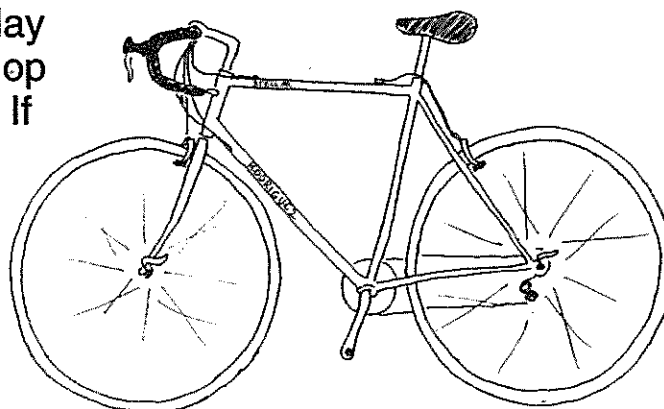
STELLAR UPDATE

We have been overwhelmed by the response to the RODRIGUEZ STELLAR, our 100% women's bike. We first unveiled it at EXPO in February and sold through our first delivery before they even

came out of paint. Since then we have sold through our next two deliveries and been telling women that they are no longer available. BICYCLING magazine is about to come out with a stellar STELLAR review. SO... we have upped our production and 20 more RODRIGUEZ STELLARS will become available approximately May 1. We have kept three for our shop floor so you can take a test ride. If you are even slightly interested, hurry in and test ride one. We'll be taking deposits and these will sell as quickly as the others. Don't be stuck riding a "boy's" bike this summer!



MEN WOULD RATHER WALK THAN RIDE A GIRL'S BIKE.



1996 TANDEM RALLY UPDATE!

Tandem Rally applications are out and many teams are getting excited for the largest tandem rally in the United States. As always this event is held on Memorial Day Weekend. This year's location is Klamath Falls, Oregon (Crater Lake!) It is promising to be a spectacular gathering with almost 400 tandems expected to attend.

There will be a gathering of RODRIGUEZ tandems and their owners on Saturday at 9:30am for us to take our annual photo. It's a lot of fun as we arrange ourselves from the oldest bike to the newest.



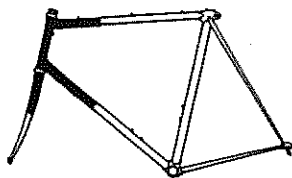
1995
RODRIGUEZ
TANDEM OWNERS
PHOTO



This event is twice as fun as any other cycling event. Hope to see you there!!

527-4822 MAKE AN OFFER!

We have a few handbuilt road and mountain bike frames and bikes that we need to sell. If you are lucky enough to fit one of these frames it is the deal of a lifetime. Choose from Salsa, American, RODRIGUEZ, and Rain City.

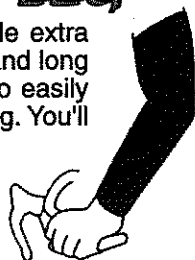


MAKE AN OFFER

Offer good with coupon only. No cash value. Expires May 19, 1996

527-4822 IT WON'T COST AN ARM OR A LEG

Chilly mornings and cool evenings call for a little extra warmth, but maybe not a complete set of tights and long sleeve jersey. Arm and leg warmers are made to easily slip on or off and stow away in a pocket or little bag. You'll wonder how you ever lived without them.



25% off

Save \$4-\$10

Offer good with coupon only. No cash value. Expires May 19, 1996

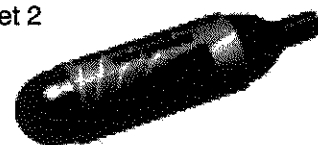
527-4822 THIS DOESN'T SUCK, IT BLOWS!

Do you think pumping up a tire is a drag? Then carry an air cartridge. Lightweight, powerful and available for schraeder or presta valves they are a real quick fix. Get 2 cartridges and an inflation kit for only

\$12.50

Reg. \$15

Offer good with coupon only. No cash value. Expires May 19, 1996



527-4822 WATCH YOUR BEHIND!

Use this coupon to receive a Rhode Gear rear view mirror for

Just \$14.99

Reg. \$18

Fits road, mountain or hybrids

Limited supply



Offer good with coupon only. No cash value. Expires May 19, 1996

Just Like the World is Made for Right Handed People, Most Bikes are Made for Men...

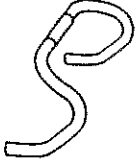
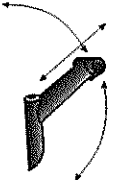
When people refer to bikes that are "designed for women" they are usually referring to a bike that has one particular feature that is smaller than other bikes, thus dubbing it a "women's" bike. Few bikes are truly, exclusively designed from front to back specifically for women. Let's examine a road bike and find out how you can modify yours for increased comfort and efficiency.

Handlebars- Do you ever get sore neck, numb hands, or tired shoulders? Your handlebars may be too wide for you. Your handlebars should be about an inch wider than your shoulders. You can measure your bars from center to center (at the opening of the drops) and compare that to your shoulders. Most women will need 36-40 cms. If you are not sure of this measurement, come by the shop with your bike and we'll help you.

Brake levers- Do your hands get tired on descents? Is it hard to reach or pull the brake levers with a good grip? Do you just barely get a hold with your fingertips? Most brakes come with standard brake levers (standard for most men sized hands. Most women need a compact brake lever. Try one of our smaller levers, you'll be amazed.



Stem- Do you feel like you have to stretch to reach your handlebars or that it is uncomfortable bending to reach your drops? Many women have bikes that are too long for them. Your bike may be the right size in order for you to get proper leg extension but that does not assure you that the reach to your handlebars is correct. You can install a shorter (or longer) or higher stem in order to achieve a more comfortable riding position. Let us measure you and your bike and we'll find the perfect fit for you.



Crankarms- Is it tough to increase your cadence? Perhaps your crankarms are longer than ideal. It is easier to spin a smaller lever than a longer lever. Come try out a pair of smaller cranks. See what you think.

Toe Clips- What size are your feet? Men's medium or large? If not, and your bike came stock with toe clips, then they are probably too large. Check to see if the ball of your foot is centered over your pedal spindle. Having the proper toe clip size may increase your comfort and efficiency.



Last, but not least, many women are purchasing new bikes that have integrated brake and shift levers.

Some women are finding that this combination makes the brake lever too hard to reach and the shifters a little hard to use. If you are experiencing this you may want to consider switching to bar end shifters and compact levers.

If you have any women specific questions feel free to ask for Stacia, Estelle or Heidi. We stock lots of women's clothing, and saddles as well.

R+E CYCLES



TANDEM RIDING 101

If you are interested, or know someone who is interested in learning to ride tandems let them know that R+E offers beginning tandem riding workshops. We provide some classroom instruction and then we pair novice riders up with experienced riders (using our rental tandems) for a jaunt down the road. It's fun for everyone involved.

Workshop fee \$20 per couple payable upon attendance.

TANDEM WORKSHOPS

WED. MAY 1ST 6PM - 8PM
SAT MAY 18TH 10AM - NOON

Pre registration is required.

Call us at 368-5490 mailbox #444 to pre register.

Or stop by, fax us, or even e-mail us.

fax 527-8931

e-mail RodTandem@aol.com

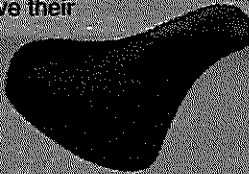


AS YOU LIKE IT!

Often women come into a bike shop and say they want a women's saddle. What they get is a big wide thing that doesn't solve their problem. The RODRIGUEZ women's saddle has plenty of padding but it also has a cutout in the front for those who need that relief. We'll install it on your bike for free and let you try it for a week. REG \$25

sale \$19.99

Offer good with coupon only. No cash value. Expires May 19, 1996

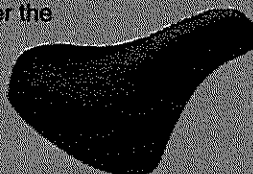


JOIN THE FAN CLUB!

Women's Terry saddles have developed quite a fan club. A little firmer than the RODRIGUEZ saddle they offer the same cutout. We'll install it on your bike for free and let you try it for a week. Reg \$37

sale \$29.99

Offer good with coupon only. No cash value. Expires May 19, 1996

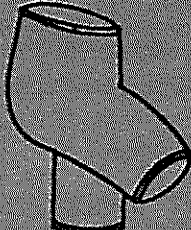


WHAT'S A UNISEX?

We have a large selection of women's shorts including some with gel padding, some made of cotton lycra, some baggies and some made with the latest in fabric technology. We stock sizes 6-20. Come try on a few!

10% off any women's shorts

Offer good with coupon only. No cash value. Expires May 19, 1996



Princess & the Pea

YUK! Bike grease all over your hands. Flat tires are a fact of cycling life but that doesn't mean you have to finish your ride with filthy hands. This little package of hand cleaner is as small and light as a stick of bubble gum.

WITH COUPON 6 for \$1

Reg. .25 cents

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