



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



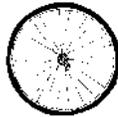
Seattle Bike Repair
5619 University Way NE
Seattle WA, 98105
206-527-0360

THE NEWSLETTER OF CYCLING VALUES! JUNE EDITION 2000

Going for a Long Ride??

A "Long Ride" is relative. For some people it may be 35 miles and for others it's 200 miles in a day. It does not matter when you are going to your max you need the same preparation and equipment, maybe just more of it for the ultra miles.

Training your body and being fit is half of the equation. It is also important to make sure that your bike is as ready to go as you are. It's no fun to get ten miles into your big ride and have a major mechanical problem. It's also no fun to get a flat if you do not know how to change it or don't have the things you need.



We recommend bringing your bike into the shop and have the mechanics look it over shortly before your ride. Their trained eyes, and skills often allow them to spot something you may not be aware of. They can measure your chain for wear and examine your spokes for potential spoke breakage. If you have broken 2 or 3 spokes within a year it is advisable to rebuild your wheels as that is an indication that the other 30 or 60 are about to go, too.



Like you change your oil in your car, it is advisable to change your chain

regularly. Depending on how you ride, the conditions you ride in, and the care that you give your chain, you can expect it to last 1000-2500 miles. If you replace your chain before it is completely worn out it will save you from



having to replace the gears on the back and the chainrings on the front. If you bring your bike by our repair shop, Seattle Bike Repair, we'll gladly give you a free consultation.



There is no need to fret over flat tires any more. The newer tire levers that are on the market today, make it a breeze

to get your tires off of the rim and on to the rim as well. Glueless patches are as easy as putting on a band aid. You'll find the new frame pumps work just like a floor pump and they even have a built in gauge.

When it comes to equipment you'll find we have racks that mount right on to your seatpost for those that don't really want a rack but do want to carry a small pack. We also have large packs that mount directly on to the seatpost. a heart rate monitor is A a great tool that will improve your fitness and your riding efficiency. A computer that counts cadence is a great help as are clipless pedals. A well fitting lightweight helmet takes strain off of your neck and padded cycling shorts can make a world of difference to your butt!! We stock creams to prevent chafing and analgesic to help prevent muscle soreness.

We believe that a long ride should be so much fun that you want to do one again. If there is anything that makes it no fun, we would love to see if we could help change that. Stop in before you leave for your ride, and we'll do whatever we can to assist you.

Remember, "Early to bed, early to ride".

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HOURS

Monday - CLOSED
Tues. ~ Friday - 12-7
Saturday - 10-6
Sunday 11-5

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Latte locks

Don't leave your bike vulnerable to thieves when you stop for a cup of coffee or a coke. Tuck this tiny lock into your tool bag or jersey pocket and you may save your bike.

Reg:\$9

only \$7.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Chafe Not

Chamois Butt'r is our recommendation if you are experiencing chafing. It's a non-greasy skin lubricant that will improve your riding comfort. We sell lots of this!

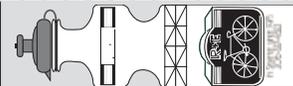
8oz tube. Reg:\$12

Coupon Special: \$10.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

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



SOMETHING FREE!

Bring in this coupon, with your mailing label attached, and we'll give you a free R+E water bottle with any \$15 purchase.

FREE BOTTLE

Not an instore 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 7/9/00

HOW TO CARRY YOUR STUFF

If you are going on a long ride you may want to carry a bit more than just roadside tools, but not enough to warrant a "pannier". If you already have a rack, then a bag that sits on top is a great option.



There are basic single compartment bags and others that expand. If you don't have a rack already you can use one that mounts directly to your seatpost. These are very lightweight, relatively inexpensive and simple to mount. You can also put a rack top bag on one of these.

If you want to carry your gear but not have a rack at all, Jandd makes a very large seat bag that expands. You can fit a light jacket in here along with some food, tools etc. This is a versatile bag and one of our favorites.

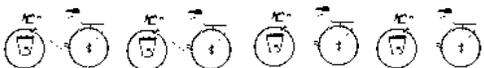


Some people prefer handlebar bags. These are great because they give you easy access to items such as food or your sunglasses. You don't have to stop to get an item or grab some food. The only word of caution with these is to make sure you don't overload them. Too much weight high on the handlebars may affect the steering of your bike.



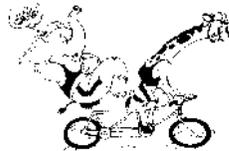
Finally, many of the hydration systems come with packs that allow you to stow some gear. Again, you might want to be careful not to overload these as the extra weight on your body may lead to fatigue.

If there is something you might want to have (sunscreen, small first aid kit, extra food) but hesitate because of the weight I encourage you to take it anyway. One or two pounds of static weight will not make that much difference. (I carry more of that on my body!!) It's better to get there 5 minutes later than have a raging sunburn.



THE TANDEM - CORNER -

Here's the schedule for the rides that we have currently scheduled.



- June 11 Sheila Hoffman and Spencer will lead a ride in the Southworth area. Approximately 60 miles. More info to follow.
 - June 25 Pat and Anne Normile will lead a Whidbey Island ride. More info to follow.
 - July 1-3 Northwest Tandem Rally in Port Angeles. We'll all be there!!
 - July 22 The Murphys will lead a fun ride around Eatonville with a spectacular bakery stop. More info to follow.
 - August 5 Dennis and Louise Fugier will lead a San Juan Island ride. More info to follow.
 - August 26 Jim and Ann Jensen will lead a ride around Snohomish. More info to follow.
 - Sept 1-4 Sleeping Lady Rally in Leavenworth. sign up now!!
 - Sept 16 An evening/dinner ride leaving from R+E. More info to follow.
- If you would like to lead a ride or be added to our tandem e-mail list, please contact us.

Our Favorite Shorts

We pick these as our "house brand", because they offer lots of features and are well priced. Different size chamois are used for the different sizes (most brands use one size in all), they have an elastic waistband and a drawstring, and use 8oz lycra. They fit great. Men's and women's sizes available. Reg:\$40



Coupon Special: \$29.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Pamper Your Muscles

WarmFX® is an analgesic that warms your muscles and stimulates circulation. Great for tender backs, knees, joints and muscles. Comes in a deodorant-like applicator so you don't have to get it all over your hands. Use before or after riding. Reg:\$9

Coupon Special:\$7.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Cush for the Tush

These gel saddle covers fit all bike saddles and all riders' butts. Slip one over your saddle and enjoy a cush ride. Reg:\$20

Coupon Special:\$15.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

LEGAL ALIEN

Keep an Alien on your bike and you'll be able to fix just about anything with this one tool! Reg. \$40

Sale \$34.99

limited supply

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00



MAKE YOUR RIDE MORE COMFORTABLE?

FITTING SERVICES



Basic Measurements

\$25.00 (free with R+E Cycles bicycle purchase)

* Measure inseam, torso, arms, shoulders, hands and feet, and give you a computer print out of your recommended bicycle measurements. Bring your bike in and we'll compare these to your existing bike.

Complete Bicycle Fitting

\$100.00

(by appointment with Dan Towle or Estelle Gray)

* Measure inseam, torso, arms, shoulders, hands and feet, and give you a computer print out of your recommended bicycle measurements. With your bike on our stationary trainer, we'll adjust your saddle height and fore/aft position. We'll also determine your proper stem height and length & recommend proper brake lever positioning.

R.A.D.

\$50.00

* Using our Rotational Adjustment Device we'll adjust your cycling cleats to their optimum position.

FIT WITH R.A.D. \$125.00

* All of the above

DID YOU BUY A BIKE THAT WAS TOO COMFORTABLE?

No one's ever complained that we sold them a bike that was too comfortable.



Some people ride fast and take breaks and others ride slower but stay on the bike. Comfort is often the difference here. One thing that you can do to give yourself a more comfortable ride is to install a suspension seatpost. They fit all seats and all bike frames. They really take the edge off the bumps. You'll wonder why you never tried one sooner.
Post Modern Seatposts Only: \$40

An adjustable stem might be a nice thing... Some people are just a little bit uncomfortable but don't know their options. Our adjustable stem allows you to adjust the angle which effectively changes the overall reach as well as the handlebar height. They fit road and mountain bikes and are easy to install. Once you put one on, you get to be as fickle as you want!
Avenir adjustable stems only \$24.99!!

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.

CALL FOR CURRENT CLASS DATES

Lose Weight Easily

This handy bag mounts directly to your seatpost eliminating the need for a rack, and functions like a rack top bag. Easy on, easy off, it carries all the things you need for a long day's ride, without the weight of a rack. Klik It Deluxe Bag Reg:\$50

Coupon Special:\$44.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Comfort is the Key

A suspension seatpost takes the edge off the bumps. Imagine your car without shocks! The Post Modern has shims to fit all bikes. We'll even install it for you. Bring your bike in so we can be sure of the right size. Reg:\$40

Coupon Special:\$32.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

The Fickle Rack

Sometimes you want a rack, other times you don't. This nifty rack mounts directly to your seatpost for easy removal or installation. Put a rack top bag on and you're set for your adventure. Reg:\$30

Coupon Special:\$24.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

5-YEAR WARRANTY

Phil Wood bottom brackets have long been the choice of tandem and touring cyclists because of their incredible durability. Phil guarantees that it will not require maintenance for 5-years! The best warranty in the business. Use this coupon to wave over 50% on a Phil Wood bottom bracket. reg. \$180

Special \$85 installed!

In Stock, Shimano models only.

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Watch Your Behind

Don't be surprised by a rider sneaking up behind you or startled by a motorhome. Keep a tab of what's going on with our Pyramid mirrors. We have them to mount on drop bars or upright bars and ones to mount in the ends of the bars. Reg:\$10-\$11
Coupon Special:\$7.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

SEATTLE GRUNGE

Protect your derailleur from Seattle Grunge. This rubber boot fits neatly on your front or rear derailleur to keep it sealed up from the elements. Your shifting will stay working better longer.
 Reg. \$17 front, \$20 rear
SAVE 15%
 with this coupon



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

TOTALLY TUBULAR!

3 tubes for \$10
 With Coupon
 Reg. \$4-5 each



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

The Best Coupon In the Newsletter!

We've got a bunch of clipless pedals that came off of new bikes. Take a pair home for

only \$35!

HURRY, LIMITED SUPPLY!
 SPD compatible
 Reg:\$85

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

Breaking Wind

Aero Bars give you an alternative position and they set you in the most efficient position. Great for STP, long rides or triathlons. Easy to install, easy to take off, if you don't like them. We'll even offer a two week trial period. Airstrike 2000
 Reg:\$100



Coupon Special:\$79.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

SUNGLASS SPECIAL

Pick out a pair of these sunglasses (reg. \$20 each) and we'll throw in the second pair FREE!! You can mix and match colors.

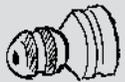


Special 2 for \$20

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

HANG ON TO YOUR FRONT WHEEL

If you find it hard to use your front quick release, install this preset nut and it will be a cinch. This nut has a set screw which assures you of the proper tension. Fits all bikes. Reg:\$5



Coupon special:\$3.69

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 7/9/00

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 3 different times, June 9,10, 11, July 28,29,30 and Aug 4, 5, 6. The July session will be broken into two groups, basic and experienced.

This basic 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 a century. You do not have to be in "good shape" to attend camp!!

The experienced group at the July camp, 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 rodtandem@aol.com or leave a message at 206-527-8931 ext:911



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