

All 1990 bikes from R+E, MBS including Bianchi Cannondale, and Specialized bikes are at least 15% off now at



① ONE 2nd GEAR DOLLAR ①

Expires 3/15/91

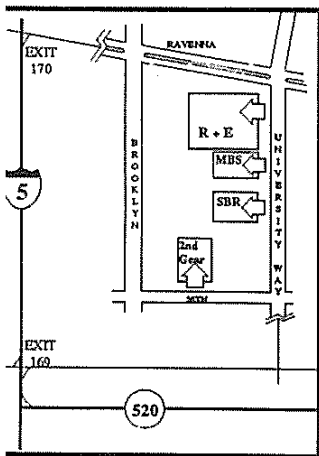


① Good for \$1.00 off any 2nd Gear Purchase over \$1.00 ①



5627 University Way NE • Seattle, WA • 98105

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



OPEN 7 DAYS A WEEK!

Mon-Fri 9-8
Saturday 9-6
Sunday 11-5

Seattle Bike Repair-The Wheel Building Specialists

Want to improve your ride, but not quite ready to give up on your old bike?

A high-quality set of wheels is the best way to improve the ride and feel of your bicycle, but what constitutes a high quality wheel?

Many think that if a wheel is built with high quality components, (hubs, spokes, and rims), then it is a high quality wheel—this is not always true. A wheel is only as good as the way it has been built. It is very common to see wheels made of the highest quality components, and yet be unevenly or loosely tensioned, have damaged spoke nipples, be out of dish, out of true, out of round, or worst of all, no preparation to the spokes or nipple seats, thereby dooming this wheel forever.

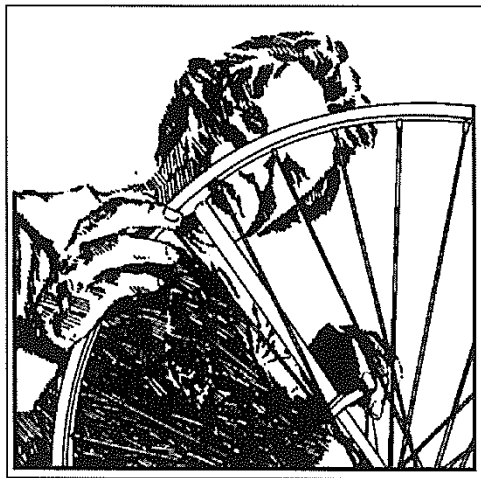
At SBR, all of our wheels are handbuilt to exacting standards by a qualified technician. Our wheel building facility allows the wheelbuilder to build without interruption from start to finish. Every wheel we build is then personally inspected in order to meet the highest standards

that allow SBR, R+E, and MBS to offer you a full two year parts and labor warranty on all of our handbuilt wheels.

By utilizing the skills of our wheelbuilders throughout the winter, we are able to handbuild large quantities of wheels to sell in the summer. These wheels all carry our exclusive TWO-YEAR warranty and are very reasonably priced. In fact, our handbuilt wheels start at just \$39.99 each, the same price one might expect to pay for a machine built wheel.

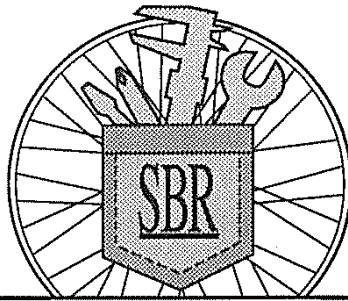
We also offer a custom wheel service if you prefer. With this service you can choose any hub/rim/spoke combination that you desire. We have a professional staff on hand at all stores to answer any questions that you might have about wheels, rims, hubs, hole patterns, alloy spoke nipples, spoke gauges, lacing patterns, bladed spokes, etc....

Stop by R+E, MBS, or SBR and check out our great selection of handbuilt wheelsets, and come visit us at Bike Expo '91, at our wheelbuilding display, so we can talk over the wheels of your dreams.



5619 University Way NE • 527-0360

The cycling season has just arrived, and at Seattle Bike Repair the phones are ringing off the hook! People are asking "How much will a 'tune-up' for their bike cost?" When phone shopping, one may find that a tune-up will range in price from \$30.00 ~ 100.00, depending on how different shops define a tune-



Seattle Bike Repair

up. A \$30.00 tune-up may only include adjusting the cables and wiping off the dust, while a \$100.00 tune-up will probably include more comprehensive work such as overhauling the bearing surfaces and replacing all cables. At SBR we offer a variety of service packages, but here are two of our most popular:

Seasonal Service

INCLUDES:

- INITIAL EVALUATION AND RECOMMENDATIONS
- TRUING, ROUNDING, DISHING AND TENSIONING BOTH WHEELS
- INSTALLING NEW TUBES AND/OR TIRES*
- FRONT AND REAR HUB ADJUSTMENT
- HEAD SET ADJUSTMENT
- BOTTOM BRACKET ADJUSTMENT (BOTH CUPS)
- COMPLETE DRIVE TRAIN CLEANING
- INSTALLING A NEW CHAIN*
- INSTALLING A NEW FREEWHEEL*
- INSTALLING NEW CHAINRINGS*
- INSTALLING NEW PULLEY WHEELS*
- COMPLETE FRONT AND REAR BRAKE ADJUSTMENT
- COMPLETE FRONT AND REAR DERAILLEUR ADJUSTMENT
- INSTALLING NEW BRAKE CABLES AND HOUSING**
- INSTALLING NEW BRAKE PADS*
- INSTALLING NEW DERAILLEUR CABLES**
- LUBRICATING ALL BRAKE AND DERAILLEUR PIVOT POINTS
- BASIC FRAME ALIGNMENT CHECK AND RECOMMENDATIONS
- FRONT AND REAR DROPOUT ALIGNMENT
- COMPLETE WIPE DOWN
- CHECKING AND TORQUING ALL NUTS AND BOLTS

\$57.99

* IF REQUESTED (PARTS ARE ADDITIONAL)

** IF REQUESTED (NEW CABLES AND HOUSINGS RUN \$12.00 FOR MOST BIKES)

Seasonal Overhaul

INCLUDES:

- INITIAL EVALUATION AND RECOMMENDATIONS
- TRUING, ROUNDING, DISHING AND TENSIONING BOTH WHEELS
- INSTALLING NEW TUBES AND/OR TIRES*
- FRONT AND REAR HUB OVERHAUL AND NEW BEARINGS
- HEAD SET OVERHAUL AND NEW BEARINGS
- BOTTOM BRACKET OVERHAUL AND NEW BEARINGS
- COMPLETE DRIVE TRAIN CLEANING
- INSTALLING A NEW CHAIN*
- INSTALLING A NEW FREEWHEEL*
- INSTALLING NEW CHAINRINGS*
- INSTALLING NEW PULLEY WHEELS*
- COMPLETE FRONT AND REAR BRAKE OVERHAUL
- COMPLETE FRONT AND REAR DERAILLEUR OVERHAUL
- INSTALLING NEW BRAKE CABLES AND HOUSING**
- INSTALLING NEW BRAKE PADS*
- INSTALLING NEW DERAILLEUR CABLES**
- LUBRICATING ALL BRAKE AND DERAILLEUR PIVOT POINTS
- BASIC FRAME ALIGNMENT CHECK AND RECOMMENDATIONS
- FRONT AND REAR DROPOUT ALIGNMENT
- COMPLETE WIPE DOWN
- CHECKING AND TORQUING ALL NUTS AND BOLTS

\$94.99

* IF REQUESTED (PARTS ARE ADDITIONAL)

** IF REQUESTED (NEW CABLES AND HOUSINGS RUN \$12.00 FOR MOST BIKES)

Bring this page to Seattle Bike Repair for **10% Off** a Seasonal Service or Overhaul package*.

*Offer Expires February 28, 1991.



**5625 University Way N.E.
527-4310**

Mountain Bike Specialists is just what our name implies. We've got the service, equipment, and knowledge—whether it's your first fat tire bike or an expedition to Alaska. Here's 3 exciting events that should interest riders at both ends of the spectrum (and most of us in the middle, too!).

**FREE CLASS:
HOW TO CHANGE A FLAT TIRE**

Have you purchased a bike and found you are unsure of some of the mechanics of it? Fear not! We offer a beginning maintenance class for you: "How To Change A Flat and What To Do If Your Chain Falls Off". We teach a 2 hour class each week and the best part is it's **FREE** if you've purchased a bike from us (\$15.00 for the public). Call in advance to sign up! 527-4822.

SEATTLE BIKE EXPO '91

EXPO promises to be hot this year with lots to see and lots to do. **MOUNTAIN BIKE SPECIALISTS**, in conjunction with **R+E CYCLES**, will be featuring suspension mountain bikes and tandems. We'll have a mountain bike equipped with the Allsop Softride Suspension mounted on a "lumpy, bumpy" trainer, ready for you to ride. We'll have a set of mountain bike rollers that will have you questioning the concept of gravity. Come see the latest **RODRIGUEZ** mountain bike featuring Columbus Max tubing, full front suspension, and front and rear disc brakes. And we'll have the largest cactus found in the North-

west. First 500 people each day receive a free Mountain Bike Specialists waterbottle. It promises to be a hot show, so begin the 1991 season cookin' with the Mountain Bike Specialists!

A GRIZZLY IN ALASKA

Can you imagine yourself riding 200 miles in the snow at below freezing temperatures? We are proud to have one of our staff, Jack Keane, entered in The **IDITASPORT** (formerly Idita-bike) which is a mountain bike race beginning outside of Anchorage and ending 200 miles into the Alaskan Interior (otherwise known as the middle of nowhere). It is anticipated that this race will take 24-48 hours, depending on snow conditions. Jack finished 9th place last year in a race that was called short after the lead riders had covered 50 miles in 24 hours **PUSHING THEIR BIKES** the entire way due to unrideable conditions. Jack is being sponsored by **BIANCHI** and **MOUNTAIN BIKE SPECIALISTS** and will participate in this Alaskan adventure Feb 16-18. He'll be riding a **1991 BIANCHI GRIZZLY** and he promises us an exciting slide show afterwards (if his camera doesn't freeze). Come by and talk to Jack this spring.

**15 % Off
Bar Ends**

Control Stix, Onza Bar Ends, Steerhorns, and more!

Offer good until 3/15/91
Not For Use With Any Other Coupon
No Cash Value

**Free Security Bike Lock or
Mtn. Zefal Frame Pump
With Bike Purchase .**

Offer good until 3/15/91
Not For Use With Any Other Coupon
No Cash Value

NEW PRODUCTS FOR 1991

MOUNTAIN BIKE ADVENTURES

We are constantly being asked "Where is a good spot to ride?". We now have an easy answer. Actually we have 120 easy answers. Pick up a copy of one of Tom Kirkendall's newest guide books, *Mountain Bike Adventures in Washington's North Cascades and Olympics* or *The South Cascades and Puget Sound*, published by the Mountaineers (you might be familiar with the ski guides) it's precise, easy to use, and well written. Come get a copy while they are still in stock.

CANNONDALE FOLDING TOOL

A Swiss Army Knife for Mountain Bikers?? Not exactly, but close. It's the **Cannondale folding tool**. It includes 4 allen wrenches and 2 screwdrivers which fold up into a lightweight compact unit the same size as a pocket knife— and costs only \$9.99.

TIMBUK II MESSENGER BAGS

Have you seen those nifty shoulder bags that many of the downtown bicycle messengers are using? The **TIMBUK II MESSENGER BAG** is the hot set-up for carrying loads. It distributes the weight lower and better than a backpack for superior balance. Inside dividers make it easy to find keys or wallet, reflective straps make it practical for a night commute. They come in many colors and are so well made that they come with a 5 year guarantee. Come in and try one on.

SEAT LEASH

Do you park your bike in the U District? Downtown? Capital Hill? Green Lake? Don't let your seat and seatpost get stolen. The **SEAT LEASH** is a lightweight mini cable that attaches to your seat and bicycle frame making it very difficult for someone to "lift" your seat. We've got a special on them thru February for only \$3.50.

POWER GRIPS

Easier to use than clips and straps **POWER GRIPS** is a diagonal strap that tightens as you pull up but does not lock you in. You don't need to reach down to adjust it like you do on a conventional strap. They don't require any special shoes or attachments. Come by and try a pair.

QWIK CAM

Keep the wheels on your bike, on your bike. The **QWIK CAM** is a little attachment for your quick release skewer that locks your skewer closed to prevent theft. Great for the city or any time you leave your bike unattended. One size fits all.

SPD

"Bike it or hike it." Shimano's **SPD** system utilizes a recessed cleat that secures you on to the pedal, yet never touches the ground when you walk. Hassle-free entry and easy exit make this the best system for the worst off-road environment or urban traffic.

WTB/ SUNTOUR GREASEGUARD

The new **WTB/ SUNTOUR GREASEGUARD** System lets you clean your hubs, bottom bracket, headset, and pedals in seconds. It's simple—as you inject the grease into the convenient injection ports, you purge out the used and contaminated grease. There's no easier way to keep your bike performing at its very best.



cannondale

Hot for 1991

Among the many qualities that earned R+E CYCLES the prestigious rating "Top 100 Bicycle Store" (selected from all bike shops across the nation) is our long time commitment to the total cycling community. Every year we give support to STP, Tri Island Trek, Ramrod, RSVP, and Cascade Bicycle Club as well as many other events and activities. We are extremely proud to be involved with 2 exciting new events for 1991.

The American Lung Association will debut the Clean Air Challenge Bicycle Trek from Seattle to the Sea on May 4-5. This fully supported ride will cover 110 miles of roads on the beautiful lower Olympic Peninsula. Proceeds will fund clean air programs aimed at reducing air pollution. Don't miss out on the fun... get an application at R+E.

IT'S A GIRL!!

R+E CYCLES is proud to sponsor a Womens' Cycling Team. We call it the Trillium Racing Team, named after the first flower of spring in the Northwest woods. The team aims to support and increase women's racing in the Northwest and provide a platform for the development of beginning and experienced riders alike. Whether you ride or spectate, we invite you to cheer us on as we ride up, down, and around the race courses. Good luck to all of our riders. If you are interested in riding with us call Rick or Bill at 527-4822.

WE SUPPORT TOURING...COME SEE US BEFORE YOU GET LOADED.

Do you want some information on touring routes? Want some advice on packing your bicycle? Need some help boxing it for airplane travel? Are you looking for a good selection of touring equipment and clothing? We can help you!! This year we will be stocking racks from Blackburn, Specialized and Cannondale. We'll also have a high-tech composite rack from Rhode Gear. You can compare Overland, BikPro, Specialized, Blackburn, Bushwacker and Mad-den bags. Our sales staff understands the needs of cyclists who are using their bicycles as RVs. You'll get great service, support, and selection—whether you are looking to go to the San Juans or New Zealand.

NEW PRODUCTS FOR 1991

BURLEY TANDEM!!!!!!!!

We'll be carrying the full line of Burley road and mountain tandems. Made in Eugene, Oregon, these tandems are the perfect way to buy a quality tandem for \$1100. Call R+E at 527-4822 to schedule a test ride!

GIRO WATERBOTTLES

You've read all the clever ads, now come hold one in your hand. The new 3 piece GIRO WATER BOTTLES allow you to customize your own bottles with the colors of your choice (64 possible combinations), they are easy to clean, and they feel good in your hand. They hold water too, and you can even add ice cubes!

LOUIS GARNEAU CLOTHING

Louis Garneau is to clothing as Greg Lemond is to the Tour de France. Louis is hot and you should see the cool clothes he's designed for 1991. His line of clothing includes t-shirts, Dalmatian print jerseys, and some of the most comfortable shorts we've ever ridden in. Look for our Garneau exhibit at Expo.

TIME WALKING TECHNOLOGY

Have you heard about TWT? It's a clipless pedal system that allows lateral movement as well as the ability to walk with ease. Don't just read about it—try a pair this season!

Spring Happenings

February 16, 11am - 4pm

Chili Hilli Cook-Off. It has been said that "R+E" stands for "riding and eating." R+E employees will submit their best chili for you to judge. See if they cook as well as they ride! Come by and cast your vote.

March 9, 11am - 4pm

Chili Hilli Cook-Off #2. It's your turn! Bring a pot of your favorite chili and we'll cast our votes. Win a Bianchi mountain bike, Yakima rack, or Giro helmet. For more info call R+E at 527-4822.

March 22-24

SUPERSALE. You name it—it's on sale!

April 19, 5-9 pm

Tandem Night at R+E Cycles. Frame shop tours, forums, and test rides. 527-4822.

May 4-5


American Lung Association Clean Air Challenge. Info (206) 441-5100.

May 11, 1-3 pm

Concourse D'Elegance. For more info call R+E at 527-4822


May 12

Mother's Day Mountain Metric Ride sponsored by Mountain Bike Specialists. 527-4310.



**Two Free PowerBars
With \$20.00 Purchase.
(a \$3.50 value)**

Offer good on regularly priced items only
Good Through 2/28/91
Cash value 1/20¢



25% OFF

**On Tights, Jerseys,
Winter Jackets,
and Gloves.**
(limited to stock on hand)

Good Through 2/28/91
Cash value 1/20¢



Everyone likes a good deal and that's what 2nd Gear is all about. We buy samples, closeouts, discontinued and discounted items and pass them on to you at savings of about 50%. You'll find great buys on name brand clothing such as Descente, Hind, Pearl Izumi, and Specialized. The inventory changes constantly so come by often. Nobody can beat our prices! 2nd Gear is discount cycling at its finest! Why pay full price when you can buy it for less at 2nd Gear?

ROAD BIKES:

Specialized Sirrus Triple	Reg. \$600	Now \$399
Bianchi Sport SX	Reg. \$550	Now \$355
KHS Triathlete	Reg. \$450	Now \$382

CROSS BIKES:

Nishiki Katmandu	special purchase	Now \$382
Diamond Back	special purchase	Now \$425
Specialized Crossroads	Reg. \$540	Now \$425
Bianchi Volpe	Reg. \$600	Now \$297

MOUNTAIN BIKES:

Redline Conquest	special purchase	Now \$399
KHS Montanta	Reg. \$650	Now \$500
Sterling Super Discovery	special purchase	Now \$277

ACCESSORIES:

	WAS	NOW
•Norco "Bikeguard 5" U-Lock	special purchase	\$21.99
•Vetta Saddles	15.00	5.00
•Christophe Toe Clips	5.00	.50/pair
•Avant Sport Clipless Pedals	100.00	39.99
•Silca Pumps	13.00	4.99
•Norco Rechargeable Halogen Lights	special purchase	
single lamp		59.99
double lamp		79.99
•Stems and Seatposts		99¢ ea
•Biopace Chainrings	19-35.00	1.00ea
•Patch Kits	2.00	1.25
•Tire levers	3.00	1.25
•Activa Fanny Packs	16.00	2.99
•Mountain bike tires	special purchase	
Cyclepro Mudslinger	special purchase	5.99
Cyclepro Pinnacle	special purchase	7.99
IRC Cross Tires 700x35	special purchase	8.99
•LL Bean Packs, (factory seconds)	15.00	7.50
•Chian Lube	3-11.00	1.25-6.99
•Presta Tubes	5.00	.99 ea.
•C.D. Gloves	17.00	6.99
•Alloy Water Bottle Cages	6.00	2.99
•Cateye Micro Computer	60.00	39.99

CLOTHING:

•Assorted T-Shirts	8-15.00	1.99
•Windskins Shorts, all sizes	25.00	9.99
•Bellwether shorts, S & XL	16-30.00	9.99
•Edgewear shorts, Real Chamois! small sizes	30.00	9.99
•Specialized Wild Dog ATB shoes	65.00	39.99
•Windskin tights		12.99
•Giordana short sleeve wool jerseys M-L sizes	80.00	9.99



RE is HOT!

See What's Cooking!

FREE
ExpressLine™ Gloves

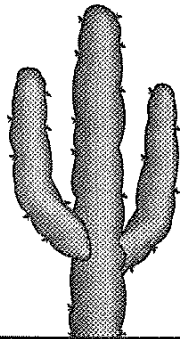
When you register for the Seattle to Portland at R+E Cycles! STP applications won't be mailed out this year, so come to R+E and register in person and we'll give you a spiffy pair of ExpressLine™ gloves worth \$25.00.

25% Off on tights, jerseys, winter jackets and gloves

Ride the **STP** for **FREE**

That's right! We are giving away Seattle to Portland Registrations with the purchase of a new bicycle at R+E or Mountain Bike Specialists. The offer ends as soon as registration closes, so...

HURRY! HURRY!



Presents

The Chili Hilli Cook-Off



Two Separate Challenges:

Enter at any of our four stores!

Employee Cook-Off

Come on in to R+E and cast your vote for the best chili prepared by one of our own employees.

Just for casting your vote you'll receive a \$3.00 gift certificate to use at 2nd Gear!

Feb. 16, 11am-2pm

Customer Cook-Off

Enter your own secret recipe against other R+E customers and the winner of our employee cook-off. You could win one of these great prizes:

- 1st Prize: Bianchi Mt. Bike
- 2nd Prize: Yakima Car Rack
- 3rd Prize: Giro Helmet

March 19, 11am-2pm



527-4822



527-4310



527-0360



527-1536

Between 56th and Ravenna on University Way NE