



"It is better to undertake a large task & get it half done, than to undertake nothing & complete it."

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

R+E NEWS

FEBRUARY - MARCH 1996

THE NEWSLETTER OF CYCLING VALUES!

ANOTHER 'STELLAR' IDEA FROM R+E CYCLES!!

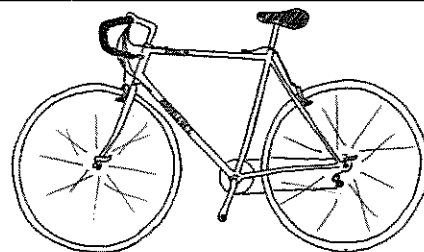
ANOTHER STELLAR IDEA FROM R+E CYCLES..WHERE BIKES FOR WOMEN ARE NOTHING NEW

Finally a bike designed for REAL Women. For years women have been complaining: "I can't reach my brakes. My seat is uncomfortable. My hands hurt. My neck and shoulders hurt. I don't like to bend down to the handlebars so much. I have trouble keeping up on the hills..." The list goes on, and legitimately so. Up until now, that is.

Traditional smaller bicycles are still built to the proportions of men, just smaller men. The RODRIGUEZ Stellar is unique in that we built this bicycle specifically for *womens'* average geometry. Hand built in Seattle, the Stellar★★★ is the perfect road bike for women. With equal size 26" wheels and a short top tube that slopes upward, you'll find you're in the most comfortable road riding position imaginable. The smaller wheels allow us to build the Stellar in standard road geometry without compromising the comfort or performance of the rider. In addition, these smaller wheels make the bike lighter and faster! A triple chainring makes hill climbing a breeze. These bikes are being produced in 3 sizes: 46, 49, and 51 cms to fit women from approx 4'11" to 5'7".

Along with the frame design, where appropriate

STORY CONTINUED ON PAGE 3



COME TO THE PRIVATE SCREENING!

"A STELLAR EVENING....."
******* "A five star performance..."**
An Out of this World Experience...

The reviews are in and it's a hit. The critics love it. Women are going crazy for the new RODRIGUEZ STELLAR. Finally, a bike made for real women. Get your tickets now to attend a presentation of the RODRIGUEZ STELLAR on Thursday **February 29th, 7-9PM**. Meet Estelle Gray, the designer. Bring your bicycle fit questions. Eat cookies. Drink coffee and talk with other women riders. Find out why the RODRIGUEZ STELLAR is getting a 5 star rating wherever female cyclists are found.

For reserved seating, contact us at 206-368-5490 ext: 555 or E-Mail us at RodTandem@aol.com. R.S.V.P. is required as space is limited. **Sign up today!**

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

SummerHours

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

By appointment anytime!
Beginning March 1st

WHAT'S INSIDE

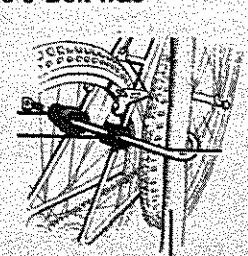
- THE **BEST** PRODUCTS IN 96! - PG. 4-5
- '96 Rodriguez Mountain Bikes! - PG.3
- VISIT OUR FRAME SHOP! - PG. 2
- STP IN THREE DAYS? - PG. 2
- TANDEM NEWS - PG. 8
- TOURING IS BACK! PG. 7
- FROM THE REPAIR BENCH - 6
- NUTRITION & TRAINING - PG. 7
- COME DANCE ON OUR DECK! - PG. 3
- BRIDGE SWEEPING PG. 8
- REPAIR CLASS SCHEDULE - PG. 6

THE LOCK OF THIEVES!

Lighter & stronger than a U-Lock, the J-Bolt was designed by a former bicycle thief. The lock conveniently mounts to the bicycle so you'll always remember your lock. \$1000.00 replacement warranty optional. Reg. \$40

Closeout \$9.88
Save over \$30!! Hurry, Limited Supply!

Offer good with coupon only. No cash value. Expires March 15, 1996



TOTALLY TUBULAR!

Inner tube special!
Get 'em 3 for \$10!!
What a deal!

Offer good with coupon only. No cash value. Expires March 15, 1996



NO MORE GRUNGE!

At least the grunge in your water bottle. Bring in this coupon with your mailing label attached, and receive a perfectly clean, brand new, 1996 Rodriguez or Seattle Bike Repair water bottle FREE, just for stopping by!! Limited to first 200 people. One coupon per customer.

FREE IS A VERY GOOD PRICE!

R+E Cycles
 5627 University Way NE
 Seattle WA 98105

Bulk Rate U.S. Postage Paid Seattle WA. Permit No. 12977

This is not an in store coupon, your coupon must have its mailing label attached. This offer expires March 10, 1996



WANT TO TRY A SET OF CLIPLESS PEDALS?

At R+E Cycles & Mountain Bike Specialists, we've got a set of clipless pedals on a bicycle set up on a trainer in our store. We also have cleats installed on several pairs of shoes in various sizes. We will set you up with a pair of shoes in an appropriate size, and teach you how to use the pedals. You can practice on the trainer as long as you'd like, until you feel comfortable. If you want to demo them for a day you can do that too, at no charge. Just make an appointment in advance. 527-4822

TAKE THE BUMPS OUT OF LIFE!
or at least out of your ride. Designed for urban riding, fire roads or comfortable touring. This stem absorbs road shock as opposed to boulders and crater like terrain. Fits upright handlebars and is adjustable to allow you to sit upright or stretch out.
 Advent Suspension Stem
HIGHLY RECOMMENDED FOR STP!
 Reg. \$55 Sale: \$44.99
 Offer good with coupon only. No cash value. Expires March 15, 1996

LIMITED TO STOCK ON HAND STEP IN UP TO CLIPLESS
 RITCHEY Clipless pedals are easy to use, have adjustable tension, are durable, reliable and rebuildable. Great for road or off-road riding.
 Reg: \$130 Sale: \$99
 Offer good with coupon only. No cash value. Expires March 15, 1996

LIMITED TO STOCK ON HAND IF THE SHOE FITS BUY IT!
 Shimano, Time and Diadora road shoes are 35% off. Hurry while the size selection is best!
 Offer good with coupon only. No cash value. Expires March 15, 1996

ONE SIZE FITS ALL! LIMITED SUPPLY!
 This is possibly the best deal in this flier! A name brand car rack for only \$15.
 Reg: \$35 Graber trunk rack holds two bikes.
 Offer good with coupon only. No cash value. Expires March 15, 1996

EYES IN THE BACK OF YOUR HEAD!!??
 Don't let anyone sneak up behind you. Advent bar end mirrors are a cinch to install. Fits Road or Mountain bikes. Keep an eye on traffic or your riding buddies. Reg \$5
Sale: \$2.99
 Offer good with coupon only. No cash value. Expires March 15, 1996

THE 'LIGHTEST' SADDLE EVER!
 The Memoflex "Saddlelight" has a built in blinking light. You don't have to worry about your light being left at home or stolen while it's locked up. A soft gel cushion makes this saddle comfy and the lights make you visible. Reg: \$30
Sale: 23.99
 Offer good with coupon only. No cash value. Expires March 15, 1996

YOU'RE INVITED TO SEE THE FINEST CUSTOM FRAME BUILDING AND PAINTING FACILITY IN TOWN!

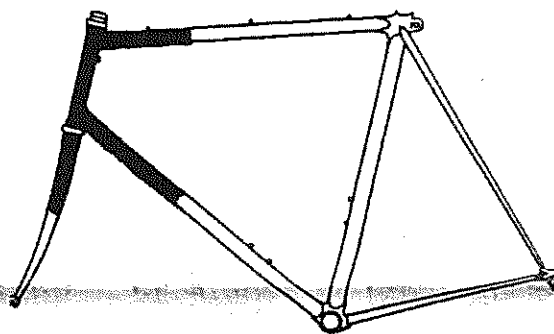
FRAME SHOP/PAINT NIGHT:

How about a bike tour in Washington without any hills? "Impossible!" you say. Not when you tour the **RODRIGUEZ** Custom Frame and Paint Shops. Mark your calendar for either Saturday March 2nd or Thursday March 7th from 7-9PM. You'll have an opportunity to meet and talk to the owners' of **R+E CYCLES** and builders of **RODRIGUEZ** bicycles and tandems. You'll have a chance to tour our new updated facilities and see just how a custom bike is created. Bring your questions, your curiosity and even a friend if you'd like.

Reservations are required as space is limited, so call today to reserve your spot. Call 368-5490 ext: ROD or E-Mail us at: RodTandem@aol.com This is one tour where helmets are not required.



P.S. If you place a deposit for a custom bicycle or tandem on one of these evenings, we'll throw in a pump, custom painted to match your frame at no extra charge (\$65 value).



STP IN THREE DAYS!??

How can you get an STP wristwatch, learn to change a flat tire, and get tips on nutrition and training for STP? Easy...attend an STP PREPARATION CLASS AND EXPO. STP offers these rider preparation classes beginning in March. For your convenience they are held all over the greater Puget Sound area (Tacoma, Kent, Seattle, Bellevue etc.) The classes are all the same so you just need to pick a time and location that is handy for you.

These informative workshops will help you with the logistics of STP (how do you get your luggage from the Finish line to where you are spending the evening?), offer tips regarding bike fit and comfort, nutrition and injury prevention. You'll learn how to change a flat tire with confidence. You'll learn how to change a flat tire without cursing or getting dirty.

Whether you are a first time rider or not, you'll want to attend an STP EXPO. This is the only place at which you can purchase a limited edition STP wristwatch. You will be the envy of all your cycling cronies when you have one and they don't. You'll also have an opportunity to purchase some of your riding gear at a discount.

Get the most you can out of your STP ride. Attend an STP EXPO and you'll walk away with some information that will help you have an even better ride.

The following is a list of the class dates and general locations. Please consult an STP registration form or call the hotline 522-BIKE ext: 1 for times and exact locations.

Tues	March 5	Kent
Tues	March 12	Seattle
Tues	March 12	West Seattle
Sat	March 23	Bellevue
Thur	March 28	Kitsap Peninsula
Thur	April 4	Everett
Sat	April 6	Tacoma
Thur	April 11	Seattle
Wed	April 17	Bellevue
Mon	April 22	Seattle
Thur	April 25	Kent
Thur	May 2	North Seattle

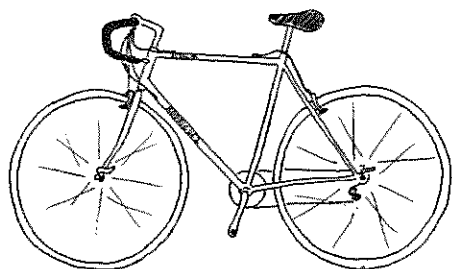
STP EXPO!

We'll be there, too and we hope to see you, too.

STELLAR IDEA!! CONT. FROM PAGE 1

ate, the components have also been selected for their compatibility with the generally smaller anatomy of women. You'll find proportionally selected handlebars and stems, as well as cranksets. The Stellar comes stock with compact brake levers for easier use and less hand fatigue. The bar end shifters are also easy to use, especially if you have smaller hands.

The entire bike has been designed, built, painted and assembled by hand in Seattle. The frame carries our lifetime warranty and we include a 2 year warranty on its parts and hand built wheels. It's painted a deep "Night Sky Purple" and sells for \$1000 without pedals. Our production for this bicycle is limited. Call us to make an appointment for a free consultation fitting.



COME DANCE ON OUR DECK!

The Mountain Bike Shop got a remodel! We've added a complete accessory and clothing dept. and put in a fantastic new wooden deck floor! The new section also has a dedicated changing room, and lots of new displays. Come in today to see what we've done & dance on our deck!

DID YOU KNOW??

When you say RODRIGUEZ most people think of:

A.) Tandems

B.) Custom Road Bikes

C.) R+E CYCLES.

All of these are correct. However RODRIGUEZ also builds some of the finest Mountain bikes in the world. Back in the early 80's, before "Stumpjumper®" was a registered name, RODRIGUEZ actually built a bike called the "Stumpjumper X-1". As the times have changed so have our designs.

Rodriguez Mountain bikes are designed and built right here in Seattle. As a matter of fact, they're made on the R+E premises. A Rodriguez is designed & built to be the ultimate in fit and performance. Although we offer three models with unlimited paint options, all of our mountain bikes are custom built to fit the individual rider. Since no two riders are exactly the same size, all Rodriguez custom bicycles are hand built to order.... custom designed to fit each rider perfectly. We will measure your inseam, thigh length, arms, torso, foot size, shoulder width, and hand size. We also consider your riding style as well as how upright or stretched out you want to be. We then design and build your bicycle around those factors. All prices below are for frame and fork only. All prices are subject to change without notice. See page 6 for a definition of frame building terms.

Rodriguez Mountain bikes offer some of the most imaginative & extraordinary paint designs available for bicycles. Paint jobs and prices are for paint that we currently stock. We can paint with other colors for a slight special order fee. If you've got a paint design that you'd like to try, draw it out for us and we'll price it for you.

Don't buy clipless pedals, get 'em FREE!

Buy a '95 Mongoose Aluminum/STX RC Rockadile bike for \$689 or a Rockadile SX w/rockshock for \$759, and receive a FREE pair of Ritchey clipless pedals and Scott ATB shoes!!



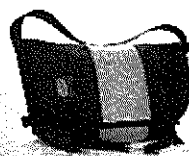
A \$200 value

free is a very good price.

Offer good with coupon only. No cash value. Expires March 15, 1996

THE BRIEFCASE OF THE 90's

Purchase a TIMBUKTU bolo MESSENGER bag (\$75) and get a strap pad and accessory pouch for free! Pick a bag from stock or choose your own colors!



\$18 value

Offer good with coupon only. No cash value. Expires March 15, 1996

FROZEN FOOD? LIMITED SUPPLY!

Most Fish Sticks are frozen but these Fisher Fish Sticks are really HOT! Put 'em on your cross or mountain bike and you'll wonder how you rode without them. Reg: \$20



Sale: \$11.99

Offer good with coupon only. No cash value. Expires March 15, 1996

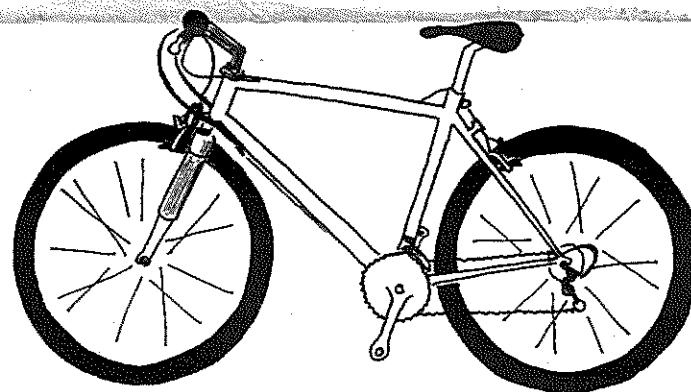
LEFTOVERS! LIMITED TO SAVE 25% STOCK ON HAND

We have some seat bags left over from 1995. They've never been frozen, they're not moldy or soggy. They are just a different color than the 1996 bags will be. Pick one from selected 1995 Fisher, Blackburn or Jandd seatbags and we'll take 25% OFF!

GARY FISHER

blackburn

Offer good with coupon only. No cash value. Expires March 15, 1996



Choose from one of our three designs:
Prices for frame/fork only

MUD SKIPPER

'CATCH OF THE DAY'

- Custom built frame w/chrome moly fork • Standard Tig-welded finish
- One color standard paint • All standard braze-ons

\$949.99

ROCK FISH

'A BIT MORE FLASH IN THE PAN'

- Custom built frame w/chrome moly fork
- Cleaned and polished Tig-welded finished
- Your choice of 3 custom paint designs • All standard braze-ons

\$1199.99

STEEL HEAD

'OUT OF THE FRYING PAN AND INTO THE FIRE!!'

- The best looking mountain bike around!
- Custom built frame w/chrome moly fork • Internally routed cables
- Cleaned and polished Tig-welded construction
- Your choice of 6 custom paint designs • All standard braze-ons

\$1659.99

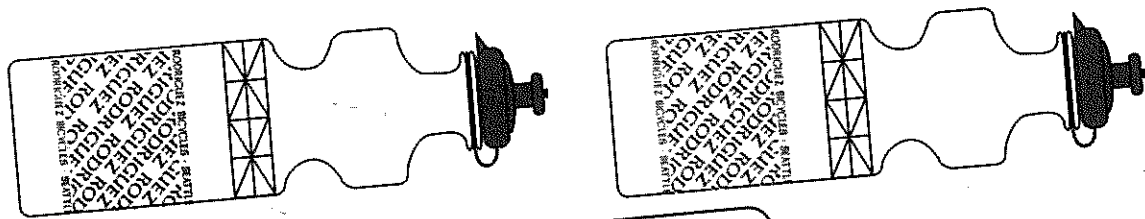
With steel head paint job

All Rodriguez Mountain frames are built with tubing selected to match the size and weight of the rider, as well as the intended usage. We use Reynolds 853 OS, True Temper OCX and Tange Prestige OS as our standards. We've even built a few frames with tandem tubing when the situation called for it! Whatever your specifications, we'll talk them over with you and build your bike to the standards that you need.

THE BEST

GE

FOR



THE BEST BAGGIES! \$34.99

Elastic Waist w/ Draw Cord

Laundered Supplex / Nylon

Large Side-Seam Pockets

Snug Fit Liner w/ Cool Max Chambray & HFS Liquid Padding

Baggy Fit

THE BEST GLOVES! \$24.99

Lybra Between Fingers For Fit & Comfort

Terry Cloth

Contrast Piping

Lybra Glove Top

Amara Palm w/ HFS Liquid Padding

Direction of Pull

THE BEST LOCK FOR \$25

Rodriguez U-Lock

Hardened steel

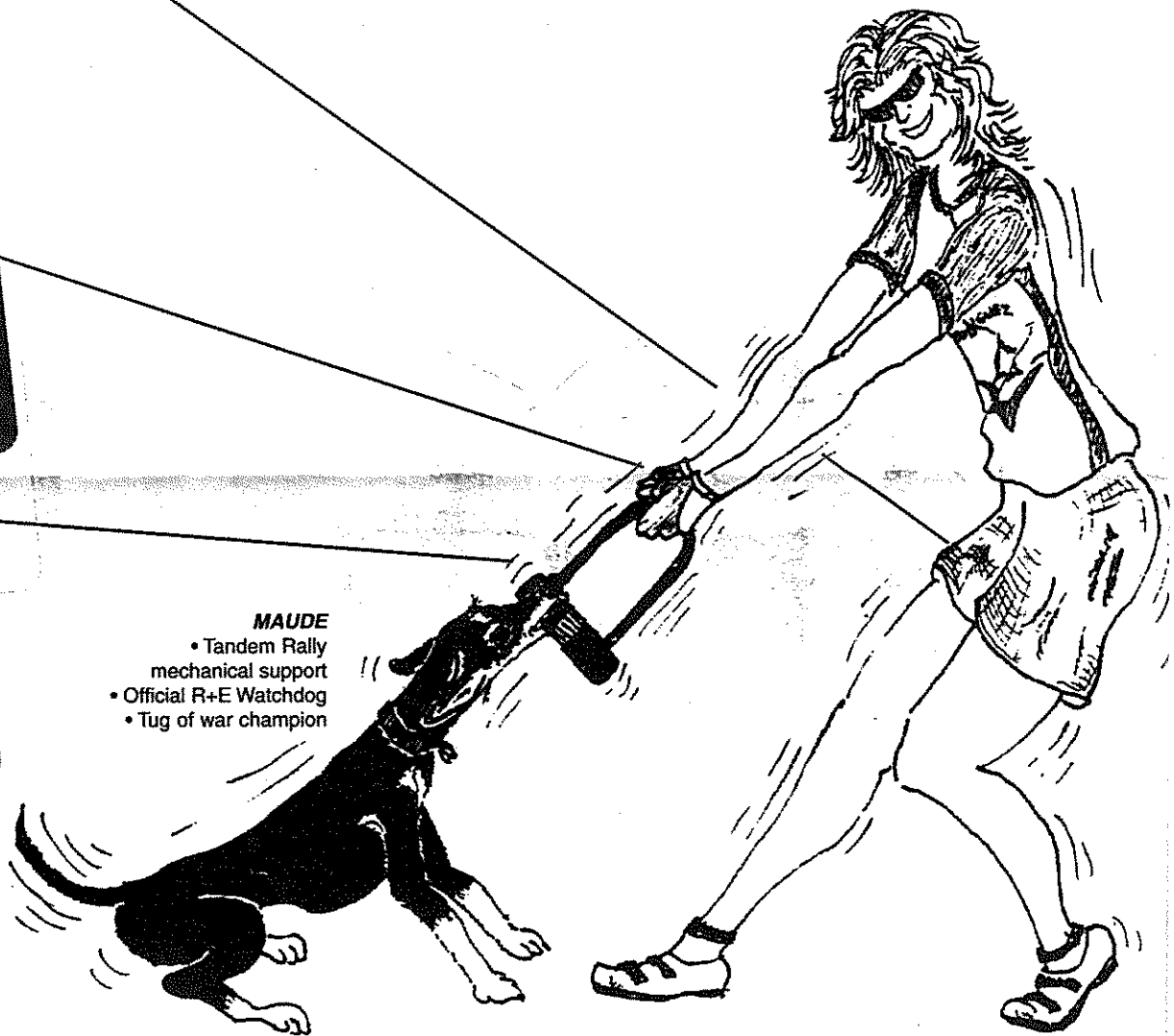
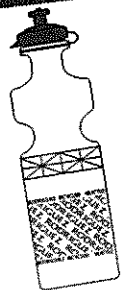
\$1000.00 Optional Guarantee

\$24.99

Standard Shackie \$34.99

Xtra Long Shackie

NEW FOR 1996
RODRIGUEZ WATER
BOTTLES
Only \$3.99



MAUDE

- Tandem Rally mechanical support
- Official R+E Watchdog
- Tug of war champion

5 FINGER DISCOUNT!

Don't take our word, try a pair of the best gloves around. You'll feel the difference.

Reg: \$25

Special: \$19.99

No cash value. Offer good with coupon only. Expires March 15, 1996

JUST PLAIN FOLKS BIKE SHORT

Enjoy the comfort of a real cycling short, but look normal when you get off your bike. No other baggy short has such good padding. Reg: \$35

Special: \$29.99

No cash value. Offer good with coupon only. Expires March 15, 1996

COMFORT LIKE YOU'VE

R+E Cycles has been around for a long time, and improved stickers slapped on it. This year we dedicated an everyday price. We've come up with a comfort system shorts, gloves, and saddles with the same comfort design. It's the right amount of friction between contact points (your seat and you) and greatly reduce road shock.

The shorts in our 1996 line incorporate a unique, new system between you and your bike seat. No more complaining about chafing. Combine these shorts with a saddle with the same technology.

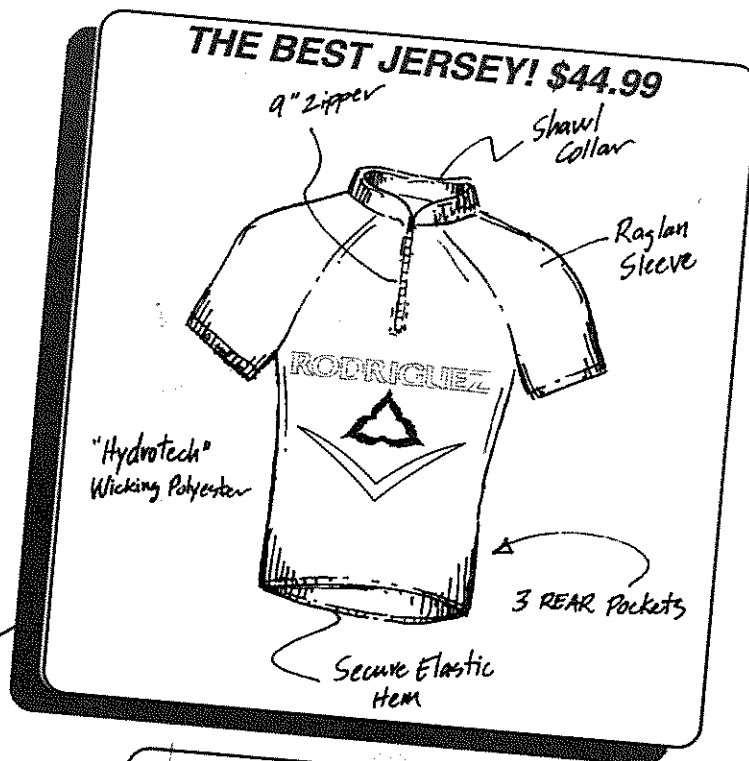
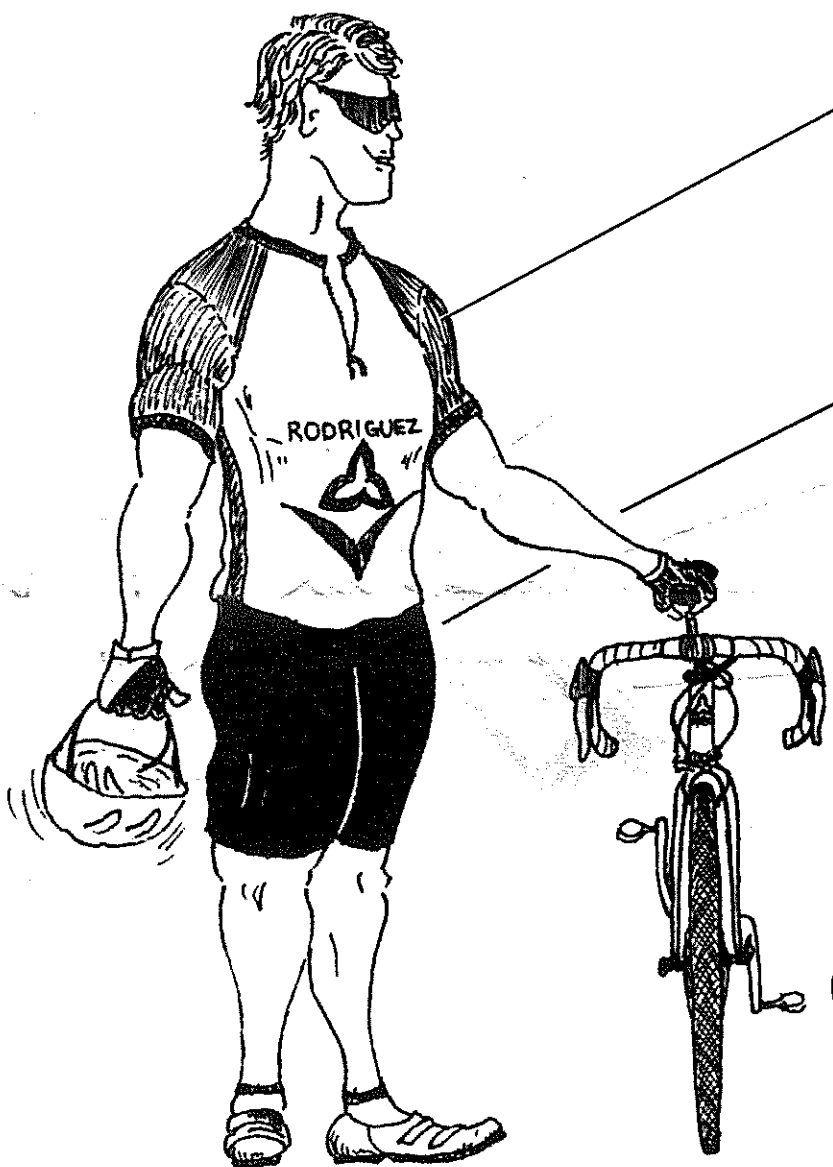
THUM

If you've ever had sore hands while riding you'll appreciate this as well. Our RODRIGUEZ gloves have this padding too. Our writing skills don't do justice to this system. Try it for by for a free test ride.

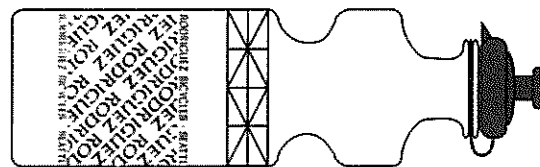
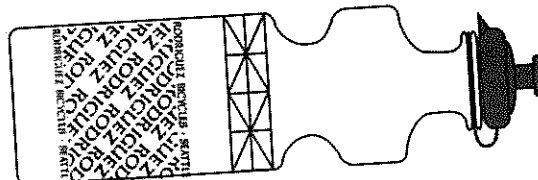
CYCLING

AR

1996



MISCHA
 • Official R+E Mascot
 • TV Star
 • Bicycle Commuter
 • All around nice guy



NEVER SEEN BEFORE

We've seen the same old stuff repackaged with new and ourselves to bringing you something entirely different at a price that's not like anything that you've ever seen. Imagine the comfort of a pair of expensive running shoes. A system that will eliminate the chafing of your bike's seat, your hands and your bike's handlebars),

micro thin, liquid liner that moves against itself, between your hands and your bike's handlebars, preventing chafing, rubbing, bruising, or any other seat discomfort. The technology, and you'll forget what saddle soreness means.

35 UP!

Appreciate having this comfort in the palms of your hands. It's the best we've ever offered. Hands down!! The best way to experience this comfort is to try it. Come



THE RETURN OF THE RODRIGUEZ JERSEY!

Lots of people are asking us to do a new RODRIGUEZ jersey. (We haven't done one since 1985!) Purchase one now for **only \$35** (reg \$45)

No cash value. Offer good with coupon only. Expires March 15, 1996





SAY NO TO SADDLE DISCOMFORT!

What will you wear on STP? We recommend our RODRIGUEZ shorts with the liquid padding. It's not too early to plan your gear! Reg: \$35

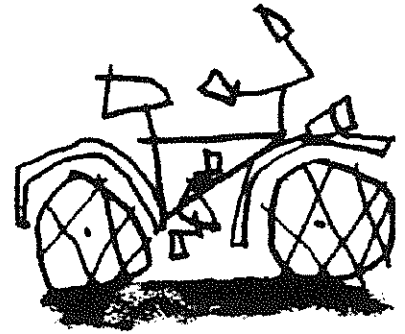
Special: \$29.99

No cash value. Offer good with coupon only. Expires March 15, 1996





NEWS FROM THE REPAIR BENCH



SBR's Seasonal Service • Seattle's Best 'Tune-up'

Your bike deserves more than a tune-up because your bike needs more than a tune-up. A typical tune-up includes brake and derailleur adjustments, minor wheel truing, some air in your tires and, hopefully, a squirt of lubricated for your chain. This typical tune-up usually costs around \$30-50 and it is \$30-50 wasted.

Once a year every bike will benefit from S.B.R.'s Seasonal Service. This service provides the extra cleaning, lubrication, alignments and adjustments that will prevent premature damage or wear to your bicycle. Your bike will perform better and your investment will be protected.

Here are the highlights of the Seasonal Service and a short explanation of their purpose.

Drivetrain evaluation and cleaning: If your chain is stretched or dirty it will damage other drivetrain components. If components are dirty drivetrain and shifting performance will be poor.

Frame evaluation and dropout alignment: Even a minor crash can knock your frame out of alignment. Bent dropouts can cause frame damage and/or axle breakage.

Hub, bottom bracket and headset adjustment: Poorly adjusted bearings cause excess resistance while you are riding and eventual damage to these components.

Wheel truing, rounding, tensioning and dishing: Your wheels take lots of abuse and need lots of attention. Proper tension, truing and rounding ensure maximum performance and durability. Proper dish ensures proper alignment in the frame and proper tracking. S.B.R. also removes and inspects tires, tubes and rim strips to verify their condition and installation.

Brake and gear adjustments: S.B.R. also does more here. Pivots, cables, levers, pulleys, and barrels are lubricated and adjusted. Alignment of the rear derailleur hanger is included to ensure optimal shifting. There is no extra installation charge for new cables, shoes, pulleys and etc. (parts, of course, are extra).

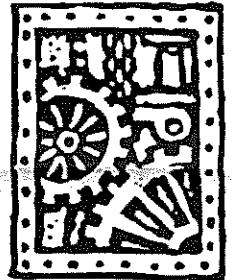
These are only the highlights of this superior service. Come to S.B.R. for a free evaluation and repair estimate. The S.B.R. Seasonal Service costs \$79.99 and it will be the best \$79.99 you'll ever spend. *Your trusty steed deserves the best.*

REPAIR PARTS SPECIALISTS

If you do your own repairs, you know that it is very important to get the correct parts; the right fit, compatibility and etc. Or if you have an older bike, you know that it can be difficult to find compatible parts and a mechanic familiar with your older components. The mechanics at S.B.R. can get you what you need.

S.B.R. has a huge inventory of repair and replacement parts and the

knowledge to get you the right part quickly. If we don't have your part in stock we know how to get it. Special orders are always welcome. We will happily make recommendations on any upgrade or conversion you are planning. If you need parts and information, **we have it.**



TRASHED WHEEL!!!??

SAME-DAY WHEELBUILDS!!

BRING IN YOUR WHEEL BY 2 P.M. & HAVE IT REBUILT THE SAME DAY. INCLUDES S.B.R.'S FAMOUS 3 YEAR WARRANTY.

RIM & WHEEL CLOSEOUT

SELECT NON-1996 MAVIC, SUN, WOLBER & MATRIX RIMS, ALL FIRST QUALITY • 20-50% OFF ASSORTED HANDBUILT WHEELS. ALL WITH SBR'S FAMOUS 3 YEAR WARRANTY. FRONTS & REARS. ROAD & MOUNTAIN • 50% OFF



CHAIN WEAR??

OUR EXPERT STAFF WILL EVALUATE THE CONDITION OF YOUR CHAIN, COGS & CHAINRINGS. IF YOU PURCHASE A NEW CHAIN WE'LL INSTALL IT FOR FREE.

FREE INSTALLATION • SAVE \$8

OFFER EXPIRE 3/18/96 • PARTS EXTRA

DIRTY DRIVE TRAIN?

A DIRTY DRIVETRAIN WILL CAUSE POOR SHIFTING & EARLY WEAR OF YOUR COMPONENTS. BUY A DRIVETRAIN CLEAN FOR \$28 AND GET DERAILLEUR ADJUSTMENTS FREE.



FREE DERAILLEUR ADJUSTMENTS • SAVE \$12

OFFER EXPIRE 3/18/96 • PARTS EXTRA

REPAIR CLASSES

ROADSIDE REPAIR: MAR. 24; APR. 8; APR. 22; APR. 28; MAY 17; MAY 31; JUN. 11; JUN. 17

WELL-TUNED BIKE: (3 SESSIONS @ COURSE) FEB. 26/MAR. 1/4; APR. 13/14/20; JUN. 2/8/9

OVERHAUL COURSE: (3 SESSIONS @ COURSE) MAR. 15/18/22; MAY 5/11/12; JUN. 30/JUL. 6/7

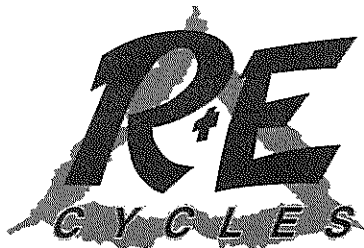
WHEELBUILDING: FEB. 24; APR. 6; APR. 27; MAY 18; JUN. 15

TANDEM MECHANICS: APR. 5; MAY 20; JUN. 1; JUN. 28

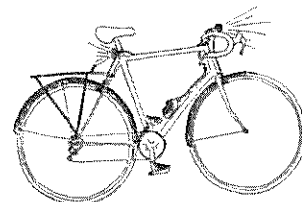
CUSTOM GEARING: (2 SESSIONS @ COURSE) APR. 1/MAY 6; MAY 3/JUN. 7

ALL CLASSES ARE HANDS ON FUN

CALL 527-0360 FOR INFO & TO REGISTER



THE RETURN OF THE TRUE TOURING BICYCLES!



Bicycle Touring is back!! Although it never left R+E Cycles, the enthusiasm for loading up your bike and escaping your everyday life for a few days, weeks or months has not been rampant throughout the cycling industry. R+E has always carried touring bikes, bags, route guides and the zest for cycle touring but this year our selection has gotten even larger.

No one says that you can't put a pair of slick tires on your trusty mountain bike, equip it with panniers and have a terrific time. However, there are a lot of riders who like the efficiency and feel of a true touring bike. Clap your hands folks; for 1996 R+E is offering 4 models of bikes specifically designed to handle the demands of everyday loaded riding.

Bianchi has a long time reputation for building great road bikes and they have always included one touring model in their line. This year Bianchi is offering 3 distinctly different models for different styles of touring. We are also excited to offer a sport touring model from Mongoose.

• The **Bianchi San Remo** at \$1050 is the ultimate touring machine. It is the first time in many years that we have seen a model so well designed for touring. A Campagnolo equipped bike with a triple crankset, this bike more resembles a custom touring bike than a production model. A traditional semi slop-

ing fork crown accommodates wider tires and fenders. This bike is begging to cross state lines.

• The **Bianchi Volpe** at \$830 comes equipped with Shimano RSX components including STI shifting. (This means the shift levers are integral with the brake levers, making it possible to shift gears without changing your hand position!) It's got low enough gears and enough braze-ons to

conquer any mountain pass!

• The **Mongoose Omega** is a fantastic value for a \$750 multipurpose machine. This bike gives you the gearing and braking ability to haul some gear on a serious tour, but also provides a little tighter geometry for quicker handling on STP and other supported rides.

• The **Bianchi Eros** at \$950 (a great credit card touring machine) has already developed a loyal following. This is the 4th year for this model, and again Bianchi has a winner on their hands. This bike is all Italian... including the tubing, the Campagnolo components and the folks in Italy who built it. The Eros is sportier than traditional touring steeds and some people appreciate its zip when they're just riding around.

"WE SPEAK TOURING"



ON NUTRITION & TRAINING

Stacia McInnes: Iron Woman
Triathlete/Retail Manager at R+E Cycles

The '96 cycling season is upon us with warmer, drier, longer days (let's hope). Longer daylight hours means longer training rides for the centuries and tours in the upcoming spring/summer. Let's talk about some of the nutrition principles that will help during training as well as some that will enhance recovery after training.

Hydration- On a daily basis you should be drinking eight glasses of water or fruit juice. If your urine is not clear or pale in color you are under hydrated. During any ride over one hour you should be using a fluid replacement drink such as 'Cytomax'. Drinks like 'Cytomax' are absorbed quicker than just plain water and give your body the calories and electrolytes it needs for longer durations of exercise.

Food for on the bike- As your rides become longer than two hours, food needs to be taken in as well. Depending on body weight and exercise intensity

the amount of calories taken in while riding varies. I take in 200-400 calories an hour in food. Usually it is best to eat every 15-30 minutes. One product that has worked very well is 'GU'. GU is an energy packet that you squeeze into your mouth followed by a sip of liquid. GU is absorbed into your system very quickly. 'Power bars' and 'Stoker' bars also work well. Stick with food high in carbohydrates. Be sure that you try everything while training before using it for the big event. You will want to make sure it works well with your own digestive system.

Refueling after training- After finishing a ride your body will be depleted of glycogen. Your body is able to absorb the most glycogen (carbohydrates) in the first two hours after finishing riding. Good choices are bagels, potatoes, and noodles. Your body will thank you in the following days by recovering quicker and allowing you to ride stronger.

Come in To R+E Cycles today, talk with the experts about cycling and training, and check out our selection of energy food and drink. We stock experience & expertise, as well as Power Bars, Stoker Bars, Cytomax, Gu, etc....

TAKE YOUR PANNIERS SWIMMING...

and your gear still won't get wet. Ortlieb panniers are completely waterproof. They utilize the same technology as kayaking dry bags. No more plastic bags necessary.

Fronts reg : 140pr. **Sale: \$124.99 pr.**

Rear reg:160pr. **Sale:\$139.99 pr.**

Offer good with coupon only. No cash value. Expires March 15, 1996

GO AWAY!!

Purchase any guide book and we'll throw in a map case for only \$5.

- Bakeries by Bicycle•Touring the San Juan Islands•Bed,Breakfast and Bike•Short Bike Rides in Western Washington•Touring Europe and many more

\$10 value

Offer good with coupon only. No cash value. Expires March 15, 1996

GET IT TOGETHER

Madden Chinook Panniers and Blackburn Lo Riders are the perfect match for loaded touring. Purchase the set for

only \$95 (Reg \$120)

Made in the USA

Offer good with coupon only. No cash value. Expires March 15, 1996

FRONT & CENTER!

Blackburn has a new handlebar bag that may make others obsolete. It is quite deluxe and includes an easy on/off mounting system, zippered pockets, map case, extra bottle pocket, and more. It's built to last. Reg \$55

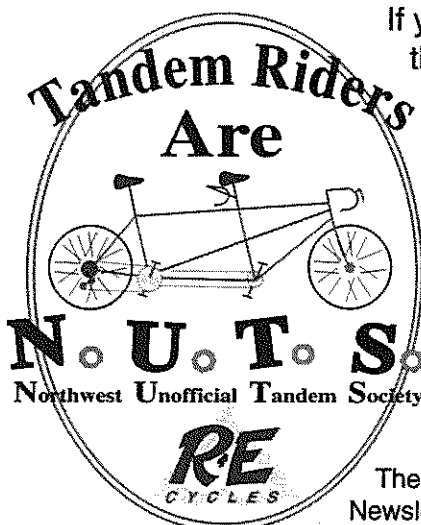
Intro Special: \$44.99

Offer good with coupon only. No cash value. Expires March 15, 1996

N.U.T.S. IS ALIVE & WELL!

The Northwest Unofficial Tandem Society holds tandem rides monthly, for both kids and adults. "The Playground Loop" rides from playground to playground stopping for ice cream or hot chocolate of course. We do things like go to the UW climbing rock or the Troll and visit places like Archie Mc Phee's. This ride is not limited to tandems exclusively. We welcome friends and family members to accompany us on their singles. Rent an Allycat (see coupon below) and join us as a tandem or triplet.

N.U.T.S. adults rides, vary according to the weather and desire of the riders who show up. We usually have between 4-12 tandems and ride 20-40 miles. The only thing we can say for sure about these rides is that everyone has a good time.



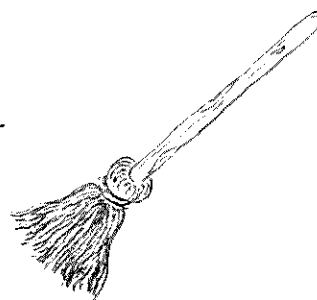
If you are a tandem rider who is not on the N.U.T.S. mailing list and would like to be, please call 368-5490 ext:NUT and you can sign up.

If you don't own a tandem, but would like to check out tandem riding, we will offer half price rentals if you want to participate in a N.U.T.S. ride. Reservations are required.

The new ride calendar is in the the new NUTS Newsletter, so come on in & pick one up!

R+E IS SWEEPING UP!

Ever wonder what those Adopt-a-Bridge signs really mean? Now's your time to find out. Join us on Saturday, May 4 or Saturday, May 11, and help us make the Montlake and Fremont Bridges cyclist friendly.



The only skill required is the ability to operate a broom, wheelbarrow or trash can. We will be working from 11:00 AM to around 3:00 PM and would love to have your help. And of course, cookies and pop are provided.

Contact us at 206-368-5490 ext. HELP (4357) or e-mail us at RodTandem@aol.com

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.

TANDEM WORKSHOPS

SAT FEB 24 10AM - NOON
SAT MARCH 16 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

SIMON SAYS "PEDAL!"

Let your little one become your favorite riding buddy. Too big for a kid seat, too little to keep up? The Allycat easily attaches to any seatpost. One day rental only \$15* reg 25
* if you choose to purchase an Allycat from us within 2 weeks we'll refund your rental

Offer good with coupon only. No cash value. Expires March 15, 1996

WHAT'S YOUR P.I.N. NUMBER?

Make it the combination to your bike lock, too. The Kryptonite cable lock let's you pick your own combo. Reg:\$17

Sale: 14.99

Offer good with coupon only. No cash value. Expires March 15, 1996

PRECIOUS CARGO

Name Brand Quality without the Name Brand Price. Advent Folding Trailer. Includes sun and rain cover, holds 2 kids or 100lbs.

Tubular steel model reg \$290
Sale: \$249.99
Aluminum: Reg: \$370
Sale: \$329.99

Offer good with coupon only. No cash value. Expires March 15, 1996

TRAIN LIKE THE PROS!

Rollers improve your handling skills as well as your cycling performance. Kreitlers with a 5 year warranty are the best. Reg: \$280

Sale: \$219.99

LIMITED TO STOCK ON HAND
(an optional fork stand & fan are available)

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