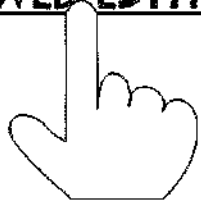




"GENIUS IS 1%  
INSPIRATION,  
AND 99%  
PERSPIRATION."  
- Thomas Edison

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

THE WEB EDITION!



# R+E NEWS

THE WAIT IS OVER!



FALL 1996

## THE NEWSLETTER OF CYCLING VALUES!

### THERE'S ALWAYS SOMETHING NEW TO DO AT R+E CYCLES!

**R+E Cycles**  
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

### Fall Hours

#### September

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

By appointment anytime!  
Beginning October 1st

Closed Monday  
12 - 6 Tues - Thurs  
12 - 7 Friday  
10 - 6 Saturday  
12 - 5 Sunday

It's here!! The BEST Cycling Website is up and running! If you're on the web, your gonna love the new R+E Cycles website. Just go to [www.rodcycle.com](http://www.rodcycle.com) to visit the most exciting page since the invention of the Internet. If you're not on the web, we've still got the most exciting, event filled fall season planned for you! Here are just some of the events we've got in store for you:

- Put your sewing skills to the test at the R+E Bicycle Quilting Bee (page 2)
- SAVE BIG & SEE IT ALL at the Bicycle Clothing Fashion Show (pages 6-7)
- The Halloween Trick or Treat Ride for kids of all ages (page 12)

-This issue also includes some highlights of the year's best products!

- Getting ready to ride in the winter (pages 6-7)
- The Women's Corner (page 4) contains an update on the 1997 Stellar Road Bicycle for women. Also featured is the best 'Real Mountain Bike for Women', the Scott Expression.
- The Custom Corner (page 11) will take you on a journey through the Rodriguez frame building & paint facility & fill you in on what's new in the world of custom bicycles!
- Finally, we can announce the arrival of the Double Vision Recumbent Tandem at R+E Cycles! (page 3)

**NAVIGATOR 3.0**

Not really, but it's even easier to use than Navigator. Now you can spend less time messing around with your bike computer and more time on the web. The Sigma BC 300 is the most basic computer for your bike - 2 buttons/3 functions! Speed, Trip, & odometer. It's that simple! Get one on sale now for just \$19.99

Reg. \$25

**SAVE 20%!!**

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

**THE REAL MCCOY!!**

Here's a screamin' good deal for ya! How about a real 'Vista' brand Vista light for only \$5.99 vs. \$10. Sound good? That's not all! Buy one before they run out, and we'll even throw in the batteries FREE!! \$2 value

**Free is a screamin' good deal!**

**SAVE 50%!!**

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

**FREE IS A VERY GOOD PRICE!**

**\$1.19 Value!!**

Looks like hair conditioner, tastes like candy, works like a Power Bar! Be one of the first to visit R+E Cycles this month, and we'll give you a free packet of the new Power Gel. Hurry, limited to 1st 100 customers!

**R+E Cycles**  
5627 University Way NE  
Seattle WA 98105

**Mountain Bike Specialists**  
527-4822

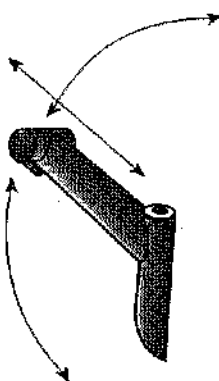
**R+E Cycles**  
5627 University Way NE  
Seattle WA 98105

**U.S. Postage Paid**  
Seattle WA, Permit No. 12977

This is not an in-store coupon, your coupon representative is mailing label attached. This offer expires October 15, 1996.

Current URL: [http://www.rodcycle.com/page\\_2](http://www.rodcycle.com/page_2)Page Complete Image Complete **www.good\_ideas.com****SIT UP!**

Lots of people find their bikes are too long and they want to sit a little more upright as well. Purchase a Delta upright stem and you'll have no reason to be uncomfortable. Reg: \$30

**Sale: \$24.99***Offer good with coupon only. No cash value. Expires October 15, 1996***DO YOU HAVE A FRIEND WITH A BIG HEAD?**

Tell them that R+E has some left over helmets in size large and we are blowing them out for only \$8.99. reg. (19.99) Hurry in, we only have about 20 in stock.

**OVER 50% OFF!***Offer good with coupon only. No cash value. Expires October 15, 1996***DO YOU ALWAYS RIDE WITH A HELMET?**

If so, then you have a great place to mount a light. These flashing red helmet lights are the ticket. Get one before the time change happens!

Reg: \$10

**Sale: \$5.99***Offer good with coupon only. No cash value. Expires October 15, 1996***WHAT A BRIGHT IDEA!***Limited Supply!*

We've got Advent C-cell halogen lights that are just like the fancy name brand ones only they cost a few dollars less.

Don't be left in the dark.

\$13 Value

**Only: \$9.99***Offer good with coupon only. No cash value. Expires October 15, 1996***DO YOU WEAR GLASSES WHEN YOU RIDE?**

A Bell Helmet visor will keep the rain off your lenses (as well as the sun off of your face). And we believe it will rain in the near future. These visors fit on all helmets. Choose from black or white.

Reg: \$16

**Sale: \$12.99****While they last!***Offer good with coupon only. No cash value. Expires October 15, 1996***ONE BIG TENT!**  
**THOUSANDS OF CYCLING MANUFACTURERS UNDER ONE ROOF!**

The Bicycle Industry hosts its International Trade Show late in September at the Anaheim Convention Center. It's the time and place where all of next year's models, designs, and colors make their first appearance. Not only are bicycles exhibited, but any manufacturer who has anything to do with cycling partakes. Clothing, helmets, shoes, books, jewelry, gizmos and thingamajigs are all on display.

R+E Cycles will be sending some of its key personnel to scope things out. If there is anything in particular that you would like us to research for you we'd be glad to! Give us a call and let us know the particulars and we'll bring you back any literature or photos that we can. You can start looking for '97 merchandise in our stores as early as October 1. Come by and check out what's new!

**'THE QUILTING BEE'**

**DO YOU HAVE ANY OLD T - SHIRTS WITH CYCLING LOGOS ON THEM? CONTRIBUTE THEM TO OUR QUILT AND SUPPORT CYCLING AT THE SAME TIME.**

Here's how it works. R+E CYCLES will be donating a quilt to the Northwest Bicycle Federation for its annual auction/fund raiser. This non profit organization acts to preserve and acquire facilities and rights for safe cycling. The Burke Gilman Trail, West Seattle Bridge Trail and bike lanes are only the tip of the iceberg of what this group does. We'd like your help so we can help them. Here's how it works:

We'll be holding the "quilting bee" on:

**Thursday, Sept. 12 noon - 7 PM****Friday, Sept. 13 noon-8PM****Saturday, Sept. 14 10-6**

Come to R+E with an old T-shirt that has anything to do with cycling on it. A logo, picture, etc. (The design must be no larger than 13"x13".) We'll have pre-cut backgrounds and we'll help you sew your contribution onto one of them. Then you'll sign your name and attach it to the previous one. We'll end up with 5 or 6 horizontal rows and R+E's resident seamstress (aka Estelle) will attach these together, fill it, back it and finish it off. It will then be donated to the auction and hopefully bring in a few hundred dollars for the cause (no risque' or political statements please). It will be on display at R+E as soon as it's finished. So please help us out -YOU DON'T HAVE TO KNOW HOW TO SEW!!!!- and come by to see the finished product. You just might need to attend the auction, too!

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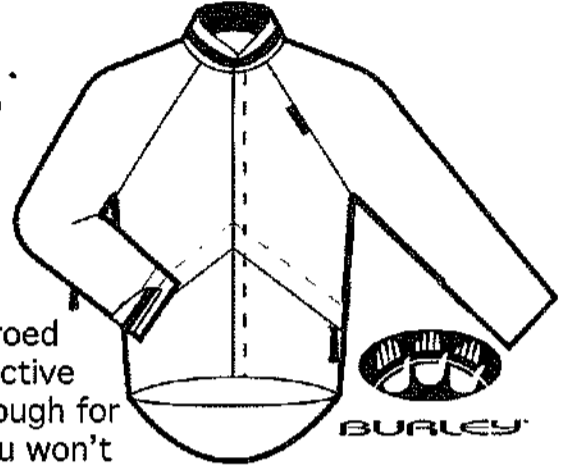
# www.only\_the\_best.com



## THE BEST RAIN JACKET!

### 9 Out Of 10 Cyclists Can't Be Wrong

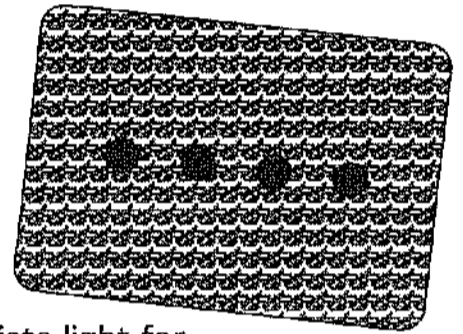
Have you ever wondered why so many messengers, tourists, bike shop employees and commuters wear Burley Rain jackets? It's simple. No other jacket offers the features that Burley does at such a reasonable price. Its Ultrax material is completely waterproof and extremely breathable. Its got pit zips, a vented back and a wide wrist opening with velcro closure for maximum air flow. The wide wrists make it easy to tuck a winter glove under your sleeve. A long tail can be easily velcroed up to stay out of the way. Highly visible with its bright colors and reflective stripes it is very practical for dreary days. The jackets are versatile enough for cross country skiing, hiking, etc. Once you purchase a Burley jacket you won't be needing another raincoat for a LONG time.



## THE BEST TAIL LIGHT!

### How much does packaging cost?

In the case of our Vista lights the packages seem to cost about 5 or 6 dollars. We know that because we bought 2 boxes of bulk lights and they now cost 5 or 6 dollars less :- ) that is if you purchase one of these while the supply lasts. We have two models. The larger rectangle one has a belt clip or can be mounted directly to your rack, tool bag, etc. We also have the small "cue light" that has a clip that you can use to mount on clothing or a seat post. Cut out a coupon from page 1 and you can get a genuine Vista light for only \$5.99 and we'll throw in the batteries FREE (see coupon on page 1)




## THE BEST RECUMBENT TANDEM!

### The Double Vision is out, and the reviews are in!

Recumbents are becoming more and more popular as cyclists discover the comfort and performance ride that they offer. No more sore butts, hands, shoulders or necks. Sounds like an amazing new wonder drug! Take it a step further. Now you can ride with a partner. You get the same benefits of a traditional tandem- it's the great equalizer. No more waiting for your friend and no more being waited for. It's easy to talk to each other while you have fun pedaling together. Pure pleasure.

The Double Vision is being defined by the critics as "user friendly." (See the Sept. issue of Recumbent Cyclist News #34.) Its design has received a high rating, reviewers like the stoker's positioning and they love the seats. Recumbent Cyclist News refers to the stoker's seat as a "throne" and the captain's positioning as having a "luxurious feel". The Double Vision is a tandem that allows the captain and stoker to have independent pedaling!!

The Double Vision is applauded for its size versatility. It is easily adjustable to fit stokers 3 foot short to 6 foot tall and captains 5'3"-6'5". This bike was selected as the best choice for kid stokers.

R+E Cycles has a Double Vision in stock and we invite you to come for a test ride. If you call us in advance we'll have it waiting for you. Take one out for a spin. It's loads of fun.

## DO YOU THINK IT MIGHT RAIN SOON?

Get your fenders now. If you come in with this coupon on a day when it is NOT raining we'll give you **75% off** any fenders we have in stock. Clip on or full struts. Must be a dry day!

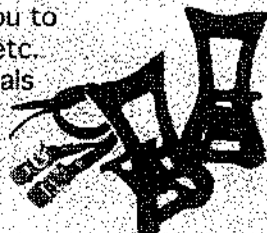


Offer good with coupon only. No cash value. Expires October 15, 1996.

## WHAT, NO TOE CLIPS??

These roomy toe clips will allow you to ride with sneakers, low hiking shoes, etc. with plenty of room and comfort. Pedals without toe clips are like TVs without remote controls!

Reg: \$8  
sale \$5.99



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

## HOLD IT!!

Admittedly they're neon pink but they are very little and only cost 69 cents. Normally you'll pay \$2-\$5 for one of these pump straps. And you can probably find a dozen other uses for these velcro straps.

**ONLY 69 cents!**



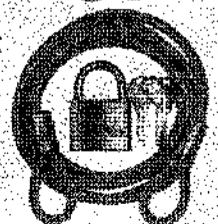
Offer good with coupon only. No cash value. Expires October 15, 1996.

## ALL KEYED UP

Now you can get a cable with a padlock and 2 keys for

**only \$7.99.**

It's a lot cheaper than having your bike stolen. Reg \$10.



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

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# www.women's\_page.com

## THE 1997 STELLAR!

### THE REAL ROAD BIKE FOR WOMEN????

The Rodriguez Stellar is not only hand built in the USA, it's hand built in Seattle! (Right here at R+E cycles)

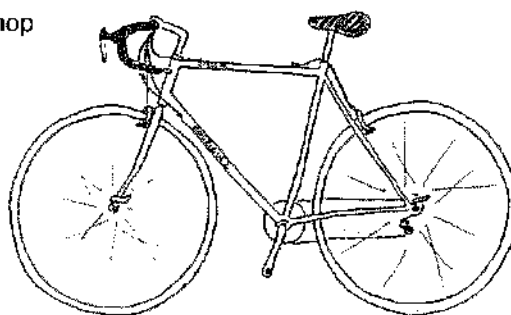
In 1996, the Rodriguez Stellar entered the bike scene with a shot heard 'round the US! We sold out of the bikes before we could finish building them. In the 1997 model, we are going to offer the same 3 sizes as last year (46, 49, 51) plus a new size of 54cm. We will be able to fit women from 4' 10" to 5' 9". The specifications will be very similar (why change what works?) to the 1996 model, and the price won't change from \$1000 either. The first run of bikes will be scheduled for delivery in **October 1996!** Stop by R+E, and ask for a tour of the frame shop where Rodriguez frames are built!



Estelle Gray, Designer of the Rodriguez Stellar

Look for a Stellar review in Bicycling Magazine. The editor told us that she thought it was "the best bike she ever rode" so we are looking forward to one stellar review. You just might want to reserve one now. Come in and test ride one today. If you place your deposit prior to Sept 30 we'll give you a pair of RODRIGUEZ women's shorts free! (reg. \$40)

## RODRIGUEZ

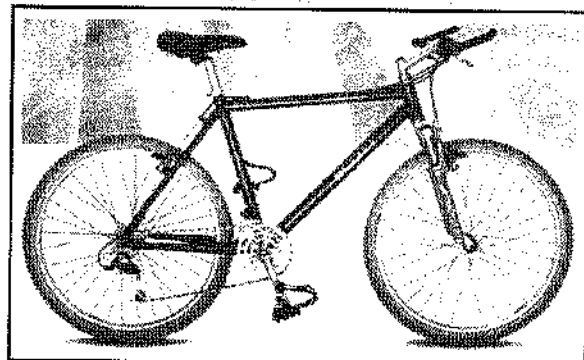


## 'EXPRESS YOURSELF'

## SCOTT

### A REAL MOUNTAIN BIKE FOR WOMEN????

You betcha! The Scott Expression passes R+E's scrutiny. The Expression is truly designed to fit the average female cyclist. It incorporates many of the design features that RODRIGUEZ considers essential in a woman's bike. You'll find that when you get on one of these Scott bikes that is your proper size, most likely the saddle and handlebars will be nearly level. You'll probably find that straight out of the box it fits really well. The Expression has been designed especially for off road riding. The aluminum frame is really light, the LX components are top quality, it is equipped with a Manitou Mach 5 fork, and bar ends. If you want a woman's mountain bike that is aching to be ridden off road, the Scott Expression gets five stars and is our recommendation. Heartily endorsed by the shop owner who happens to ride one herself!



### TOP IT OFF! WOMEN ONLY!

Check out the Urbanek women's cycling jerseys. Crop tops, sleeveless and short sleeve. Cotton lycra in 2 cool patterns. **SAVE %25 while stock lasts.**

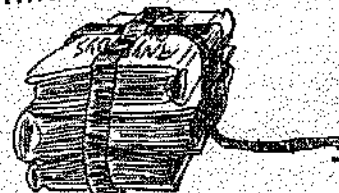


No cash value. Offer good with coupon only. Expires October 15, 1996

### BE A BETTER BIKER BETTY

A Mountain bike manual written by 2 women for lots of other women. "Mountain Biking for Women". Reg: \$15 **Now only \$3**

limited supply!



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

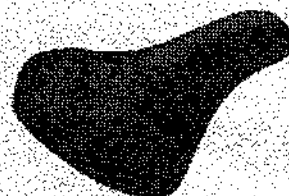
### BEEN CARDED LATELY??

We've got a selection of French and Vintage Bicycle Postcards. Send one to your mom or keep it for yourself. Reg: \$1, Now **3 for a Dollar**

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

### COVER YOUR HIDE!

Keep your saddle dry and looking good with a waterproof saddle cover. Made by Avocet and recommended by R+E CYCLES. reg.\$8 **SALE \$5.99**



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

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# THE DIRTY WORDS

Mountain Bike Specialists • 5610 University Way NE  
Seattle, WA 98105 • 206-527-4310

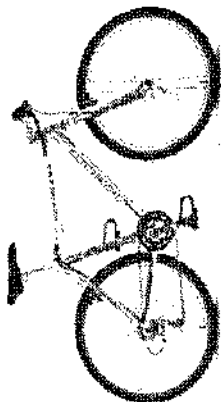
## FREE SHIMANO S25 SPD CLIPLESS PEDALS!


Buy any \*Mountain bike above \$500 from us before October 25, 1996 and we'll throw in a set of Shimano SPD pedals, for FREE!!

### AND THAT'S THE BEST DEAL IN TOWN!!

HURRY  
LIMITED  
SUPPLY!


BUY THIS!





Sorry, these deals are so good we'll have to limit them to supply on hand

Act now

Save big 

GET THIS FREE!



Below are 4 of the best deals on high quality mountain bikes you will ever see! These are the lowest prices in town on these popular models. If you don't believe us, call around first, but then hurry in to get yours before they're all gone! While supply lasts, these bikes qualify for FREE Shimano SPD's! \*Limited to stock on hand

### 525 & 525's

USE THIS COUPON TO SAVE \$225!!  
When you buy the 1995 or 96 Mongoose Rockakile for just \$525 (reg. \$700) and receive a pair of Shimano 525 SPD pedals FREE!!



- 7000 series Butted Aluminum frame
- Shimano STX RC components
- Polished alloy, or Matte Red finish

No cash value. Offer good with coupon only. Expires October 25, 1996

### Fisher Mt. Tam SHAZAM! WHAT A DEAL!

Use this coupon to buy a Fisher Mt. Tam for just \$999 (reg. \$1400 w/o pedals), and we'll throw in a set of Shimano SPD's for FREE!!

**Total savings: \$500!**

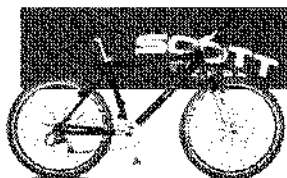
Double butted alum. frame w/polish finish • Deore XT/LX components • Judy XC fork



No cash value. Offer good with coupon only. Expires October 25, 1996

### GREAT SCOTT!!

OK, here it is! The very best deal you will ever see on a high end, SCOTT racing mountain bike. Use this coupon to buy the SCOTT racing CST for just \$850! (reg. \$1050 w/no pedals). Buy it before we run out of Shimano 525's and get a set of them FREE!



**Total savings: \$300**

• 7000 series double butted aluminum frame • Deore LX • Quadra 21R • a very cool bike!

No cash value. Offer good with coupon only. Expires October 25, 1996

### SOLID AS A ROCK!

The SCOTT Boulder Q21 out specs any other bicycle in the \$950 class! Use this coupon to get it for just \$725, and we'll throw in a FREE set of Shimano SPD's.

**Total Savings: \$325**

double butted cro-moly frame • Deore LX parts • Rock Shox Quadra 21R

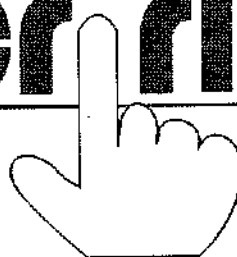


LIMITED SUPPLY!

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

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# www.winter ride.wet

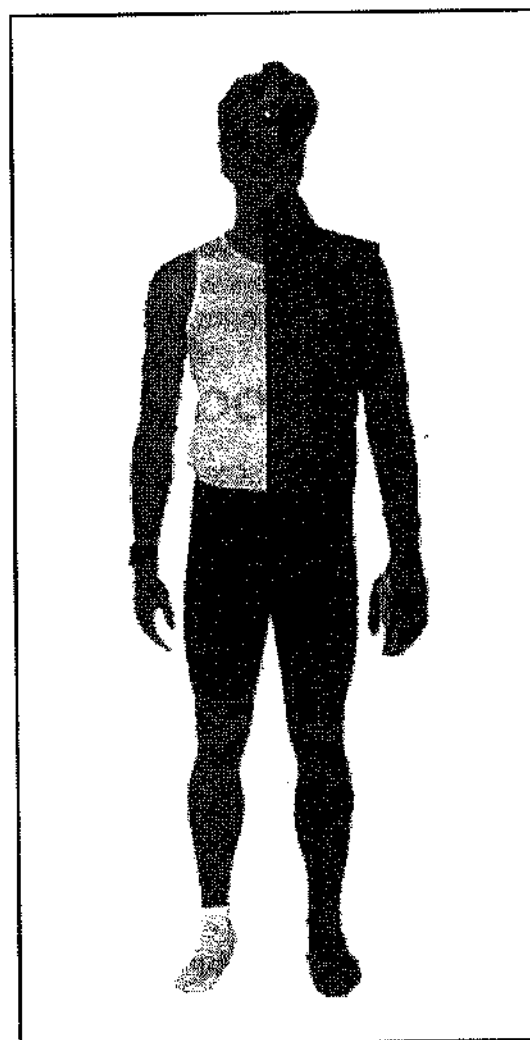


## COOL WEATHER RIDING

Dressing properly for cool weather riding is all about layering. It is also about having clothing that is easy to remove and carry with you if you no longer need to wear it. The most important layer is the one that is directly next to your skin. Wearing a high tec, wicking fabric will insulate you and keep you warm while wicking away perspiration so you are not chilled when you ride downhill. The outer layer needs to be windproof and preferably water resistant for Northwest weather. A vest made of a microfiber material and a pair of arm warmers make a great combination. If you have a vest or jersey with pockets it is easy to carry your arm warmers if you get to warm.

Your summer shorts coupled with leg warmers are perfect for cool days. You may start off with your legs covered in the morning and peel the armers off as the day warms up. Again they are easily stowed in a cycling pocket.

Mornings are often chilly and warm socks (coolmax, polypropylene, Phin-tech) are rider friendly. Come check out our selections and we'll explain your fabric choices and help you find a good fit.



## COLD WEATHER RIDING

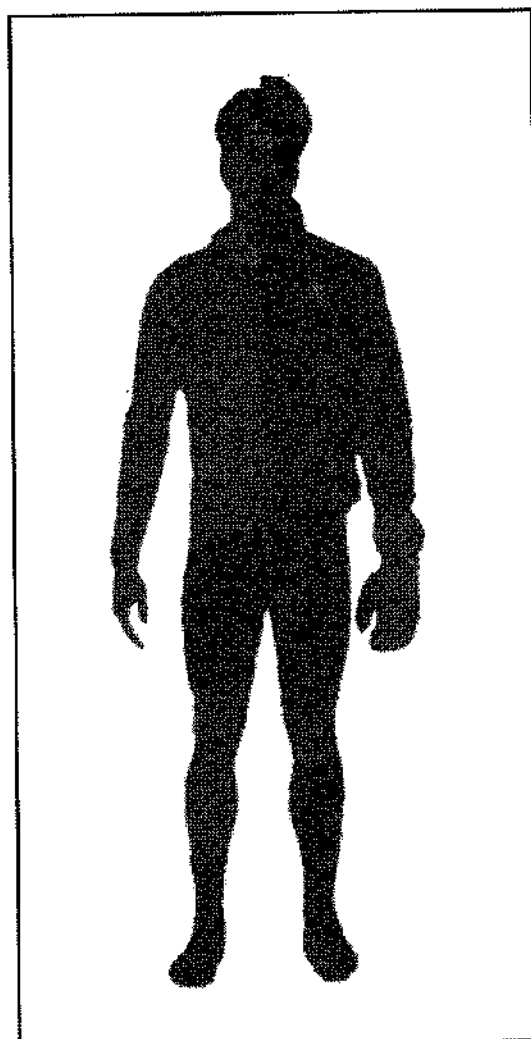
Proper clothing for cold weather riding is a head to toe thing. You'll find that your torso, arms and legs will stay relatively warm by wearing fabrics that wick well. Finding proper items that will keep your ears, feet and hands warm is sometimes more difficult.

There are a number of ear bands that are designed to fit well under your helmet. You can also consider a helmet cover or a pair of ear covers that attach directly to your helmet straps.

When looking for gloves be sure you find a pair that allow you to operate your brakes and shifters easily. Check out a pair of cycling specific gloves. They'll have some padding in the palm and some grippiness too.

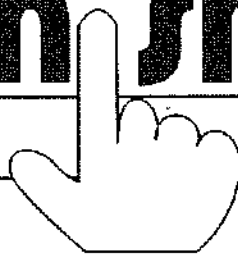
Shoe covers come in many varieties. Most of them allow you to use a clipless pedal if you so desire. There are some on the market that easily work with sneakers.

There are lots of options for tights, jerseys and jackets as well. Come to our fashion show and you'll be able to see them all and get the most technical help possible.

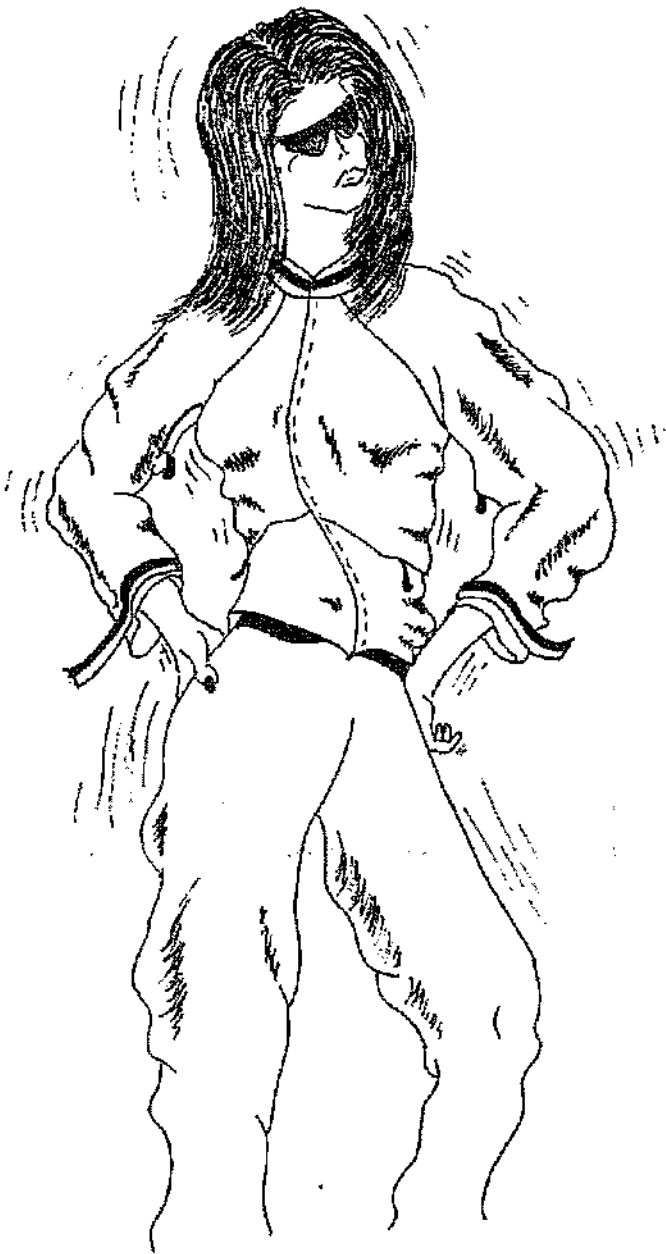


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# www.fashion show.fun



## THE FABULOUS FALL FASHION SHOW IS HAPPENING AGAIN!



Last year's fashion show at R+E was the first of its kind ever! It was such a hit that we are doing it again. Write this date down, and remember to RSVP! **Thursday, October 24th, 1996 7:00 pm**, R+E will be throwing the best Fall bash of the season! We will have

representatives from Bellwether and Pearl Izumi on hand to display their fall clothing. They'll have samples of almost their entire line (even if R+E doesn't normally carry it). They'll have size samples as well so *you'll have the opportunity to try things on*. You'll be able to see the colors and check out the fabrics before they hit the stores. This alone, is a pretty exciting event but we'll put the icing on the cake by *offering you a 10% discount for any items ordered or purchased that evening*. You might even want to bring a friend or two.



We will be providing seating and refreshments and space is limited, so we ask that you RSVP for this event.

To RSVP, call our voice mail at 368-5490 ext. 333 and leave your name, number, and how many will be attending.

You can also RSVP by e-mailing us at [RodTandem@aol.com](mailto:RodTandem@aol.com) with the same info.

You will be contacted about 4-7 days before the show to confirm. Every piece of clothing that you purchase that evening will qualify for the 10% discount



### BAGELS AND LOCKS



You buy an Advent lock (cable with integral resettable combination) \$16.99 and we'll give you a gift certificate for \$2 worth of BAGELS at any Bernie's Bagel Shop!



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

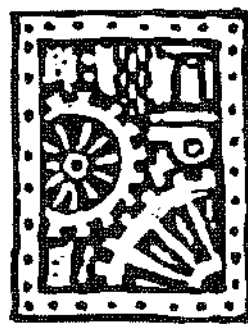


### RECYCLE YOUR OLD SADDLE





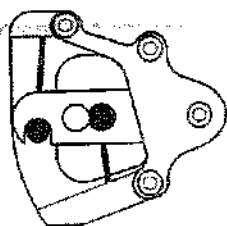
# NEWS FROM THE REPAIR BENCH



## TWO GOOD WIDGETS

It seems like everybody with a CNC machine is making bike parts these days. The problem is that most of what is being made is just lighter, stiffer, stronger, cooler versions of common parts like crank arms and brake levers. These CNC machined parts are beautiful and very, very expensive and only serve to make your bike a little lighter and a lot cooler. Cooler and lighter are good things, but how about some new stuff that makes your bike work better. Here are two of our new favorites ;-)

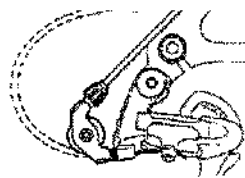
As you may already know, the excellent new Shimano V-brakes are very powerful but are very brake lever unfriendly. V-brakes require extra brake lever cable pull to function. Most current levers do not have the required cable pull. Drop bar levers have very little cable pull, so up until now, using V-brakes on your touring bike or tandem was not possible. Enter excellent widget #1: the Comtek C-TED (cable travel expanding device). C-TED is an in-line cable device that allows you to use any brake lever with V-brakes by multiplying the



amount of cable being pulled. C-TED is an excellent solution to increase braking power, especially for tandems. C-TED's are also reasonably priced at \$35 per brake and work with all brake/brake lever combinations to increase braking power.

Excellent widget #2 is the Avid Roll-a-majig.

This lovely device replaces the tight turn in the cable housing at your rear derailleur. That tight cable turn causes cable friction and unwanted torque on the rear derailleur which reduces shifting efficiency and accuracy. If you have Grip-Shift shifters or a newer Shimano rear derailleur, cable friction is an important issue. The Roll-a-majig replaces the curve in the derailleur housing with a smooth rolling pulley. The smoother cable run results in easier and more accurate shifting. This easy to install upgrade is a great bargain for \$25.



## TUBES 3 for \$10 ALL SIZES

**\$8 ATB TIRES**

ASSORTED TAKE-OFF ATB TIRES  
ALL FIRST QUALITY,  
VALUES TO \$30  
**NOW ONLY \$8 ea.**  
*limited supply*

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

**V-BRAKE/C-TEK COMBINATION**

STOP LIKE NEVER BEFORE  
BUY V-BRAKES & C-TED'S & SBR WILL  
INSTALL THEM FOR FREE  
(A \$40 VALUE)

**FREE INSTALL \* SAVE \$40**

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

**MAKE YOUR BIKE FLY**

Why bother carting your bike around with you on vacation? Bring it to Seattle Bike Repair, and we'll box it up and ship to your destination for just \$50 (includes \$1000 insurance)

**SAVES HASSLE!**

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

**FREE INSTALL \* SAVE \$10 ROLL-A-MAJIG**

YOU'LL BE IN SHIFTING HEAVEN!  
BUY AN AVID ROLL-A-MAJIG & SBR WILL  
INSTALL IT FOR FREE (FREE IS GOOD)

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



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**www.more\_repair.net** 

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

**FREE ESTIMATES • REASONABLE RATES**

# MY FRIEND GOO

Everybody always notices that mechanics are greasy. It's not because they're slobs. It's not because grunge is a fashion statement. It's not because they like doing laundry. Mechanics are greasy because grease makes the world, and your bike, go round.

There are three very important applications for grease on your bike. All three uses are essential and the proper use of grease will make your bike safer, make it run better and make your components last longer.

The most obvious use of grease is for lubrication of the ball bearings in your headset, bottom bracket and hubs. The grease in these areas reduces friction and provides protection to the bearing surfaces. Lower friction in your hubs decreases rolling resistance and increases efficiency. Grease in the bottom bracket decreases pedaling resistance and also increases efficiency. In all cases, grease protects the bearing surfaces from the degrading effects of moisture and protects the components from wear and tear. The grease and bearings in all these bearing surfaces should be replaced every 2,000 to 3,000 miles, depending on the riding conditions. This maintenance will ensure smooth operation and will prevent premature wear on the bearing surfaces. Failure to replace the grease when it is gritty and broken down can result in irreparable damage to the bearing surfaces. This maintenance procedure can be avoided by replacing your components with cartridge sealed style components. These cartridge bearings do contain ball bearings and grease, but they are sealed against the elements and do break down as quickly. When the cartridge eventually wear out (in 10,000 miles or more) they can be replaced and there is never any danger of damage to the component itself. Mileage and grit are not the only enemies of the grease in your bearings. Grease will degrade with time and an old bike with few miles may need the bearing repacked. Consult your friendly SBR mechanic or sign up for the SBR overhaul course.

A second important use of grease on your bike is on the cables control-

ling the brakes and derailleurs. Application of a small amount of grease to the cables before they are threaded through the housing will help the cable run more smoothly and will help prevent the cables from corroding. Cable friction from corrosion is a major cause of shifting problems. Simply pulling and greasing the derailer cables will solve many shifting problems. If the cables are very corroded, replace them. Cable are inexpensive. Make sure to grease the new cables when they are installed. Contrary to popular belief, cables threaded into lined housing should definitely be greased. The only exception to this rule is the new Gore-tex sealed cable system that uses a Gore-tex coating in place of lubricant.

The third and not so obvious use of grease is its application on all threaded fasteners and on the seat post and stem. This may be the most important use of grease. Greasing threads ensures that the fastener being tightened is properly torqued without applying excessive force to the fastener. Most importantly, your components will be tightly mounted to the frame i.e. your pedals won't fall off or your bars or stem won't slip. Further, when it comes time to remove components for servicing, they will come off cleanly and no bolts will shear. Grease on the seat post and stem prevents these components from becoming seized in the frame from corrosion. It is possible for a seat post or stem to become permanently stuck, ruining the frame or fork. Make sure your seat post and stem are thoroughly greased and are moving freely in the frame set.

Many types of grease are appropriate for bike use. The grease that you choose for your bearings is definitely usable for your cables and threads. SBR uses Pennzoil 705 Multipurpose white grease for all applications. Bicycle specific grease from Finish Line and Phil Wood are also excellent.

Be greasy like SBR mechanics, your bike will love you for it.



## BEST OVERHAUL GREAT PRICE

TREAT YOURSELF & YOUR BIKE TO THE  
MOST COMPLETE SERVICE POSSIBLE.  
SBR'S SEASONAL OVERHAUL & SAVE \$20.

### SAVE \$20

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



## YOUR PULLEYING MY LEG 20% OFF SEALED DERAILLEUR PULLEYS

SEALED PULLEYS SHIFT SMOOTHER & LAST  
LONGER. IMPROVE SHIFTING & SAVE \$\$\$

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



## YOUR FRIEND GOO

YOU TOO CAN BE GREASY LIKE ALL THE  
SBR MECHANICS & YOUR BIKE WILL WORK  
BETTER TOO. SAVE ON A TUB OF PENZOIL  
GREASE. REG. 4.99, NOW ONLY \$3.99

### SAVE A BUCK

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



## LIGHTER & IN COOL COLORS FREE

ALLOY NIPPLES IMPROVE WHEEL  
PERFORMANCE BECAUSE THEY'RE LIGHTER.  
BUY A RIM, SPOKES & A WHEELBUILD  
GET THE ALLOY NIPPLES FREE  
\$10 VALUE PER WHEEL

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

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## DO YOU HAVE CALIBRATED FINGERS?

If not then you'll need a floor pump with a guage to be sure your tires are properly inflated. We've got a great deal on Vetta Floor Pumps with Guages.

Reg: \$34

**Coupon Price**  
**\$22.99**

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



# DO IT YOURSELF

## SBR REPAIR COURSES

### ROADSIDE REPAIR:

(1 SESSION; 2 HOURS; \$15)

SEPT.10; OCT. 8; OCT. 24; NOV. 7; DEC. 9

### WOMEN'S REPAIR:

TAUGHT BY ESTELLE GRAY

(1 SESSION; 2 HOURS; \$15)

SEPT.25; OCT. 11; NOV. 13; DEC. 6

### WELL-TUNED BIKE:

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

NOV. 23/24/30; DEC. 14/15/21

### OVERHAUL COURSE:

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

NOV. 9/10/16

### WHEELBUILDING:

(1 SESSION; 4 HOURS; \$45)

SEPT.8; OCT. 13; NOV.17; DEC. 22

### TANDEM MECHANICS:

(1 SESSION; 2 HOURS; \$15)

NOV.19; DEC. 2

### STARTING TIMES FOR ALL CLASSES:

MONDAY-FRIDAY 7PM

SATURDAY 6PM; SUNDAY 5PM

**CALL 527-0360  
TO ENROLL  
NOW**

**U of S.B.R.**

## SMOKING GOOD DEAL

And we're not talkin' cigars! We're talking a good deal on a GREAT mountain bike tire! Panaracer Smoke tires are normally \$25 each. Use this coupon to save BIG on Smoke tires in stock now!

**Just \$19 each**

**or get a pair for just \$35**

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



## ATTN: CANNONDALE & FISHER OWNERS!!!

If you've got a 1 1/4" headset on your bike, and want a blazing deal on a suspension fork, we've got the deal for you!

- Manitou EFC Ahead reg. \$360 Sale \$285
  - Rock Shox Quadra 10 threaded reg. \$160 Sale \$99
  - Rock Shox Quadra 21 Ahead reg. \$200 Sale \$110
- limited to stock on hand

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



## EAT

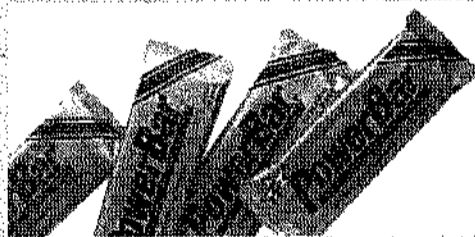
**SAVE \$7**  
**Limited to**  
**stock on hand!**

Use this coupon to get the best price on Power Bars.

Better than Costco!

**Buy 10 bars**  
**for just \$10!**

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



## Behind Bars!

If you find yourself spending lots of time behind your handlebars, you'll be wanting a set of bar ends. Bar ends give you an alternate hand position, and help you climb better. Use this coupon to get a pair of Purple Advent bar ends for \$5.99 reg. \$20. Limited supply.

**JUST \$5.99!!**

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



## DO YOU HAVE CLASSY FRIENDS?

BRING SOME CLASSY FRIENDS TO SBR'S ROADSIDE REPAIR COURSE. THEY PAY THE USUAL \$15 FEE, YOU GET \$5 OFF FOR EACH FRIEND YOU BRING.

**YOU SAVE \$5, \$10 OR \$15**

## TOOLS ARE COOL SAVE 10%

YOU ALWAYS SAVE MONEY BY DOING YOUR OWN WORK, NOW SAVE MONEY ON THE TOOLS YOU NEED (AND WANT)

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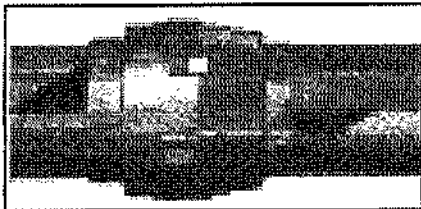
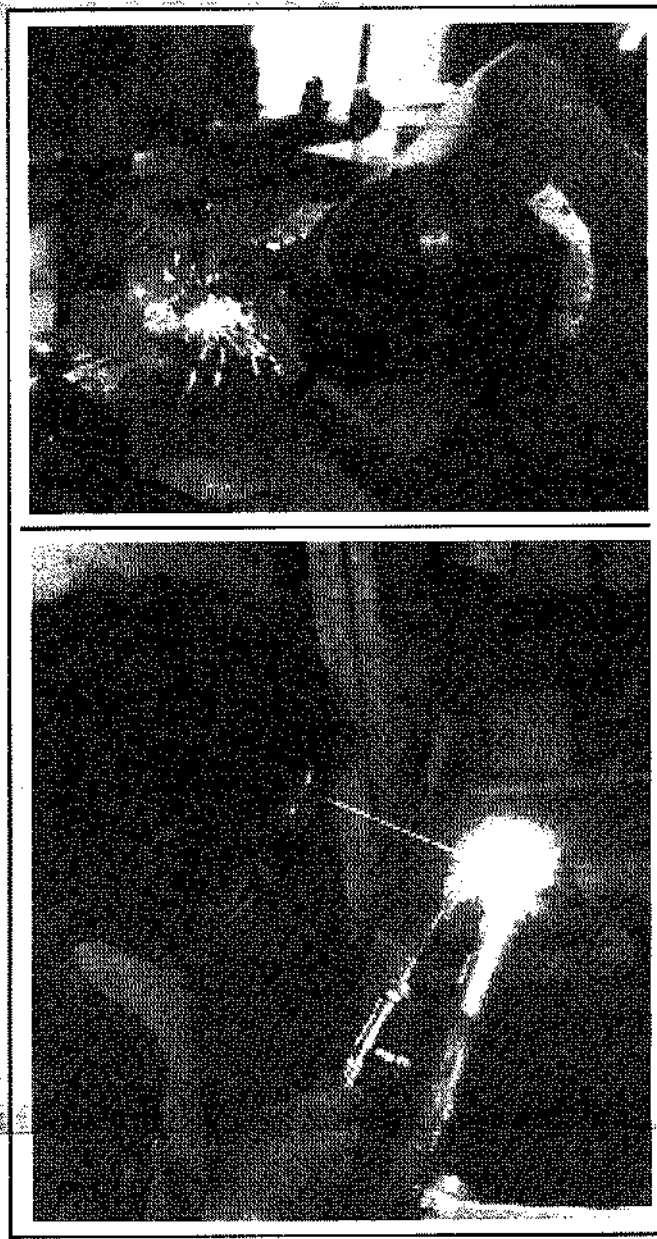
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## WE BUILD IT, YOU TAKE IT APART!

The S+S coupling is the prescription for headaches when you are travelling with your bike. These couplings are easily brazed into a new bike or can be inserted into the bike you currently own. Once they are in, you'll never feel the difference while you are riding. However, when you want to put it into a box or its own suitcase it's a mere few minutes of easy labor and then you have a compact, easy to carry bicycle. It was the most desired new piece of equipment for Willie Weir, world traveler.

These couplings are applicable for the racer who races in many cities, the tourist who wants to see the world, or the tandem riders who wish to fly their bikes. When you order a new RODRIGUEZ, we can build it with S+S couplings. This configuration costs about \$400 extra for a single, about \$1100 for a tandem.

So far, every one that we have made has already been sold but we are committed to having one on our floor in October. Call us if you'd like to know when it is available for a test ride, or if you would like to discuss having one made especially for you!



### www.lowest\_prices\_by\_far

It's been a good season for suspension forks at R+E's Mountain Bike Specialists! That's because all season long, we've had the best prices on Rock Shox available anywhere! And we're still the one with the Best Prices.

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

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

THE LOWEST  
PRICES  
ANYWHERE



ROCK SHOX  
QUADRA 5  
\$155.28



ROCK SHOX  
JUDY XC  
\$307.26



ROCK SHOX  
QUADRA 21R  
\$206.65



ROCK SHOX  
JUDY DOWNHILL  
\$406.67



ROCK SHOX  
JUDY SL  
\$456.42



## FLIGHTY???

Not quite, but they are very good copies. We've got a titanium rail narrow saddle with a kevlar cover at half the price. They even come with a 2 year warranty.

\$89 value **only \$44.99**



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



## NEW JERSEY?

Estelle just got back from her home state of N.J., and now she wants to sell you a new jersey! So we're selling our summer stock of jerseys for

**30% OFF**



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



## FREE IS GOOD!

CHECK OUT OUR CLOTHING BARGAIN BOX! We have a selection of clothing from Pearl Izumi, Bellwether, and Swobo.

**BUY ONE, GET ONE FREE!**

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

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# www.more\_fun.net

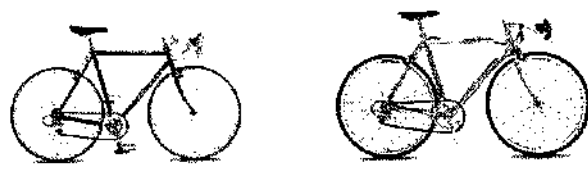
## UP UP AND AWAY

Here is a deal like never before. You buy a bike or a pair of bikes and we'll give you a roof rack (\$160) and the bike mounts (\$80) for **FREE!** That's right, you don't need to re-read the previous sentence. Below you'll find Column A and Column B. You can probably guess the routine. Pick one from Column A or 2 from Column B. If you choose A we'll give you a roof rack and one bike mount. If you choose B we'll give you the rack and 2 mounts. And the very best part is that these bikes are at close out prices. However you look at it, it's a killer deal on the roof rack or the bike(s). Sizes and colors are limited so get in to R+E or Mountain Bike Specialists as quickly as you can. (Not good with any other offer.)

### COLUMN A

Buy one bike from this section and get the free roof rack w/1 bike mount.

		Reg.	Sale
FISHER	Supercaliber	1900	1499
FISHER	Procaliber	2200	1699
MONGOOSE	Iboc Road	1250	1050



### The Web Site Designer

If you're on the net, sign on to the new R+E site at [www.rodcycle.com](http://www.rodcycle.com) and check it out! If there's any ideas that you'd like to see included, let us know. We are delighted with our new web site, and would like to personally thank Arne and his company. If you would like a web site of the quality that our site is, contact Arne at Purple Pterodactyl Publishing e-mail [arnedog@blarg.net](mailto:arnedog@blarg.net) or visit his web site at [www.blarg.net/~arnedog](http://www.blarg.net/~arnedog)

### COLUMN B

Buy any combination of 2 bikes from this section, and receive the free roof rack w/ 2 bike mounts.

		Reg.	Sale
FISHER	X-Caliber	970	799
FISHER	X-Caliber RX	1330	999
FISHER	Montare	1000	825
FISHER	Paragon	1230	899
MONGOOSE	Alta	590	565
MONGOOSE	Alta SX	760	600
MONGOOSE	Omega Touring	750	600
SCOTT	Expression	1100	850
BIANCHI	Volpe Touring	830	650
BIANCHI	Eros	950	750
BIANCHI	Trofe	800	650

**GET A FREE ROOF RACK! READ HOW**



### TRICK OR TREAT

Trick or Treating is even more fun when you do it on a tandem. Join us for our annual kid's tandem ride on Sunday Oct 27. It might not be Halloween, exactly, but if you dress in costume and join our entourage we guarantee

you'll get plenty of candy and probably a few good scares. We are still wondering who that monster was that kept following us around last year.

This ride will leave R+E on Sunday at 11:00 AM and return around 2 PM with our bellies full and our smiles exhausted. If you ride with your child or know someone else who does, RSVP for this ride. (Friends and family members on singles or in trailers are welcome, too.) It's as exciting as the last day of school!

RSVP- 368-5490 EXT: 688  
E-MAIL [Rodtandem@aol.com](mailto:Rodtandem@aol.com)



5627 UNIVERSITY WAY NE  
527-4822



5601 UNIVERSITY WAY NE  
527-4310



SEATTLE BIKE REPAIR  
5601 UNIVERSITY WAY NE  
527-0360

