



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

April 2000

"If you find a path with no obstacles, it probably doesn't lead anywhere."
-Frank A. Clark



THE NEWSLETTER OF CYCLING VALUES! APRIL EDITION 2000

LET'S GO TOURING!

Quiet roads, beautiful lakes, long descents, sunny days, and all the food you can eat! It doesn't matter if you are going on a supported trip, where you are treated like kings and queens, or fully loaded, self sufficient, the experience is unforgettable. There is nothing like riding your bike thru new towns and villages, past vineyards or scenic coastlines.

Bicycle touring brings a new adventure every day. When you are out there on the road it is you and your bike and the limited amount of gear that you bring with you. Most people understand the importance of a good touring bike, however the gear is equally important and we can help you make good choices about what to bring.

"Touring" means different things to different people. We love to talk all kinds of touring at R+E. If you are going on your first supported ride, we can set you up with the clothing and day pack that will work best for your riding style. If you want to load your bike with front and rear bags to go across the country or around the world, we have all the gear and the expertise to set you up properly. If you want to carry it all in a trailer, we stock those, too.

This year, we have decided to teach a workshop entitled "how to box your bike for shipping". It is really not that hard once someone has shown you a few tricks. Once you know how to



Jim & Virginia Lupori on their self-supported tandem tour from Seattle to Bar Harbor Maine.

box it yourself, it makes reassembling it at the other end even easier. If you are flying somewhere and don't want to lug your bike with you, we offer a "box and ship" service. You can schedule an appointment to drop your bike off, we'll box it and ship it UPS to your destination. It costs about the same as the airline fee and it is without the hassle.

We sell and rent hard cases for traveling with your bike. They are easy to use and assure you that your bike will get there undamaged.

If you would like to put your bike into a suitcase sized case, that is possible too. We manufacture RODRIGUEZ "coupled" bikes that easily break in two, to fit in a case 24x24x10 inches! They ride and perform exactly like our traditional bikes, there is no compromise. And we can build you a "coupled" tandem as well.

Our pannier and pack selection includes handlebar bags, front and rear panniers, rack trunks, map cases, front racks, rear racks and much more. We have equipment from Jandd, Ortlieb, Madden and Blackburn. If there is something you want and we don't stock it, we'll order it for you...quickly!

Bike touring doesn't mean you have to take vacation time. If you find yourself with a three day weekend, it can be a blast to stuff a few things into a pannier, reserve a bed and breakfast and explore the San Juans or Eastern Washington. We've got books and well traveled adventurers to offer route ideas. Take your bike on roads you've never traveled before and join the ranks of the adventure cyclist.

WHAT'S INSIDE THIS ISSUE

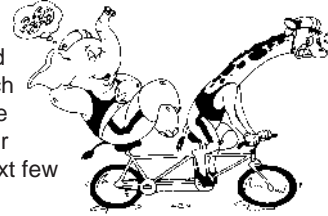
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HOURS
Monday - CLOSED
Tues. ~ Friday - 12-7
Saturday - 10-6
Sunday 11-5
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A NEED FOR SPEED!
Change a flat in minutes flat when you use a Speedlever! Makes removal and reinstallation of bicycle tires a breeze! Reg. \$8
Special \$2.99
Hurry, limited supply!
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00
RACK 'EM UP!
Ready for this one? It's a quality alloy rear rack for just \$14.99. Can't beat that! Black only. Reg. \$22.99
Special \$14.99
Hurry, limited supply!
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00
FREE SOXI
Bring in this coupon, with your mailing label attached, and we'll give you a free pair of Rodriguez sox with any \$15 purchase.
FREE SOX
Not an in-store coupon. Offer good with coupon that has mailing label only. No cash value. One pair per coupon, one coupon per customer. Limited to stock on hand. Expires 5/8/00

The Tandem Corner

March's Tandem Social was attended by about 40 people. We picked ride leaders and scheduled at least one ride a month thru October. We decided not to do a regularly mailed newsletter but to include a tandem blurb in each of the R+E newsletters and to send e-mail broadcasts reminding everyone of the rides. If you would like to receive that e-mail, please e-mail us your address to rodtandem@aol.com and we'll be sure to include you. The next few organized rides are as follows:



**April 16 Daffodil Classic, Orting Washington. 30- 50 miles.
Meet at the pancake breakfast ready to ride at 8AM.
For more info about this ride call:253-752-0764**

**April 15 Tulip Pedal, led by Maggie and David Rimmer.
Meet at 9AM at reg table. 20 miles flat, lots of tulips!
Info:360-428-0404**

**May 13 Skagit Classic,25-60 mile routes. Burlington, Washington.
Meet at reg table at 8AM.
Info:360-856-0836.**

TAKE THE KIDS ALONG!

Riding with the kids has become very popular. The problem that most people are running into though, is that the kids are too small to keep up with the parents. If you want to ride a long organized ride like STP, and your kids are big enough to ride a bike, but not big enough to ride STP on their own bike, we can help.



There are 2 things that people can do to solve this problem. One excellent way is a tandem bicycle. Many people are buying a tandem bicycle that will fit the child in back (stoker) position. This way, the child can ride with the parent, and expend as much energy as they want, and the parent doesn't have to worry about the child. If a child is very young, say 5 or 6 years old, we can fit an attachment to the tandem (called a kid back) that will adjust to fit them as they grow. The kid back allows them to pedal and contribute to the ride.

The other option is called a Trail-a-bike. A Trail-a-bike is a small bike that attaches to the seat post of your bike and allows the child to pedal right along with you. Not quite as nice as a tandem, but a lot less expensive.



LEARN TO RIDE A TANDEM

Spend a few hours in our Tandem 101 Riding class and you'll ride away as a competent tandemist, tandemmer, tandemette.

We'll talk a bit about tandems in general, then we'll give some verbal instruction and finally we'll take you out on the road. Just because you are a good bike rider does not mean that you'll be a great captain or stoker the first 100 yards of your ride. We'll start by letting you experience each position with us in the other, before we send you out on a tandem together. Letting 2 people go out together who have never been on a tandem before, is like letting you take out a semi-truck, just because you know how to drive a car. Sign up for a tandem class and you'll understand why tandem riders smile so much. The price is \$35 per couple paid in advance.



Next Class dates are:

Saturday, April 28th

Saturday, May 13th • Saturday, May 27th

Saturday, June 10th

All Tandem 101 Classes start at 9:30am.

SAVE 50% ON NIKE!!!

We have a selection of Nike shoes in stock that we are closing out at 1/2 price. Sizes left are 4, 8, 10, and 10.5

Reg. \$85-\$100
Sale \$42.50 - \$50

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



FREE SOX!

Buy any shoes in stock, sale or regular price, and receive a free pair of Rodriguez sox.

FREE SOX

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



SHIMANO SHOES!!

We have a selection of Shimano shoes in stock that we are closing out at discount prices. Sizes left are 36,37, and 41

Models are MO35 Reg. \$80 **Sale \$45**
M150 Reg. 85 **Sale \$69**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



HERE COMES THE SUN!

Keep it out of your eyes!
SAVE 90% WHEN YOU BUY A
DUCK BILL VISOR FOR YOUR
HELMET! Reg. \$10
ONLY \$1.00

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



TIPS FOR PACKING YOUR PANNIERS

Everyone has their own method of packing and I too, have one that I really like. One of the things that I do, is I have lots of small stuff sacks for like items. I put all of my socks in one bag, "bathroom stuff" together, gloves and hat in another, etc. That way I don't find myself digging around for a hard to find item.

When I am fully loaded with front and rear bags, I try to put 40% of my weight in the front. I do that by putting all of the heavy stuff such as my stove, fuel and food there. I put my clothing in my rear bags and I separate them "tops" on one side and "bottoms" on the other. Anything that goes above my waist goes in one bag, and below in the other. This way, if it turns cold or rainy I take equal amounts of gear out of each bag, keeping my load well balanced. It also helps me keep track of where things are.

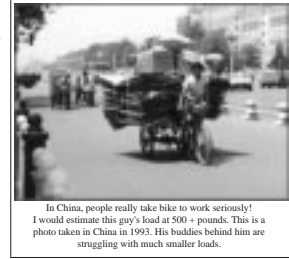
There are two styles of panniers "top loading" and zippered. Top loading panniers have a large opening at the top with a draw string closure and a flap. These are great for stuffing lots of gear into. The only drawback is that if you have your tent or sleeping bag extending over the sides of the rack, it sometimes makes access difficult. Despite that, this is my favorite

bag design.

If you have your gear under control, panniers with zippers can work quite well. They give you easy access, but don't allow you to expand or compress them.

Cyclists often don't know what size bags to purchase. Sometimes it is hard to give good advice concerning that. Everyone has their own idea of what "I'm not taking much" means. A pile jacket may not be much but it can take up a lot of room. I often encourage someone to purchase a few pairs, take them home and try putting all of your stuff into them. See what you think is going to work best for you and return the others!

The first day or two of any trip, I find myself wondering if I'll ever remember where each piece of gear is, but after I have a routine established it is easy. When you are traveling with others it sometimes even makes for a fun game or contest to see who can find a certain item first! It can be like "Hide and Go Seek" and bicycle riding at the same time.



In China, people really take bike to work seriously! I would estimate this guy's load at 500+ pounds. This is a photo taken in China in 1993. His buddies behind him are struggling with much smaller loads.

ATTENTION DANSKIN TRIATHLON PARTICIPANTS

Is this is your first triathlon? Did you have fun doing it last year but want to improve your time this year? Then consider attending the Danskin Women's Triathlon Camp. Held in Leavenworth, WA July 7-9, this camp will help you build an understanding of triathlon training and step by step walk you through a triathlon. You'll get to practice transitions and group swimming, you'll receive tips and coaching in each of the sports, and you'll get to work with a heart rate monitor. You'll learn skills and techniques suited to your own abilities and desires.

The coaches include Sally Edwards, author and professional triathlete, the spokesperson for the Danskin Triathlon.

Jazz Scheingraber, triathlete, professional coach, and adventure racer. She is also the site manager for the Danskin series races.

Estelle Gray, owner R+E Cycles has 20+ years as a professional in the bicycle industry, specializing in women's cycling. She also holds the women's national Transcontinental Tandem record.

DANSKIN
Cyclewear

All three women have been teaching this camp for 4 years. It is guaranteed to be a weekend of fun, learning and exercise. You'll meet new training buddies and gain a better understanding of both racing and training.

The cost of the camp is \$369 and includes food, lodging, use of a heart rate monitor, and all seminar materials. Please call R+E (206-527-4822) for a brochure or e-mail Jazz @ jazzsch@aol.com.

WHY A HANDLEBAR BAG?

Handlebar bags are cherished by hard core touring cyclists. They become our "purses". They are easy to access while we are riding and they are handy to carry when we are off of your bikes.



A good handlebar bag usually includes a map case and has a small pocket as well as a main compartment. It is nice to have your wallet, sunglasses, sunscreen, chapstick, small camera and some food in easy reach. Most handlebar bags have a quick release mounting system so you can pop them off when you make a quick trip into the grocery store. If you find you are spending a day off of your bike and wandering around a city or village they are the perfect size for carrying the day's needs.

If you are going on a supported tour they can be just the right size to carry what you need for the day. The only word of caution about handlebar bags is that you want to be careful not to load them too heavily. If you have more than 5 or 6 pounds of gear in your handlebar bag, that may affect the handling or steering.

Once you have tried a handlebar bag, it can become one of your favorite pieces of cycling gear. If you are looking for a gift for a fellow traveler, this may be the perfect answer.

FROZEN EARS?

It's still cold in the mornings, and that'll make your ears hurt if you don't protect them. Use this coupon to save \$4 on a pair of ear warmers that mount right on to your helmet straps. Reg. \$12

Special \$7.99 While they last



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

WATCH YOUR BEHIND!

SAVE 60% ON ANY RHODE GEAR MIRROR IN STOCK!! Reg. \$20

60% OFF RHODE GEAR MIRRORS!

Limited to stock on hand.



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

HANDIER THAN A PURSE!

The Jandd Handlebar Pac IV features a quick release mounting system, main compartment, outside pocket, map case and D rings for an optional shoulder strap. Available in black or red. Fits drop or upright bars.

Reg. \$55

Coupon Price: \$44.99



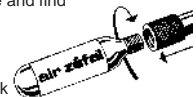
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

PUMPLESS IN SEATTLE!

Now's the time to stock up on your CO2 cartridges. Don't open your tool bag for the first time and find out you are short on cartridges.

25% OFF

any air cartridge products in stock
Reg. \$5-\$9



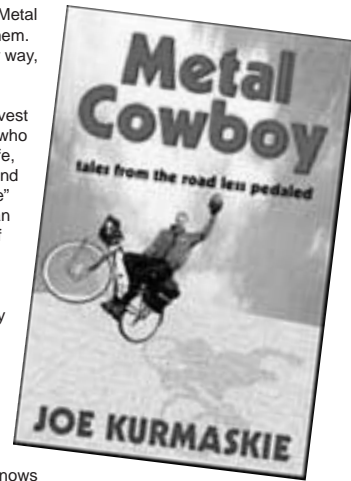
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

LOOK WHO'S RIDING RODRIGUEZ!



Some of you know Willie Weir or Joe Kurmaskie, aka The Metal Cowboy. If you don't it's worth your time to get to know them. You can visit their websites or purchase their books. Either way, you'll smile.

Who are these guys? These are two of the wimpiest, bravest men in the world. They are bicycle adventurers, authors who travel the world. Willie can't hit a baseball to save his life, but he dares to pedal thru Bosnia, South Africa, Cuba and India. And he can sing, "Take Me Out To The Ballgame" backwards. Joe, is one of the reasons that "All You Can Eat Buffets" go out of business. He is also the kind of guy that makes friends with blind cowboys, private eyes, and Australian Cattle Men.



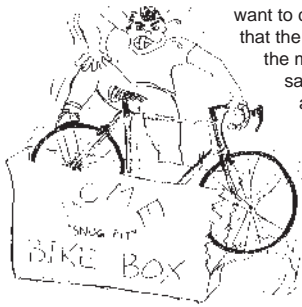
Both of these guys ride Rodriguez touring bikes. They have been offered equipment from multi national bicycle companies but chose to ride our bikes. How come? They wanted more than just a bike. The other companies had funding for them, R+E Cycles offered them true support. When Willie had tire trouble we sent him a whole new wheel just in case it wasn't just the tire. We sent it to

him Air Mail. To Bosnia. When he walks into the store he knows there is warmth extended to him, he is not just another face. When Joe says, "on my bike I need...." , he knows we will customize anything for him. Just like we do for all of our customers.

We could spend our advertising money in other ways. There are lots of bicycle racers always seeking sponsorship. There are lots of companies sponsoring bicycle racers. Touring is a valuable part of the sport that is often ignored. In the cycling magazines you'll find many articles dedicated to sprinting and winning and many less about packing your panniers or choosing a good route. We value the touring cyclists and we support that part of the sport, as well.

Willie and Joe are on a national book tour right now, but they'll be at R+E later this year, leading rides, telling their stories, and sharing their fun. We are proud to be associated with such fun loving, brave,adventurers. Visit their sites, Willieweir.com metalcowboy.com

IF YOU'RE TRAVELING SOON, READ THIS!

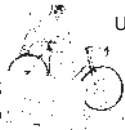


If you travel on an airline and would like to take your bicycle, there are a few things that you may want to consider. Most airlines charge extra (up to \$55.00) to allow it on the plane. All airlines require that the bike properly installed into a box. This procedure is not something that you will feel like doing in the middle a busy airport, so it is best to have it done ahead of time. At Seattle Bike Repair, we can save you the entire hassle! We can box your bicycle, and ship it UPS to shop in the city that you are traveling to for just \$70, where it will be waiting for you.

Or, if you prefer to box it yourself, here is the procedure. It requires a little time and energy, but it can be accomplished with the right tools and the right know how. Here it goes:

- *Remove the pedals
- *Put derailleurs into lowest gears
- *Remove the handle bars
- *Disconnect the brake cables if necessary
- *Remove the front wheel
- *Pad the bike well (blankets, towels etc...)
- *Turn the fork backwards
- *Tie handle bars to top tube
- *Tie the front wheel to the left side of bike
- *Slip the whole ensemble into the box
- *Wrap the pedals and put them in the box
- *Seal it up tight with packing tape
- *Shake well and bake at 350 degrees
- *Kick back and have a beer! Whew!

TRAVELING SOON?



Use this coupon to save \$10 when you bring your bike in for a 'Box and Ship' to anywhere in the continental US. Reg. \$70 Special-\$60

SAVE \$10

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

AERO BOTTLE FOR AERO BARS

If you've got the aero bars and the aero position, top it all off with an aero waterbottle that fits in your aero bars. Don't get out of your aero position or take your hands off the bars for a drink. Profile Aero Bottles Reg:\$16

Special: \$12.50

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



SLOPPY JOES, NOT SLOPPY SHIFTS!

Gunky gears make for sloppy shifts. Get all that road dirt, grit and grime out from between your cogs. The Park Gear Brush is designed just for that purpose. And they're cheap, too! Reg:\$4.99

Special: 3.99 Save 20%



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

U-LOCK IT OR U-LOSE IT!

Use this coupon to receive a Cyclepro U-lock for just \$19.99. Reg. \$25

SAVE \$5.00



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

A BIKE BY THE NUMBERS??!!

The other day, a woman called the shop and said that she wanted us to build her a custom bicycle, and she already had her fit numbers. The fit numbers had been performed at another shop. Well, I would never build an expensive custom bike for someone without performing a fitting personally, but it still got me wondering. Over the next couple of weeks, I have had 3 other people asking if I would do the measurements so they can have someone else (I don't know who) build them a custom bike.

Can a custom bike be built 'by the numbers' like a paint by number painting? I suppose it can, but are 'the numbers' the only important aspect of a custom bicycle? After thinking about the process at Rodriguez, I would answer a resounding no. While it's not possible to build a custom bike without accurate numbers, they are only half of the equation.

When you are choosing a shop to build a custom bike for you, you are selecting the people whom you will trust to build a bicycle that you won't ride until it is done. Do they understand what you are doing with your bike? How many miles you'll be riding, how much weight you will haul, your price range, etc...? Have they taken your age, injuries, experience, strength, and personality into account before designing your bike?

First of all, this particular woman's first fit had some drastic flaws (10cm short on the inseam alone). Those numbers would've produced a custom that was unworkable for her. I think that the shop building your new custom bike should always be the same shop that performs the fitting, otherwise, you're going to have a hard time holding anyone responsible if there are problems.

Let's just walk through the process of this woman's custom bike:

1.) She came in with her fit, and I performed our fitting process on her (20 minutes). We have some special fitting tools that we have made that allow us much more accuracy than standard tape measures and sticks. (She commented several times on how careful I was being in comparison to her other fitting.)

2.) Next, I set her up on our adjustable fitting bike (30 minutes - 1 hour). This is a completely adjustable stationary bike that we made in order to 'dial in' the fit for a custom bike. The numbers are just a good starting point, and don't take into account differences for old injuries, age, riding style, etc... Most of the time, we wind up with very different numbers than the 'bike by the numbers' scenario.

3.) I discussed with her, at length, the types of things that she wants to do with her new bicycle (20ish minutes). Everything she said will be carefully taken into account in building this new bike.

4.) The next day, I had a meeting with the frame builder and painter about this particular bike (30 minutes - 1 hour). I discussed with them all of the information about the bike that I discussed with the customer. We designed the bike together using our combined experience to come up with the optimum comfort and performance combination. Having a frame shop right here in our store makes for excellent communication.

5.) If the frame builder has any questions or concerns about the design, we contact the customer again, and review it with them.

6.) We build the bike (8 weeks).

7.) The customer picks up the bike, and we 'dial in' the final fitting (1 - 2 hours). Since the same person has followed the bike from the fitting to the delivery process, this bike will be everything that she wanted!

8.) Over the next few months, we will work with her on any concerns that may come up about her new investment. As the owner of a new Rodriguez custom, if she needs anything, different gearing combinations, small fitting adjustments, etc... they will be taken care of promptly.

Conclusion - The numbers only took 20 minutes, and as you can see, are not the only thing to consider when purchasing a custom bicycle. The most important thing before investing in a custom bicycle is trusting that the people building it understand you, and your cycling desires.

When you are choosing a shop to build a custom bike for you, you are selecting the people whom you will trust to build a bicycle that you won't ride until it is done.



The Perfect Fit! In more than just one way!

Here are 2 of our custom bike customers. Cedric is ~7' tall, and Lise is not. Cedric rides a road bike, Lise rides a mountain bike. Their bicycles not only fit their body dimensions, but also have been designed to fit their riding styles and personalities as well.

Understanding the needs, special concerns, and reasons our customers come to us. That's what we're about.

Both Cedric and Lise are off the charts when it comes to fitting. At R+E Cycles, we believe that we should be the 'perfect fit' with our customers in order to build them the perfect bicycle.

SPARE ME!

Here's a great deal on a Michelin Axial Sport folding tire. It can be used as a spare tire that will store easily in your seat bag, or you can use them as durable, regular tires. 700X25c only. Reg. \$24.99
Special \$18.99 while they last!

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



LIGHTEN UP!

Here's a great deal on a Michelin Axial Pro light weight folding tire. It can be used as a spare tire that will store easily in your seat bag, or you can use them as lightweight, regular tires. 700X23c only. Reg. \$54.99
Special \$39.99 while they last!

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



ALL THINGS TO ALL PEOPLE!

The Topeak Master Blaster pump is both a frame fitting, portable, and a quality floor pump. Its compact design mounts easily on any bike. Reg. \$29.99

Special \$19.99

while they last!

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

AIR HEAD?

Don't be an Air Head! Carry a pump on your bike. Now anyone can afford on. Use this coupon to get a Zefal 88 frame fit pump for just \$5.00 Reg. \$15

ONLY \$5

SAVE 66%

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

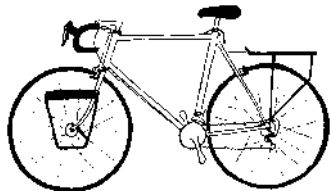
THREE READYMADE TOURING STALLIONS

It seems like once or twice a week a customer will walk in and say "why doesn't anyone make touring bikes anymore?" Well, at R+E Cycles, we can proudly answer "We do." You see, at R+E Cycles, we take touring bikes seriously we always have and we always will. When all the big manufacturers quit making touring for what ever silly reason, we took up the task ourselves. Aside from the custom bikes that we are famous for, we offer 3 models of production touring bikes.

2000 TOURING ADVENTURE FOR MEN!

Rodriguez touring bikes are well designed for touring. We use full Campagnolo drive trains, for excellent durability. Cantilever brakes allow for easy fender mounting and excellent braking. 3 water bottle braze-ons, etc....

\$1349.99

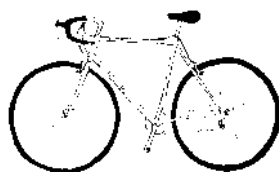


Frame	Double butted Cro-moly
Fork	Cro-moly
Rear Derailleur	Campy Mirage
Front Derailleur	Campy Mirage
Crank set	Campy Mirage triple
Brakes	Dia-Compe Cantilever
Brake Levers	Campy Mirage Ergo
Handle bar	TTT Synthesis
Stem	Alloy A-head
Finish	Metallic Silver
Bar Tape	Cinelli Cork Ribbon
Tires	Vittoria Kevlar Belted 700X28
Bottom Bracket	Campy sealed
Rims	Matrix Vapor 36 hole
Wheels	Hand-built (3-year warranty)
Spokes	DT Stainless steel
Hubs	Campy Mirage 9-speed 36 hole
Seat Post	27.2 Alloy
Seat	Men's gel

2000 TOURING STELLAR FOR WOMEN!

A complete touring bike for women, designed by Estelle Gray.

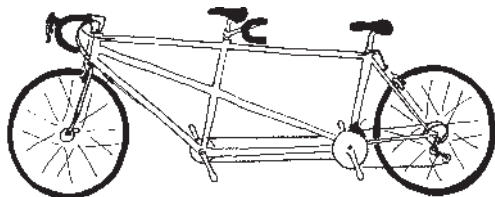
\$1349.99



Frame	Double butted Cro-moly
Fork	Cro-moly
Rear Derailleur	Campy Mirage
Front Derailleur	Campy Mirage
Crank set	Campy Mirage triple
Brakes	Tektro CNC Cantilever
Brake Levers	Campy Mirage Ergo
Handle bar	TTT Synthesis
Stem	Alloy A-head
Finish	Midnight Purple
Bar Tape	Cinelli Cork Ribbon
Tires	Tioga 26X1 City Slicker
Bottom Bracket	Campy sealed
Rims	Torrelli Champion
Wheels	Hand-built (3-year warranty)
Spokes	DT Stainless steel
Hubs	Campy Mirage 9-speed
Seat Post	27.2 Alloy
Seat	Women's gel

RODRIGUEZ TOUCAN TANDEM

\$2799.99



Brakes	Dia-Compe Cantilever
Brake/Shift levers	Campagnolo Veloce 9-sp ergo
Crankset	Campagnolo Veloce
Stems	A-head
Front Derailleur	Shimano 105 triple
Rear Derailleur	Campagnolo Mirage
Bar Tape	Pyramid Black cork
Bottom Brackets	Campagnolo sealed
Rims	Torelli 36 hole or Velocity 48 hole
Hubs	Hope Cassette rear/Shimano front
Handle bars	39-44 cm (drop)
SEAT POSTS	Kalloy 28.6 Cro-Mo
Head sets	FSA Orbit threadless
Spokes	DT Stainless
Paint	Inside out fade
Cogs	Shimano HG
Seats	Rodriguez Gel

Less Expensive Than a GPS

These handy 2 sided map cases easily attach to your handle bars with 2 velcro straps. Makes reading and riding a breeze. However, we don't guarantee that it will prevent you from getting lost. Fits drop or upright bars. Reg: \$10



Coupon Special: \$7.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

GET THE GUNK OUT!!

Examine the tube in your hydration system. If it's discolored from hibernating this winter, we have the perfect solution. The Hydra Tube Cleaning kit includes a 42" tube brush and a bottle of Hydra cleanser. Reg:\$10

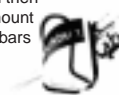


Coupon Special: \$7.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

HEAD OVER HEELS!

Don't go head over heels reaching for your bottle! If you don't like to take your hands off the handlebars and then stretch down for your bottle, this little adapter will mount your cage right onto your bars. Fits drop or upright bars and is especially great for tandems. Reg:\$7



Coupon Special: \$4.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

CAGE RAGE!

Everyone needs a waterbottle on their bike. These alloy cages fit any bike and install in seconds. Black or silver Reg:\$5

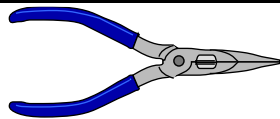


Coupon Special \$2.99

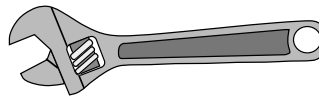
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



FROM THE REPAIR BENCH



Seattle Bike Repair
5619 University Way NE
Seattle WA, 98105
206-527-0360



HOW MUCH IS A TUNE-UP?

How much is a Tune-up? This time of the year, we hear that question several times a day. Shopping 'tune-ups' on the phone is common practice in the bike industry. A question arises though, when one shop has a 'tune-up' for \$25 and another shop has a 'tune-up' for \$100, yet another shop has a 'tune-up' for \$50. Are these 'tune-ups' the same service at the different shops? Absolutely not. You see, 'tune-up' is a very nonspecific term. The prices vary so much because the shop's version of a 'tune-up' varies.

Professional bike shops calculate their rates on a 'tune-up' by determining how much time they will spend working on your bicycle. Shops in our area bill out labor at \$30-\$40 per hour. So, a \$25 tune-up will include a professional mechanic working on your bike for about 45 minutes. That's about enough time to tighten the cables, wave a rag over the bike, perform a basic check of the bearing adjustments and fill out the paperwork. If your bike needs more work than that, it will cost more than \$25. A more expensive 'tune-up' will be more thorough, and less rushed. This is truly an area of our industry where you 'get what you pay for'.

I think a better question might be; "How much of a tune-up does my bike need?" The answer to this question is very difficult to determine without seeing the bike. (If you know of a person who can accurately determine the answer to this question over the phone, I would love to hire them!).

My recommendation is to take your bike to a shop that you trust, and have them look it over. In our shop, we will look over your bike, and give you a free estimate of the cost before we perform any work. If your bike needs one of our complete service packages, that's what we'll do, otherwise, we can recommend the work that your bike needs, and that's what we'll do and charge you for. **See you on the road!**

Road Side Repair Classes \$35

This Tuesday-evening, 2-3 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: April 25th, May 16th, May 23rd, June 13th (7:30 PM)

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

SEASONAL SERVICE

- INITIAL EVALUATION
- TRUING, ROUNDING, TENSIONING & DISHING OF BOTH WHEELS
- INSTALLING NEW TUBES AND/OR TIRES*
- FRONT & REAR HUB ADJUSTMENT
- HEADSET ADJUSTMENT
- BOTTOM BRACKET ADJUSTMENT (BOTH CUPS)
- COMPLETE DRIVETRAIN CLEANING
- INSTALLING A NEW CHAIN*
- INSTALLING A NEW COGSET*
- INSTALLING NEW CHAINRINGS*
- INSTALLING NEW DERAILLEUR PULLEYS*
- COMPLETE FRONT & REAR BRAKE ADJUSTMENT
- COMPLETE FRONT & REAR DERAILLEUR ADJUSTMENT
- INSTALLING NEW BRAKE CABLES & HOUSING**
- INSTALLING NEW BRAKE PADS*
- INSTALLING NEW DERAILLEUR CABLES & HOUSING**
- LUBRICATING ALL BRAKE & DERAILLEUR PIVOT POINTS
- BASIC FRAME ALIGNMENT CHECK & RECOMMENDATIONS
- FRONT & REAR DROPOUT ALIGNMENT
- THOROUGH CLEANING***
- CHECKING & TORQUING ALL NUTS & BOLTS

ALL FOR \$89.99

TANDEM\$ FOR \$119.99

*IF REQUESTED, PARTS ARE ADDITIONAL

**IF REQUESTED, COMPLETE CABLE & HOUSING RUNS \$20-\$25/FOR

MOST BIKES (RETAPE EXTRA IF NEEDED)

***MUD WRESTLING CHARGES MAY APPLY

COMPLETE OVERHAUL

- INITIAL EVALUATION
- TRUING, ROUNDING, TENSIONING & DISHING OF BOTH WHEELS
- INSTALLING NEW TUBES AND/OR TIRES*
- NEW BEARINGS & GREASE IN FRONT & REAR HUBS
- NEW BEARINGS & GREASE IN HEADSET
- NEW BEARINGS & GREASE IN BOTTOM BRACKET
- COMPLETE DRIVETRAIN CLEANING
- INSTALLING A NEW CHAIN*
- INSTALLING A NEW COGSET*
- INSTALLING NEW CHAINRINGS*
- INSTALLING NEW DERAILLEUR PULLEYS*
- COMPLETE FRONT & REAR BRAKE ADJUSTMENT
- COMPLETE FRONT & REAR DERAILLEUR ADJUSTMENT
- INSTALLING NEW BRAKE CABLES & HOUSING**
- INSTALLING NEW BRAKE PADS*
- INSTALLING NEW DERAILLEUR CABLES & HOUSING**
- LUBRICATING ALL BRAKE & DERAILLEUR PIVOT POINTS
- BASIC FRAME ALIGNMENT CHECK & RECOMMENDATIONS
- FRONT & REAR DROPOUT ALIGNMENT
- THOROUGH CLEANING***
- CHECKING & TORQUING ALL NUTS & BOLTS

ALL FOR \$149.99

TANDEM\$ FOR \$187.99

PRICE INCLUDES BEARINGS & GREASE

*IF REQUESTED, PARTS ARE ADDITIONAL

**IF REQUESTED, COMPLETE CABLE & HOUSING RUNS \$20-\$25/FOR

MOST BIKES (RETAPE EXTRA IF NEEDED)

***MUD WRESTLING CHARGES MAY APPLY

TIME TO RETIRE!

Bring in your road bike and purchase a Seasonal Service or Complete Overhaul and we'll give you a free pair of Vittoria Roma 700X25c tires. That's right, FREE tires! \$35 value(Hurry, limited supply)
FREE IS A VERY GOOD PRICE!



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

What, no kickstand?

What a drag when you take your new bike home and bring it into the basement or garage and find you have no way of standing it up. You could lean it up against your nice car or rest its nice paint job on the cement wall. Better yet, install a kickstand for only \$7.99. Regularly \$15

\$7.99 + FREE INSTALLATION!



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

NICE TOOL

It's easy to fix a broken chain when you have a nice chain tool. The Park Chain Brute makes fixing a broken chain or installing a new one a breeze. Reg: \$14.99

Special: \$11.99

And we'll even give you a free lesson!



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

Barbeque Season is Here

Impress your friends with the ultimate chef attire. Don a Park Tool Apron and you can flip the burgers or adjust a derailleur. Perfect for cooking or fixing. Reg: \$24.99

Special \$19.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00

ESTELLE'S BIKE CAMP FOR WOMEN



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

Due to demand, we'll be hosting 2 different camps for women of different levels.

The basic camp will be offered at 2 different times, June 9,10, 11 and Aug 4, 5, 6

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!!!!!!

July 28,29,30 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 \$399 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

FINALLY, GREAT CYCLING CLOTHES FOR WOMEN!

It seems like women have always had to make do with jerseys that didn't fit and came in boring variations of different colored panels. Finally, Shebeest has arrived on the scene to add to add some fun and flattering cycling jerseys for women. This line of women's clothing has been conceived, designed and product tested by real women and it shows. The jerseys have a tapered waist with wider hips, they are not cut on a straight line. The sleeves and torsos are shorter and the fabric patterns are out of this world. Some of the patterns names include Hawaii Sun, Bali Batik, Snow Cat, Midnight Floral. We have tanks, sleeveless and short sleeve styles.



We also have knickers for those who don't like to wear shorts and "short shorts", for those who don't like the longer length that traditional cycling shorts usually come in.

We are excited to showcase the Shebeest line and we have a good selection of styles and sizes. Come try a jersey on and enjoy the novelty of a jersey that both fits terrific and looks great.

Just say no to flat tires

Put a tire liner between your tire and tube and you'll be preventing flats for the entire season. We've got all sizes for road mountain and cross bikes. Reg:\$15 a pair

Special \$9.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/8/00



R+E Cycles

ALL GLOVES

Many brands and varieties to choose from.

Crochet or lycra

NOW \$3.00 OFF!!

limited to stock on hand Expires 5/8/00 WITH THIS COUPON

← The retro coupon! Originally ran in 1987, but here you go! Just as good now as it was then.

**5627 University Way NE
 Seattle, WA 98105
 206-527-4822
<http://www.rodcycle.com>**