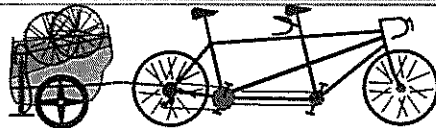


"Life is a daring adventure or nothing at all."
Helen Keller

R+E Cycles News • The newsletter of cycling values!

STP The 'Hard Way'



R+E Roadside Repair Tandem

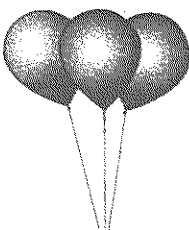
Howdy folks,

The ride from Seattle to Portland rolled around and I finally got my opportunity to ride in it this year. The chance came about, with my urging, when I suggested to Dan that we do roving, mechanical support for the ride. Dan thought it would be a great thing to do. He is a veteran of numerous STPs and was anxious to do it again.

The planning was set. We were to ride a Rodriguez tandem with a Burley trailer in tow; it was filled with a lot of tools and parts. (See weight guessing contest on page 7.) I had a great deal of confidence in Dan's word when he told me that we wouldn't notice the weight. I appreciated his vote of confidence in my legs and lungs.

When we arrived at the Kingdome on Saturday morning I felt excited at the prospect of participating in an event of such a magnitude. People were smiling and laughing. It was great to see cycling in such a social environment. So many times I see cyclists on the road that look like they would rather be cleaning the toilet than being on their bikes. I was also aware of the influence that this event brought. Never before had I been waved through a busy intersection by a police officer. I thought I was in heaven.

Dan and I were very busy with mechanical work. I believe the tone of the whole weekend was set when we did our first repair after only fifty feet of riding. I was confident that our efforts would be appreciated.



The repairs we performed ran the gamut of possibilities. Of course, we fixed dozens of flats; but we also did some work that was more involved. These included: the replacement of a rear wheel, the reinstallation of a bottom bracket

"replacement of a rear wheel, the reinstallation of a bottom bracket and the overhauling of a hub."

(long story) and the overhauling of a hub. The oddest problem that we came upon was a broken rear rack. However, it was at that time when I witnessed Dan at his best. On the spot, he fabricated a replacement mounting bracket out of a reflector mount. I was there and I'm not quite certain how he did it, but it worked!

Overall, I really enjoyed the ride. However, I must confess that there were times when I was not having fun and I believe I personally experienced a whole new level of suffering. It wouldn't surprise you to know that this enlightenment (if you will) occurred on the big hill climbing out of Puyallup. Not only was the hill difficult, as those of you who rode it would know, but we had our only mechanical breakdown of the trip when we were about half way up that thing. Nothing is more disconcerting than getting up a good climbing

rhythm and then getting a flat. For a split second, I actually thought about insisting that we continue up the hill, flat and all, because I knew it would be difficult to start again. But that was short lived and we did stop.

The best part of the ride came when it was over. I know Dan's saddle really started gnawing at his rear end when we hit Scappoose and I was beginning to bonk (not a good thing to do if you are captaining a tandem with a motherlode of equipment.) The cheers of the crowd really lifted my spirits.

My STP experience was really satisfying. I met a lot of really great people; those included not only the riders, but the support staff and the local people who allowed us to invade their roads for the weekend. One thing is for sure, I picked a heck of a way to participate in my first STP.

See ya on the road,

Scott Schrum, R+E staff member

10-8 MON-FRI
9-6 SAT
11-5 SUN

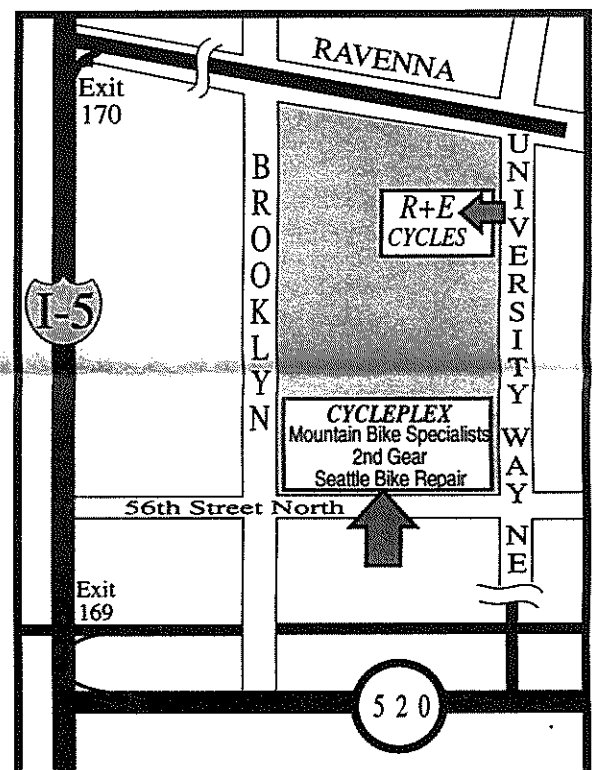
R+E 527-4822

MOUNTAIN BIKE SPECIALISTS

527-4310

SEATTLE BIKE REPAIR

527-0360

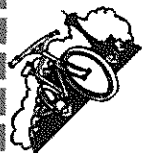


5627 UNIVERSITY WAY NE
5601 UNIVERSITY WAY NE
206-527-4822

**IT'S A CIRCUS SALE!
SEE PAGES 3, 4, 5 & 6**



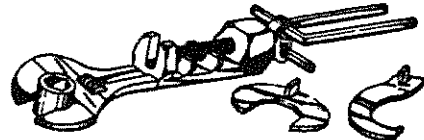
FREE DELIVERY for orders over \$15.00! PHONE ORDERS GLADLY ACCEPTED 206-527-4822



WHEN THE HEAT IS ON, BE COOL!

Pick up a Cool (fix almost anything) tool

ONLY \$19.99
SAVE 30%

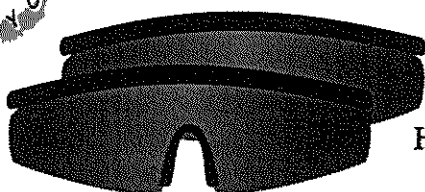


(Regular \$30.00) Offer good with coupon only. Expires on August 31 1994.



SHADY DEAL

Buy one pair of sport sunglasses get the second pair



FREE

Have you ever lost a pair on a sunny day? \$20.00 Value!

Offer good with coupon only. Expires on August 31 1994.



R+E Cycling T-shirt
100% cotton with pockets
\$15.00 Value!



FREE

YOURS

with purchase of \$40.00 or more. Offer limited to stock on hand
BULK RATE
U.S. POSTAGE PAID
SEATTLE, WA.
PERMIT NO. 12977

R+E Cycles
5627 University Way NE
Seattle, Wa. 98105

Offer good with coupon that has a mailing label only.
Expires on August 31 1994. Regular price merchandise only
Not valid on Circus Sale Weekend

HANDS ON REPAIR CLASSES

Simple Roadside Repairs - 1 evening session
Tuesdays Aug 16, Sept 27, Oct 18 or Nov 15
7-9PM Course fee: \$15

The Well-Tuned Bicycle - 3 evenings per session
Aug 2,4,9 Sept 6,8,13 Oct 4,6,11 Nov 1,3,8
7-9PM Course fee: \$40

Wheel Building - Sat.
Sept 10 or Nov 12
8AM-Noon Course fee: \$40

Women's Only Basic Repair - 1 evening session
Mondays August 8, Sept 19, Oct 17, Nov 14

Call for complete class descriptions. Register by phone!!!
527-0360

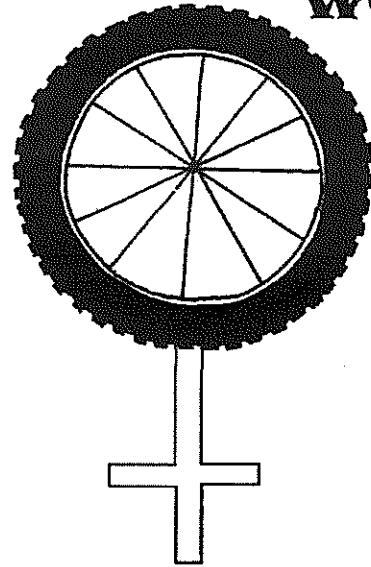
1st annual women-only mountain bike race

THE MUD MAKEOVER

SUNDAY, SEPT. 4, 1994
SKJ ACRES, WASH.



WOMBATS



NORTHWEST CYCLIST

- Novice Oriented
- NORBA sanctioned
- Pre-race off road skills clinic, 9 AM
- Race starts at 1PM
- Contact Jeanne @ Mountain Bike Specialists (206) 527-4310 for more info
- Proceeds to benefit the Cystic Fibrosis Foundation



Best of the Northwest

Get the best Guidebook free when you buy the best panniers

FREE

Touring the Islands or Touring Seattle with the purchase of any pair of Mountain Minded panniers.

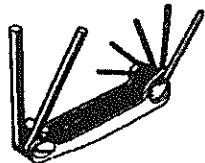
Special orders welcome.
\$11.00 Value



Offer good with coupon only. Expires on August 31 1994.



ALL TOGETHER NOW



Never lose a single Allen wrench. Reg. \$7.99 Sale \$5.99

YOU SAVE \$2.00

Limited supply

Offer good with coupon only. Expires on August 31 1994. NO CASH VALUE



FREE MONGOOSE MOUNTAIN BIKE RESULTS

Randy Groves of Seattle was the winner of the Mongoose Mountain bike drawing.



Get Waisted!

Mountain Systems Lumbar Fanny Pack

Compression straps, heavy duty nylon construction

A quality piece of work for just

\$19.99 \$30.00 value

Limited to stock on hand

Offer good with coupon only. Expires on August 31 1994.



Stretch your body not your budget

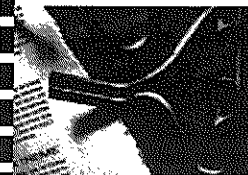
Scott Extreme handlebars for just \$29.99

Save \$50.00!

Get 'em while they last

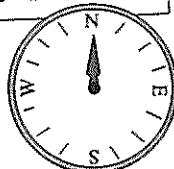
Offer good with coupon only. Expires on August 31 1994.

Reg. \$79.99



WHERE THE HECK ARE YOU?

FREE!!



Trail compass with \$10.00 or more worth of SBR labor.

Free is a very good price

YOU SAVE \$5.00

Limited supply

Offer good with coupon only. Expires on August 31 1994. NO CASH VALUE



SAVE TIME AND MONEY!

Buy any handlebar tape in stock for regular price, and we'll install it for half our regular installation rate!

REGULAR \$9.50

NOW JUST \$4.25

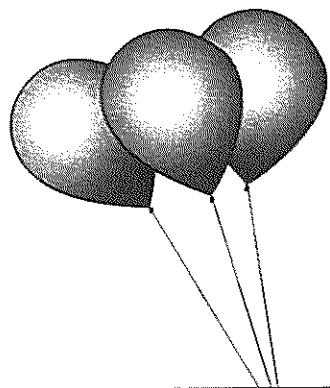
SAVE 50%

WOW!

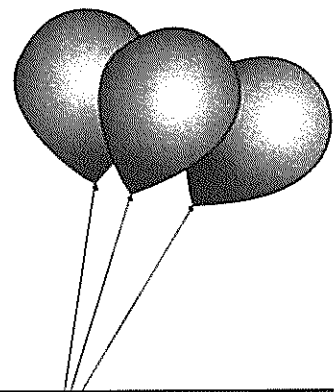


Offer good with coupon only. Expires on August 31 1994.

2.



EVERYTHING IS ON SALE THIS WEEKEND!



**ALL BIKES AT 10%-50% OFF! ALL ACCESSORIES AT 10% -50% OFF!!
This Weekend Only!!**

	Was	Sale	Save
Bell Triumph helmet	54.99	34.99	20.00
Flashing tail light	9.99	4.99	5.00
Quickstand Indoor trainer	199.99	139.99	60.00
Silca Floor pumps	49.99	39.99	10.00
Ergo Bar Ends	19.99	9.99	10.00
Cool Tool	29.99	22.99	7.00
Bungee cords	1.50	1.00	.50
Bell Defender helmet	29.99	24.99	5.00
Gel Saddle pads	19.99	14.99	5.00
Mini pump	14.99	9.99	5.00
Patch kits (limit 3)	1.99	.99	1.00
Tire levers	2.99	1.99	1.00
Blackburn benchmount stand	99.99	69.99	30.00
Cyclist map (N Cascade Hgwy)	2.99	.99	2.00
Stevens Pass Hgwy	2.99	.99	2.00
Finish line Gear Clean kit	7.99	4.99	3.00
Avocet 31 Computer	42.99	29.99	13.00
Scott bar tape	8.99	4.99	4.00
Hind Drylete shorts	54.99	39.99	15.00
Time Sport pedals	139.99	99.99	40.00
Look PP 196 (1pr.-only)	179.99	139.99	60.00
Dura-Ace Clipless pedal (1pr. only)	169.99	129.99	40.00
Turbocat modkit (1-only)	79.99	39.99	40.00
Vetta Titanium Saddle	89.99	49.99	40.00
Cycling Garment bag (1-only) (pannier style)	99.99	64.99	35.00
Assorted Campy downtube shifters (make offer)			
Mavic brakeset (w/levers)	169.99	84.99	85.00
Dura-ace sidepull brakeset	149.99	84.99	65.00
All women's jerseys	25% Off		

Bridgestone XO-4 size 52 cm
Cross Bike
Was \$495
Sale \$345
Save \$150

Bianchi Avenue Cross Bike
Was \$340
Sale \$289
Save \$51

Pre '94 Bianchi Eros 12-speed
58 cm only
Was \$625
Sale \$299
Save \$326

Carbon Fiber Bianchi Virata
Was \$1500
Sale \$1250
Save \$250



Rack It Up!

Back by popular demand
Save \$25.00
when you buy an Advent rack trunk/Fisher rack combination Reg. 69.99.
ONLY \$44.99

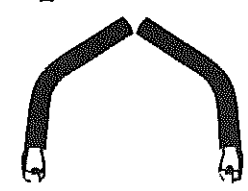


Offer good with coupon only. Expires on July 31 1994.



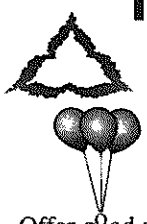
HANG ON!!

To a pair of Delta ergo barends
For just
\$9.99
Regular \$19.99



Offer good with coupon only. Expires on July 31 1994.

**Giros are NEVER on sale!!
But we're gonna do it anyway!
This weekend ONLY!**



SAVE 20%
On any Giro
helmet purchase

Offer good with coupon only. Expires on July 31 1994.



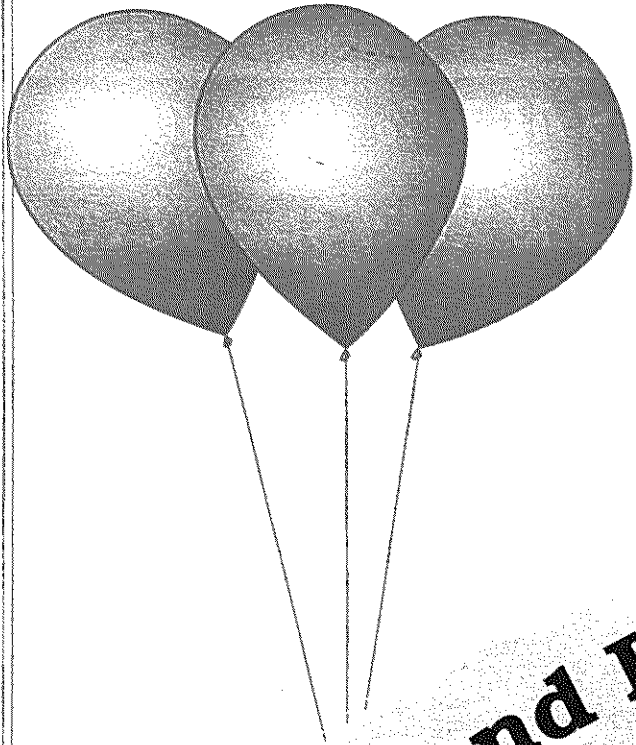
Don't Get Hit!

BLINKIN' RED LIGHT!
BE SEEN AT NIGHT!
PICK UP A \$10 ADVENT
FLASHING TAIL LIGHT FOR
ONLY \$4.99



Offer good with coupon only. Expires on July 31 1994.

IT'S A

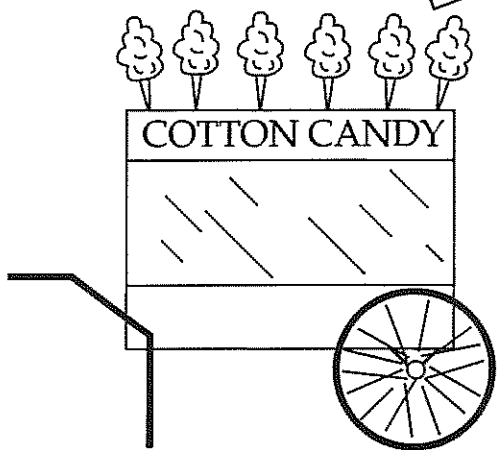
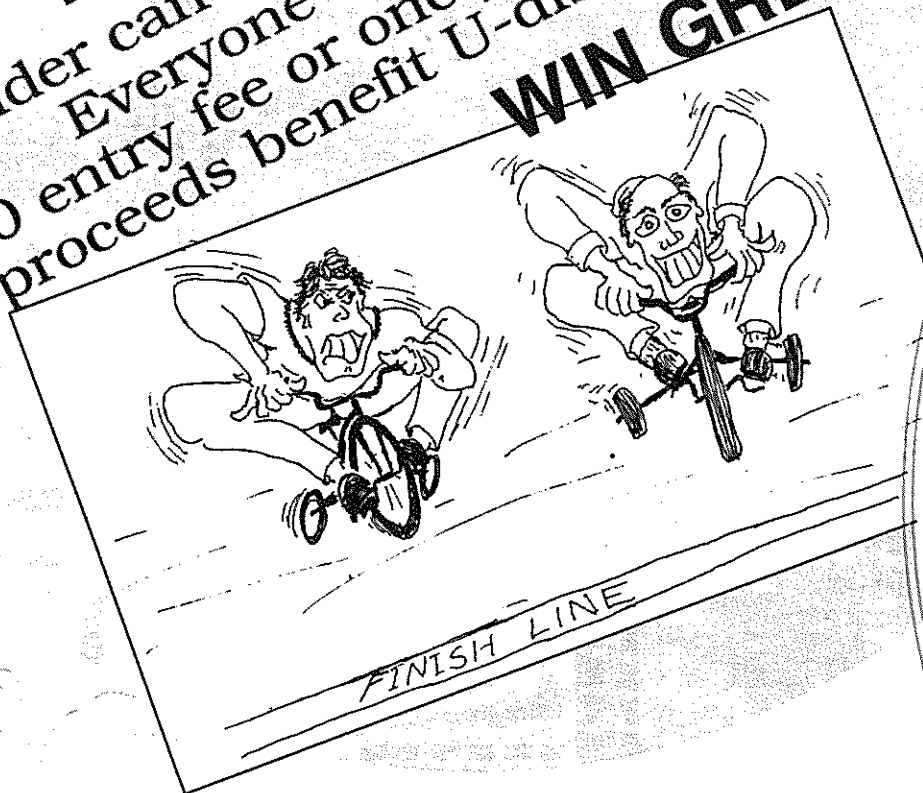


CIRC

Come and Race!
TRICYCLE RACES FOR
YOUNG AND OLD!!
Sunday, July 31st
Two age groups

6 and under can use their own trikes if preferred
\$1.00 entry fee or one piece of clean clothing
Everyone else races on ours
All proceeds benefit U-district Youth Center

WIN GREAT PRIZES!



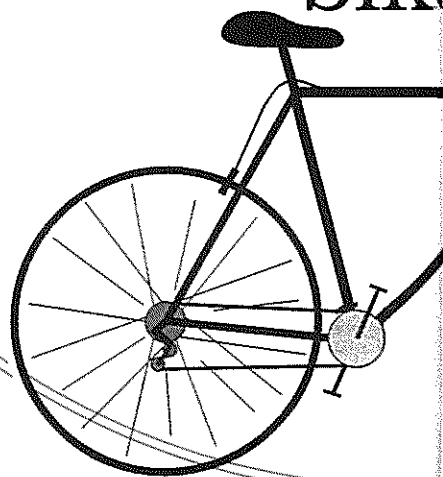
FREE COTTON CANDY!!
WITH ANY PURCHASE

UNDE
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All rental mount
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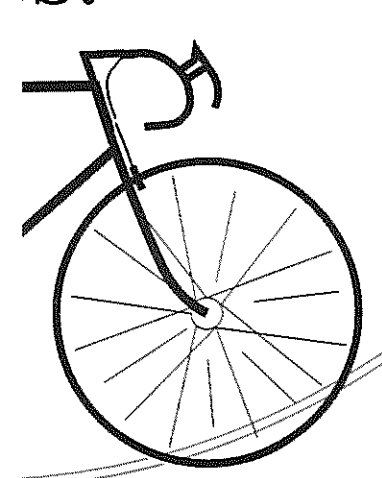


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TRY YOUR HAND AT
CARNIVAL GAMES
GALORE

With any purchase of \$25.00 or more, play one of
our games and win big discounts or great prizes!
Everyone's a Winner at R+E's Carnival Games!

Ping Pong Ball Toss
Skee Ball

Come See
Max The
Juggling Clown
Make
Balloon Animals

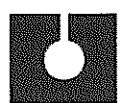


JULY 30 AND 31 ONLY!!



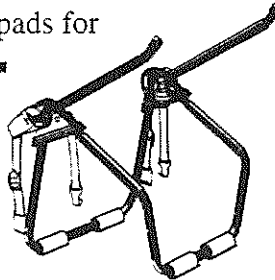
SCRATCH RESISTANCE

Buy any Rhode Gear car rack, and receive the Rhode Block bicycle protection pads for



FREE

\$15.00 Value



RHODE GEAR

Offer good with coupon only. Expires on July 31 1994. Not redeemable for cash

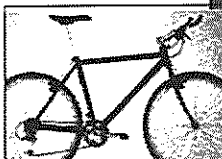
'93 CANNONDALE M-1000 MOUNTAIN BIKE

REG. \$1100.00

SALE \$699.99

SAVE \$400.00

16" 1-ONLY JULY 30/31 ONLY



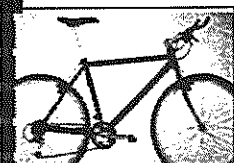
MONGOOSE SYCAMORE MOUNTAIN BIKE

REG. \$350

NOW JUST \$299.99

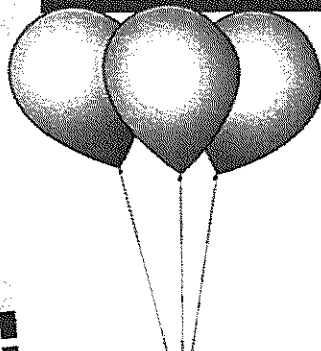
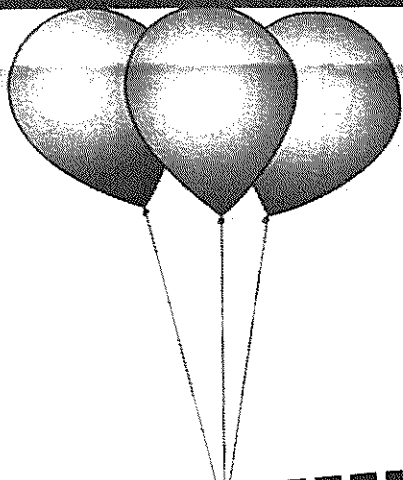
SAVE \$50.00

JULY 30/31 ONLY



JUST SOME OF THE RENTALS AND USED BIKES FOR SALE!!

Diamond Back 16" Topanga	New \$430	Used \$279.99
Diamond Back Women's Topanga	New \$430	Used \$279.99
Bridgestone MB6 18", 19"	New \$360	Sale \$249.99
Bridgestone NB26 19"	New \$375	Sale \$299.99
Terra Tech Trailite 18", 22"	New \$525	Used \$225.00
Bianchi IbeX 19"	New \$440	Used \$299.99
Mongoose Rockadile 16"	New \$530	Used \$470.00
SR Suntour Custom Mtn. w/slicks	New \$850	Used \$498.00
Bridgestone MB3 w/suspension 20"	New \$970	Used \$824.99
Bridgestone MB5 w/suspension	New \$670	Used \$584.99
Kona Explosiv 20"	New \$1500	Sale \$849.99
Cannondale H-600 Hybrid 20"	New \$825	Sale \$624.99
Alsop Softride Hybrid 18"	New \$700	Used \$584.99
Mongoose IboC Comp SX w/rock shox	New \$1050	Used \$849.99
Spec. Allez Epic 51 cm carbon fibre	New \$1000	Used \$549.99
Terra Tech Navigator 20", 22"	New \$675	Used \$324.99
Klein Rascal Gator fadeMed. w/sus	New \$3500	Used \$2250
Trek Road w/Campy 57 cm	New \$900	Used \$450
Burley Duet Tandem 22/20	New \$1600	Used \$999
Rodriguez road tandem 55/48	New \$3500	Used \$1999
Aluminum Rod Mtn Tandem 20/17	New \$3500	Used \$2899
Rodriguez Mtn Tandem w/extras	New \$5000	Used \$2200



USED BIKES



HANGIN' OUT

SAVE \$20.00 on a pair of Scott AT-3/AT-4 mountain handlebars

Now just 24.99

Reg. \$44.99



Limited to stock on hand.

Offer good with coupon only. Expires on July 31 1994. Not redeemable for cash



BUTT UGLY!!

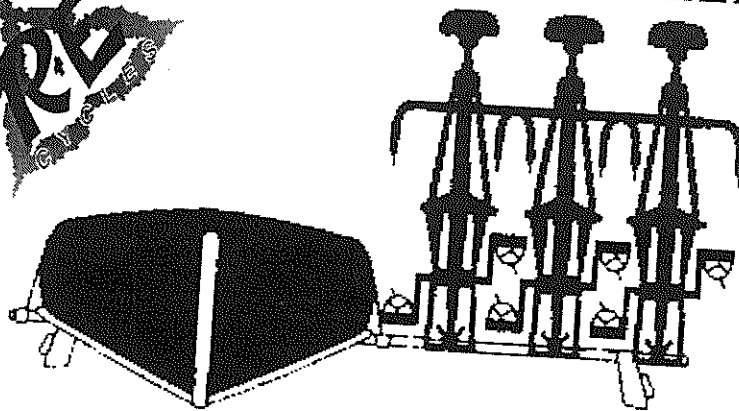
Cotton/lycra cycling shorts like you've never seen them before!

Flashy, fun and functional (limit, 2 per customer)



ONLY \$5.00

Offer good with coupon only. Expires on July 31 1994. Not redeemable for cash



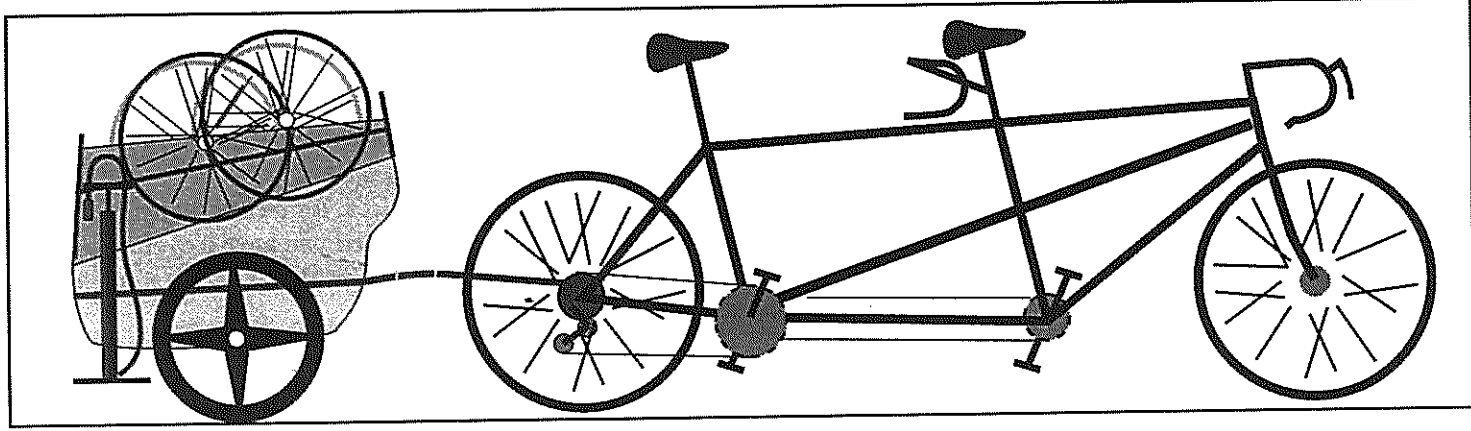
YAKIMA BLOW OUT!! 2 DAYS ONLY

SATURDAY AND SUNDAY JULY 30 AND 31

- FREE INSTALLATION SAT. 11-3/SUN. 12-4
- BUY A COMPLETE SYSTEM (RAILS, LOCKS AND TWO MOUNTS) GET A THIRD MOUNT FREE
- WE'VE GOT A BOX OF ODDS AND ENDS, PICK THROUGH AND MAKE AN OFFER

6.

GUESS THE WEIGHT



GUESS THE WEIGHT OF THE R+E SERVICE TANDEM AND THE 'MOTHERLODE' TRAILER, AND YOU'LL WIN FIVE POUNDS OF STARBUCKS COFFEE

Here's how to enter:

Just fill out this form, and drop by the R+E Cycleplex to see the bike on display throughout the month of August. Write in your guess and drop it off in the box. All entries must be received before August 31 94. Only one entry per person will be counted. Anyone entering more than once will be disqualified. The closest five guesses will be winners. If more than five guess right, then we will put the names in a hat and draw for the winners. Prize winners will be notified by phone or post card on Sept. 1st.

Name _____ Address _____

City _____ State _____ Zip _____ Day phone _____ Eve. phone _____

Your Guess in Pounds _____



Take It Off!!

Your crank arms and pedal anyway, with this handy tool.

Save 20%
Reg. \$10.00
Sale \$7.99



Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash



Ever wish for a third hand?

Makes brake adjustment a snap!

ALMOST FREE



Reg. \$4.99
Sale 99¢
Limited to stock

Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash



Top it Off!


USE THIS COUPON TO

SAVE 25%



On any Giordana, Descente or Louis Garneau jerseys in stock

Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash

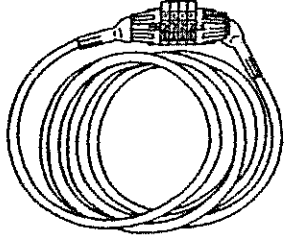


Never forget your Combo

6' resettable combination lock
Kryptonite killer protection at an affordable price

SAVE \$2.00

Reg. \$14.99
Sale \$12.99
Lock it or lose it!!



Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash



How Far? How Fast? How Long?

Fisher Bike Computer




50% OFF

REG. \$34.99

With purchase of any Fisher bicycle in stock

Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash




CLEAN UP YOUR ACT

Finish Line Citrus Degreaser
The environmentally friendly way to clean greasy parts

SAVE 25%

Reg. \$3.99
Sale \$2.99
limited to stock on hand



Offer good with coupon only. Expires on August 31 1994. Not redeemable for cash

To All Northwest Cyclists;

When you say the name R+E CYCLES it brings up different images for different people. Some cyclists picture the store at which they bought their bike. Others may think of a teacher from one of the repair classes. Some may conjure up the image of a friendly mechanic performing Bicycle Saturday or Sunday safety checks on Lake Washington Blvd.

R+E's philosophy is that we support cycling beyond the sale of a bicycle. The Northwest is a wonderful place to ride bikes and we want to share that with as many people as we can. We do free mechanical support for all levels of rides including Cub Scout rodeos, fund raisers, and cross the state social rides. And we do every kind of repair imaginable. R+E mechanics fixed 22 flat tires in the Kingdome parking lot at the start of STP, fashioned custom spokes and even did some minor frame repairs.

The folks that you see who are out there working these rides instead of riding them are usually employees of R+E CYCLES who are donating their time as a way of supporting the cycling community. You'll also

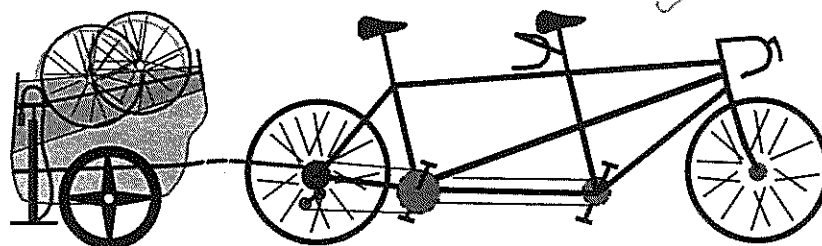
see team members from the Rain City Racing Team generously lending a hand. Sometimes you'll even see some of our customers who just appreciate this service and want to help out themselves.

The staff at R+E CYCLES is also very familiar with bike touring in Washington. We often help people map out good tours. When we are able to we even provide personal escorts to help riders find their way out of the city.

We love providing these free services. It gives us a chance to get to know our customers in a most fun setting. When you have a cycling event and you need some help, please feel free to call on us. If we can fit it into our schedule, we'll be there.

I'd also like to publicly thank the mechanics from R+E who worked until midnight the night before STP and then showed up at 5 AM for its start. Their loyal friends who graciously accompanied them deserve an extra big thank you. And of equal importance I would like to thank all of the cyclists who give a cheerful friendly thank you to our mechanics when they see them on the road.

We'll see you on the road,



Dear R+E Cycles:

I would like to formally thank the R+E "Free Repair on Wheels" team for rescuing me during last month's STP.

On Sunday, just before the left turn for the Longview bridge, I heard a snap. I stopped in a parking lot to inspect it, and found that the bracket connecting my rear rack to my bicycle had broken, and the rack was teetering dangerously, ready to fall back and hit my rear tire at any moment.

As I was attempting to jury rig it back together with a spare bungy cord, a voice from the road asked "Mechanical trouble?" The R+E mechanics on the tandem towing a Burley full of parts and tools could not have been a more welcome sight. Thanks to their courteous, competent (and free!) help, I was back on the road within fifteen minutes, and I completed the ride without mishap.

Judging from the enthusiastic applause for the photos of your R+E repair team during the STP slide show, I was not the only cyclist in distress to be aided by these able repair experts. The service they provided during the STP was excellent and I hope that you gave them a big, fat bonus.

Thanks again for saving me on the STP!

Best regards,

Michelle Noland

Hi SCOTT & DAN:

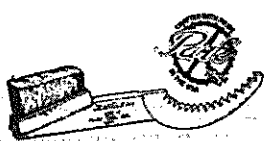
JUST WANTED TO THANK YOU BOTH FOR HELPING TO REPAIR THE BIKE OF ONE OF THE GUYS IN MY RIDING GROUP FOR THE STP. YOU REPLACED SOME TAPE THAT HOLDS THE SPOKES IN AT ABOUT 22 MILES FROM PORTLAND ON A STEEP HILL. OUR GROUP HAD 4 BLACK RIDERS & ONE WHITE RIDER (REMEMBER W NOW? 😊) AGAIN -- THANKS FOR YOUR HELP! I'LL BE STOPPING IN TO SEE YOU BOTH SOON.

SINCERELY,



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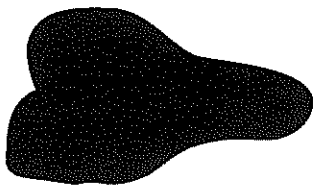
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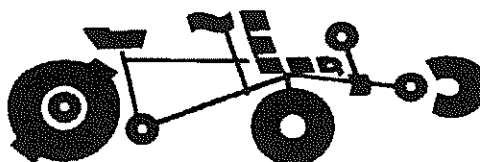


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