

December 2000



5627 University Way NE • Seattle • 206-527-4822 • <http://www.rodcycle.com>

THE NEWSLETTER OF CYCLING VALUES! DECEMBER EDITION 2000

THE BEST BIKE FITTING GETS EVEN BETTER!

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To Get Fit? or To Be Fit?

Lot's of folks call me and say, "I want to get fit on my bike". That can be taken one of two ways. It can mean that they want their bicycle to be fitted to them or that they want to achieve physical fitness by using their bike. We have the perfect tool to help you with both.

We have just purchased a CompuTrainer with Spin Scan. This is a state of the art electronic system that can be used as a piece of workout equipment as well as a tool to analyze your pedal stroke. 3D interactive graphics and innovative hardware and software allows you to test, monitor and train on your bike.

The fitting/ stroke analyzing process with Estelle takes about 2 hours and runs \$120. 206.527.4822 or e-mail at Estelle@rodcycle.com

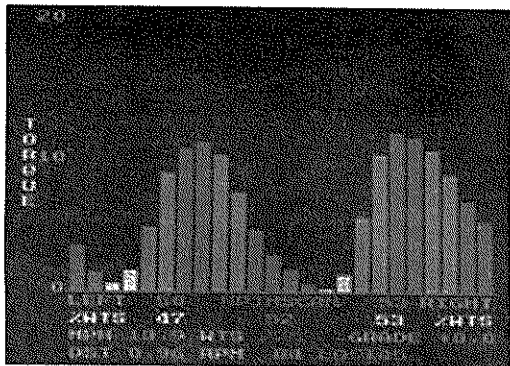
For the best fit possible, I will combine my 25 years of fitting experience with the feedback of the CompuTrainer and a Heart Rate Monitor. Once we have established what we feel is the best position for you I will analyze your stroke using the computerized torque analyzer. I will make slight positioning modifications to see how that affects your efficiency based on power output and heart rate. Once we have found the optimal adjustments I will work with you to maximize the efficiency of your stroke.

If you would like to schedule a time for a fit/stroke analysis consultation with me, please call the store at 206-527-4822 or if you just want to see how it works, come on by.

If you already own a Rodriguez, and don't

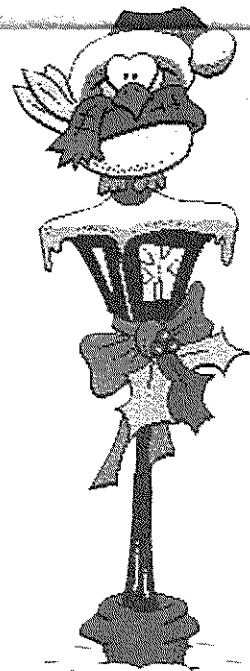
Spinscan is a Pedal Stroke Analyzer that measures the torque that you are producing throughout the 360 degrees of your stroke. It analyzes each leg individually and produces a multi color graph that shows it to you visually.

need the fitting but would like your stroke analyzed, call us for a 1-hour appointment with Estelle (\$60.00). 206.527.4822 or e-mail at Estelle@rodcycle.com



Once you have been fit using our CompuTrainer you are going to want to play on it and you will probably want to monitor the progress of improving your stroke. We will have the CompuTrainer set up all winter and we'll be reserving time slots for those folks who want to either come in for a 30 minute ride (\$30.00) or a 15 minute stroke monitoring visit (\$20.00).

-Estelle

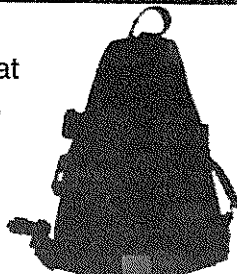


HAPPY HOLIDAYS

NO MORE SOGGY MONEY

Don't you hate it when everything in your seat bag gets wet? Protect your tools and wallet with a waterproof seat bag. Made of waterproof cordura with a roll top closure, these bags are great for commuting or off road riding. Made in the USA by Inertia Designs. Reg:\$20

Coupon Special: \$15.99

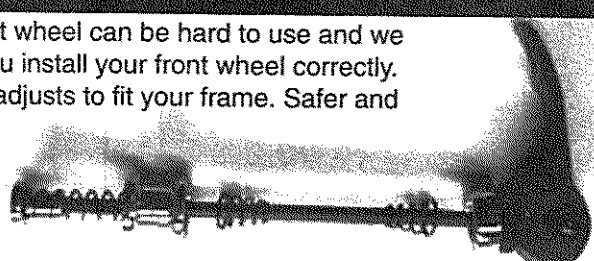


Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

A QUICK RELEASE WITH A MEMORY

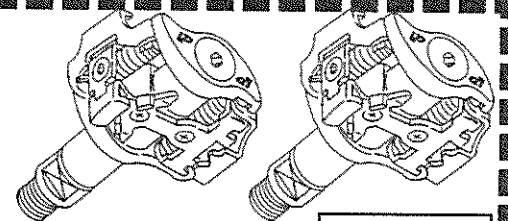
Those pesky skewers on your front wheel can be hard to use and we all know how important it is that you install your front wheel correctly. The Smart Release automatically adjusts to fit your frame. Safer and Easier! Fits all bikes. Reg:\$13

Special: \$7.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

Bulk Rate U.S. Postage PAID Permit No. 12977 Seattle, WA



CLIPPITY KLOPI!

low really, there's no excuse not to have a good set of clipless pedals in the 21st century! Now you can join your friends with a good set of pedals for just \$29.99. We've got some great walkable clipless pedals that are perfect for commuting, recreational riding, touring, STP etc. Great stocking stuffer!

Compare at \$85

Only: \$29.99

Limited to stock on hand. No cash value. Expires 1/02/01

Follow Your Heart!

It's been proven that the most efficient way to train is by using a heart rate monitor. We have just the tools to make it easy to get the most out of a workout. Check out our selection of heart rate monitors and our collection of books. Amongst our heart rate monitor selection you'll find a really cool one from Sports Instruments. It's a double wireless cycle computer/ heart rate monitor. It's incredibly simple to use, waterproof, and accurate.

We've chosen to stock the Sports Instruments monitors because they are very user friendly. they are not complicated to operate or understand and you can change the batteries yourself. they run the gamut from a basic 2 function monitor to the multi function one just described.

Sally Edwards' latest book, Heart Rate Monitor Book for Indoor and Outdoor Cyclists, has just been released and the timing is perfect. It outlines more than 50 indoor and outdoor workouts along with key information on heart zone training and tips on using your monitor for weight management and fitness testing. The book also includes a CD, giving you software to input key pieces of data that will enable you to monitor and analyze your progress. This book is co-authored by Sally Reed, the premier indoor cycling instructor in the country.

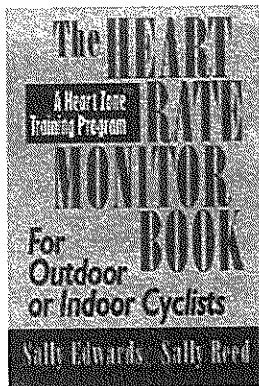
If you've purchased a heart rate monitor and want to keep track of your workouts and progress, Sally Edwards', Heart Rate Monitor Log Book is the tool you'll want. the charts she includes allow you to track your workouts daily, weekly and monthly. It's complete and simple to use. Use it yourself or give it as a gift.

Sports Instruments 90HR- Wireless, 9 cycling functions, 4 heart rate functions. \$14.99

Sports Instruments ECG-1-Entry level monitor, heart rate, time of day. \$79.99

Sports Instruments ECG-3- Feature laden/well priced. 5 watch functions, 4 heart rate functions. \$109.99

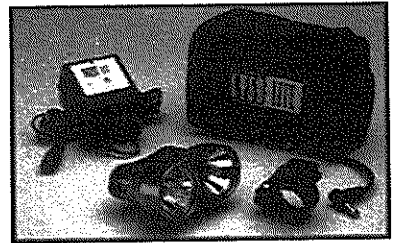
Sports Instruments ECG-5- There's nothing better. 6 watch functions and 6 hear rate functions in an easy to operate manner. \$154.99



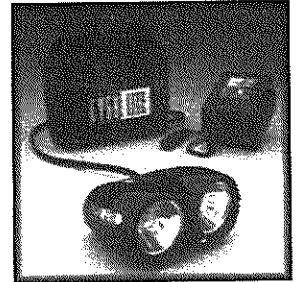
SEE THE LIGHT!!

We have been selling CygoLights for a number of years. They are a high quality value priced light. We especially like them because of their durability and the company's warranty policy. Their policy goes something like this: **If you have a problem with it, they'll take care of it.**

Which means, that right on the spot, we can replace whichever component you may be having trouble with. Fortunately we don't have to warranty much, but if we do, it is no hassle for you, the customer.



Powerful lights let you see as well as be seen. If you are riding on very well lit streets you may not appreciate all of the power that these lights offer. But if you are on the trail or riding on dark streets they sure are nice.



These rechargeable lights come in many configurations and we have 3 favorites that we stock all the time. The Night Rover is a dual beam system with 12.5 watts of power, including one spot beam and one flood pattern. You'll get up to 3 hours of light per charge. We stock the Night Rover with a battery pack that hangs on the frame or a waterbottle battery. We also stock the Night Explorer which features 25 watts of power and a NiCad water bottle battery. All of these lights come with a quick release mount for your handlebars and are upgradeable to a helmet mount. Check out the coupon pages for some great early season prices.



CYGO-LITE - OUR FAVORITE BRAND OF LIGHTING SYSTEM

Have a Heart?

If you want to understand how to train better. We'll help you. For Free. Purchase any Sport Instrument heart rate monitor and we'll give you Sally Edwards' Heart-Zone Training book, **FREE**. \$12 Value

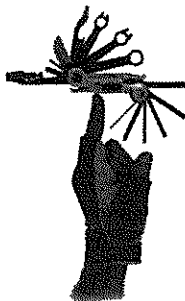


Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

Everything But The Kitchen Sink

That's what's in this multi tool. If you wanted to carry either every tool you'd need or just one tool this is it. The Serfas multi tool looks just like the famous one that costs twice as much!! Compare at \$40

Coupon: \$19.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

<http://www.gloves.palm>

The perfect multi sport-multi-season glove. You can use the Hind Thermastat glove for riding, cross country skiing, running or basketball! Rubber dotted underside grips handlebars, ski poles, steering wheels or balls! Reg:\$20

Coupon special:\$16.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

Hang It Up

Whether they are for decoration or motivation we have some great posters of our racing heroes. Choose from Lance Armstrong, Greg LeMond, Andy Hampsten and more. Reg:\$13

Coupon Special:\$8.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

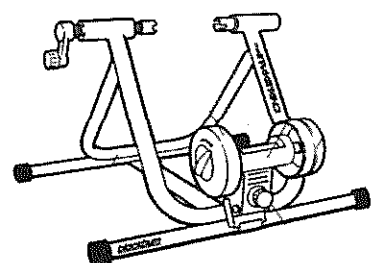
Your Own Personal Trainer

Why spend \$60 an hour on a personal trainer when you can own your own? Now you can own your own high quality Blackburn trainer for only \$150. You can train in your living room, or your bedroom, the kitchen or anywhere else you want. And you can train anytime. You don't have to make an appointment or look for a parking spot at the crowded gym.

Blackburn has been making the best trainers on the market for a while. This year they have introduced the.....It's the same high quality machine they are known for. Its just short one or two of the bells and whistles that their top of the line model, the Defender has. This trainer fits any bike, road mountain or cross regardless of its size. An easy to use knob lets you vary the resistance and it folds flat for easy storage. The lifetime warranty assures you that it will remain trouble free for you.

Mounting your own bike on a trainer is the best indoor cycling training you can do. Not only does it work on your cardiovascular and muscle fitness it keeps your upper body in the position that it will be when you get out on the road again in the spring. You get the same fit and the same cycling position all year round.

Don't miss any spring riding because you're not in shape. Get in shape or stay in shape this winter with your very own trainer.



Introductory Special: \$149

Blackburn Defender: \$240

THE ULTIMATE!

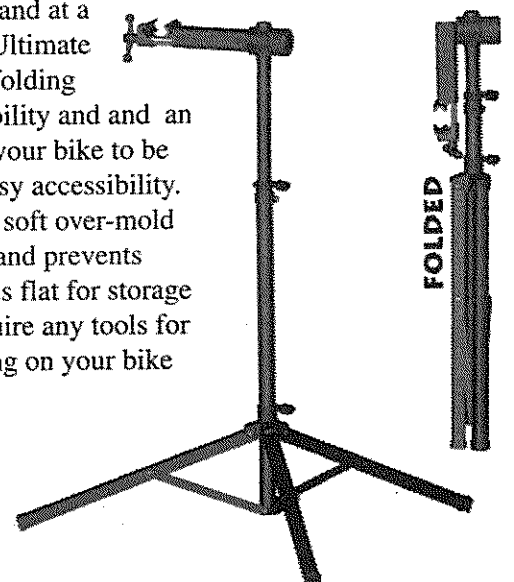
TAKE A STAND

A professional quality workstand at a home mechanic's price. The Ultimate Consumer repair stand has a folding tripod base for maximum stability and an adjustable clutch that allows your bike to be positioned at any angle for easy accessibility. The clamp is designed with a soft over-mold that provides 8 point contact and prevents crimping of the cables. It folds flat for storage or transport and does not require any tools for initial set up. It makes working on your bike easier and even more fun!

Holiday Special:

\$139.99

Reg: \$159.99





BICYCLE REPAIR CLASSES

At Seattle Bike Repair, we offer a range of classes to people at all levels of bicycle knowledge. From the Roadside Repair class to the Wheel Building class, you can learn anything and everything about your bike! The schedule, class descriptions, and prices are listed below.

Road Side Repair \$35

This one-evening, 2 hour class covers the basics of repairing your bike on the road. We will cover most of the basic repairs that strand people along the road. Learn how to:

- Fix a flat tire
- Fix a broken chain
- Make a minor adjustment to your shifting & brakes
- Know what tools and parts to carry with you on your bike

Next Dates are: Dec. 20th, Jan. 17th (7:00 PM)

Call 206-527-0360 to sign up
(This class is limited to 8 people)

Wheel Building Course \$100

Learn the mystical art of wheel building from the best! At Seattle Bike Repair we warranty our wheels for 3-years. That's the best warranty in the business. We offer this warranty because we know how to build wheels. In this class, you'll actually build 2 wheels for your own use. You can bring your own new parts, or we'll give you 10% discount on the parts if you buy them from us.

This is a two-evening class and there will be some homework.

Upcoming class dates are: Jan. 24, 25
(6:30 PM)

(These classes are limited to 4 people per course)

The Well Tuned Bike \$100

This three-evening course is the perfect class for the person who wants to learn how to tune up their bike for the season. During the class, you will give your own bike a tune-up! You'll learn the following and more:

- Hub bearing adjustments
- Basic wheel truing
- Bottom bracket adjustment
- Head set bearing adjustment
- Thorough shifting adjustments
- Thorough brake adjustments
- How to use several specific shop tools

Call 206-527-0360 to sign up. Upcoming dates are:

Dec. 12, 13, 14; Jan. 9, 10, 11; Feb. 6, 7, 8
(6:30 - 9:00 PM)

(These classes are limited to 5 people per session)

The Overhaul Course \$160

This four-evening course is the class for the person who has the skills that the well tuned bike course covers, but wants to learn everything there is to know about their bike! In this class you will strip your bike and completely overhaul it. The price includes new bearings all around, and new cables & housings all around (other parts extra if necessary). Whew! Sounds like fun. Below are some of the things you'll learn in this extensive course!

- How to completely rebuild your hubs
- How to completely rebuild your bottom bracket
 - How to completely rebuild your head set
- How to inspect your bearing surfaces for wear
 - How to install new brake shoes
 - How to use bicycle specific tools
 - Fix a broken spoke
- How to align your dropouts on the frame & fork
 - How to align your derailleur hanger
 - How to install & pre-stretch all the cables

Call 206-527-0360 to sign up. Upcoming class dates are:

Jan. 16, 17, 18; Feb 13, 14, 15
(6:30 - 9:00 PM)

(These classes are limited to 4 people per session)

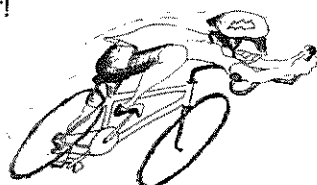
BECOME A BETTER BIKE RIDER

Stick shift cars have a diagram on the shift lever so you know the sequence of the gears. Unfortunately bicycles don't have those. I see lots of folks cycling slower than others and it is not always because they are less fit or less strong but because they are in the wrong gear or have not shifted efficiently.

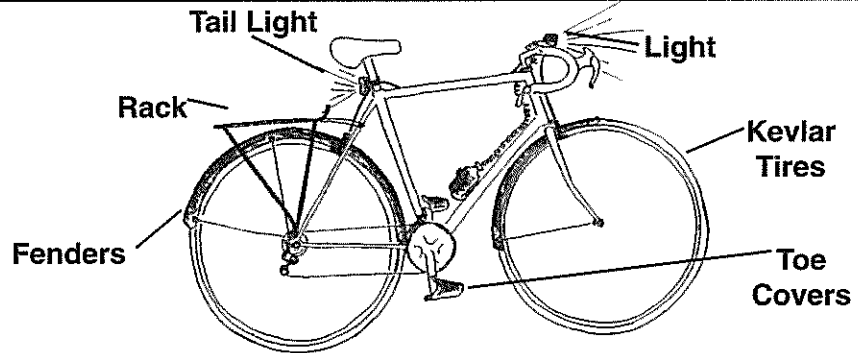
This class will teach you what "gear inches" are and you'll create a gear chart for your own bike. After you understand all this intellectually we'll go to a quiet area with some easy hills where you'll get a chance to try out and practice shifting properly. This class will be a lot of fun and you'll become a better rider!

Saturday Jan 6 10AM-3PM
RAIN OR SHINE

CLASS FEE: \$100



TIME TO WINTERIZE YOUR BIKE!



The weather has turned cold, and the days have grown shorter. Winter is here. Some people just give up and quit riding until next season! Pansies we say! If properly equipped, riding in the winter is tolerable, if not enjoyable.

- Right off the bat, I recommend fenders for winter riding. Keeping moisture off of your legs and feet will greatly improve your comfort while riding in the cold weather.
- A rack is great to have so you can use it to hold your excess clothes as your body warms up during your ride.

- Good lighting is also a must have as the days are short in the winter. We recommend a Cygolite rechargeable system for the front, and a flashing rear tail lamp.

- Some feel that they get more flat tires in the winter. I like to use a little wider tire in the winter, and one that is Kevlar belted. This will help prevent flats. Even if you don't get more flats in the winter, the ones you do get are not as fun to change in cold wet weather.

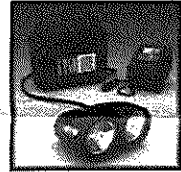
- Something to keep your hands & toes warm is a must for me. Toe warmers or booties, and a good pair of gloves will make your ride an enjoyable one.

- Now, I need something to keep my ears warm too. Some people don't have that problem, but my ears hurt if they get too cold. I wear a full balaclava on really cold days, and a good set of ear warmers on other winter days.

See the coupons below for some great savings on products to help winterize your bike!

It's Cool to Be Seen

The Night Rover light is like having your brights on in the car rather than your standard lights. You're safer when you can see. Includes QR mounting bracket, frame mounting battery, light, battery and charger and a fail proof warranty.

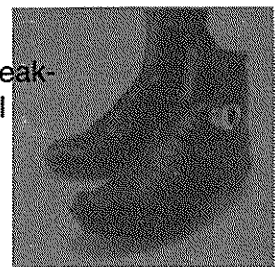


Coupon Special: \$64.99 (Reg. \$75)

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

Warm Feet are Happy Feet

Slip a pair of neoprene booties over your shoes and you'll stay lots drier and much warmer. These covers fit most shoes or sneakers and can work with clipless or traditional pedals.



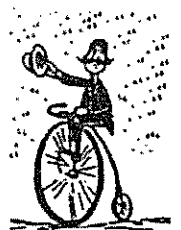
Coupon Special: \$29.99

Reg: \$33

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

How Good is Your Protection?

Full fenders offer the best protection from rain, mud and road grime. The new ones are light, durable and practical. Pick up a pair for your mountain bike and it will take the misery of riding in the rain away. Choose from Zefal, Cycle Pro and Esge full fenders in silver or black.



Coupon Special: \$22.99

Reg: 34.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

Flat resistant!

Use this coupon to get a Michelin Axial Select, Kevlar tire, 700X23c for just \$15.99! Reg. \$24.99

With Coupon Just \$15.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

ESTELLE'S BIKE CAMP FOR WOMEN

ESTELLE GRAY AND RODRIGUEZ BICYCLES ARE CONDUCTING WOMEN'S CYCLING CAMPS!

The basic camp will be offered at 3 different times, Dates: June 8, 9, 10 July 27, 28, 29 Aug 3,4,5. This camp is designed for women who want to ride their bikes more efficiently. We'll focus on understanding your gears so that you can ride faster and further more easily. We'll concentrate on making the hills feel easier and help you improve your bike handling skills. We'll cover topics such as efficient gear shifting, cadence, injury prevention, proper bicycle fitting and technique, and learn how to fix a flat. You'll have an opportunity to try clipless pedals if you'd like and you'll learn how to work with a cadence computer.

We welcome riders of all ages, abilities, fitness levels, and bike types. The material is designed for the woman who wants to gain a better understanding of her bike as well as for those who are going to ride have to be in shape to do this camp!!!!!!!

Aug 3,4,5 will be a more advanced camp. It will be co-taught by author, triathlete, Sally Edwards. In this session we will assume that the riders already know how to shift their gears and we will focus on riding in the proper gear according to your heart rate. You'll learn the ins and outs of training and riding with a heart rate monitor, as well as how to design an effective training program for yourself. We'll work on bike handling skills by learning to ride on "rollers" and then we'll go out and practice drafting. We'll also teach drills that will get you stronger and faster.

All of the camps are held at the scenic Mountain Springs Lodge, outside of Leavenworth, WA. The food is gourmet and abundant, the setting is magnificent and the camaraderie can not be defined!

Cost of the camp is \$469 and includes: 2 nights lodging (single beds, 4 to a room) • 6 meals (Fri dinner thru Sun lunch) • Snacks and soft drinks • Instruction and all materials • Use of a cycling computer with cadence function or heart rate monitor.

To sign up:

Name _____ phone(s) _____

Address _____ e-mail _____

city, st. zip _____ Date of camp _____

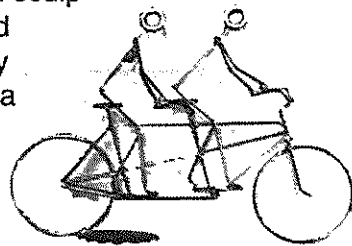
Form of Payment:

Check enclosed Credit Card # _____ exp. _____
Type of card: Visa MC Discover

*We will send follow up confirmation with detailed information
To receive further information e-mail us at rodandem@aol.com or leave a message
at 206-527-8931 ext:911*

The Perfect Gift

Check out these copper tandem sculptures. Made of copper, nuts, and bolts they are even anatomically correct! Perfect for a captain or a stoker.



Special: \$24.99

Reg: \$30

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

TANDEM JERSEYS

Tandem Jerseys and Wind jackets are Here! Kokopelli is featured riding a tandem with a background of Native American Art. They are really cool and are long sleeve so you can wear them now! We've got all sizes so you can match your partner. It's a great no-brainer Holiday gift!



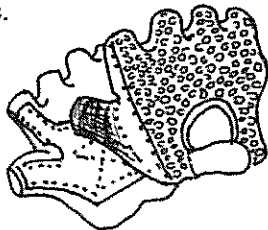
Buy a pair of either for \$99

Reg: \$112

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

5 Finger Discount

There's no such thing as too many bike gloves. Stuff a stocking with a pair of our Rodriguez Classic Mesh Gloves and you'll receive a round of applause (or a big hand) for such a great idea!



Reg: \$15

Coupon Special: \$9.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

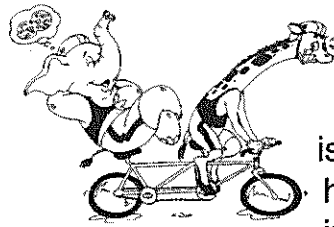
Stuff a Stocking with Socks

If you ride a tandem or know someone else who does then these tandem graphic cycling socks are a perfect treat.

Coupon Special: 2 for \$9.99 Reg: \$6 each

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 1/02/01

THE TANDEM CORNER

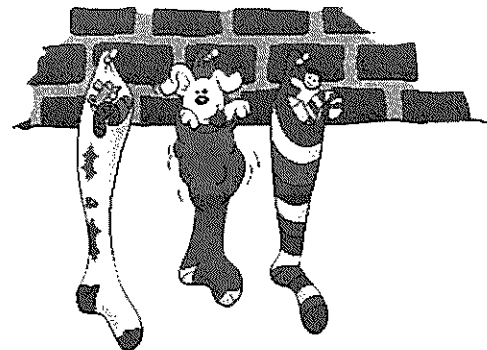
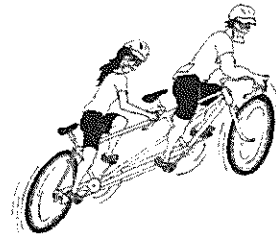


The Northwest Unofficial Tandem Society (N.U.T.S.) began informally in the early 1980's. It is a totally volunteer group and has been headed by different individuals over the years.

In 1993 the folks who were administering it were done with their turn and could not find any one else to take the helm. R+E stepped in to fill the void. We've had fun organizing rides, producing newsletters, designing graphics, printing shirts, water bottles, etc. But the time has come for us to pass on the leadership. It requires about 10 hours of your time a month.



If you are interested in prolonging the life of this tandem club, please contact Dan or Estelle (206-527-1384) and we will be glad to share all the nitty gritty with you.



5619 University Way NE

Seattle, WA 98105

206-527-0360



5627 University Way NE

Seattle, WA 98105

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<http://www.rodcycle.com>