

Quote of the Month
 The reason most people don't recognize opportunity is because it usually goes around in overalls and looking like hard work.



September 2003



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

THE NEWSLETTER OF CYCLING VALUES! SEPTEMBER EDITION 2003

WHAT'S NEW AT R+E CYCLES!

Lots of new stuff is up this winter at R+E Cycles!

Our website, <http://www.rodcycle.com>, has several interesting upgrades!

You can now download our newsletter on-line from our website as a PDF file. You can be the first to receive the newsletter, and read it while you're at work! Or, you can print it out, and read it while you're at lunch (your boss will appreciate this greatly). You can sign up for our e-mail update for this (see page 2 for more details).

The next website upgrade is the on-line specials! Now you can save big and order products direct from the secure website to be shipped directly to your home. The specials on the site include about 15 items right now, but will be changing and expanding throughout the winter, so you'll want to check it frequently. The deals on

the site will not always be the same as the deals in the newsletter or the deals in the store.

The website is growing to include the Bianchi bicycles that we carry in our store also.

The University of R+E Cycles is opening back up this winter! For several years, we offered the most

REPAIR CLASS SCHEDULE...PAGE 3



extensive repair classes around. It's been a few years since we offered the Repair classes, and you've all been asking for them. Well, we listened, and now they're back. We will be teaching 4 different classes throughout the fall and winter. See page 3 for complete details.

We've made it easy to register. You can sign up for classes by calling us at 206-527-0360 or directly through our website. Just go to <http://www.rodcycle.com> and click on the 'repair classes button'.

WHAT'S INSIDE THIS ISSUE

R+E ONLINE Pg. 2
 WINTERIZE YOUR BIKE Pg. 4
 TRI CORNER Pg. 6
 LET THERE BE LIGHT Pg. 7
 USED BIKES.....Pg. 8

FALL HOURS (starting Sept. 5)
 Sunday - CLOSED
 Monday - CLOSED
 Tues. ~ Friday - 12-6
 Saturday - 10-5

5627 UNIVERSITY WAY NE
 SEATTLE WA, 98105
 206-527-4822
 Repair
 206-527-0360
 FAX 206-527-8931
 e-mail Sales@Rodcycle.com
<http://www.Rodcycle.com>



A LITTLE KNOWLEDGE GOES A LONG WAY

You might not get anywhere riding your bike in your living room but you can sure get a lot fitter. A wind trainer is the equipment you need in order to ride indoors and the **Heart Rate Monitor Book for Cyclists** has the knowledge and workouts you need in order to get faster and fitter efficiently.

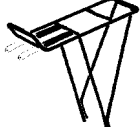
Purchase an indoor trainer and get The Heart Rate Monitor Book for Cyclists by Sally Edwards and Sally Reed for free! **\$18 value**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

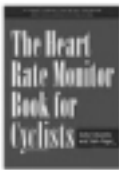
RACK AND ROLL!

It is a lot more comfortable to carry your gear on a rear rack than on your back. If you are going to be riding to school and back now is the time to purchase a rear rack at a great price! **Silver Pyramid** racks.

Reg: \$25 **Coupon: \$12.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



PRSR1 STD
 U.S. POSTAGE PAID
 SEATTLE, WA
 Permit No. 15551

CODE RED

The Cateye rear tail light features dual modes, blinking and solid. Includes a seat post mount and batteries. We encourage you to be safe.



Reg: \$15

Coupon: \$9.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

ORTLIEB=WATERPROOF =DRY CLOTHING=GOOD IDEA

Ortlieb panniers are waterproof. They are the best choice for panniers for this region. They go on and off your rack with just a pull of the strap and they easily adjust to fit any rack. They are perfect for touring or daily commuting.

Save on front or rear bags.

Reg:\$120 Coupon:\$99.99

Rear Rollers Reg:\$140 Coupon:\$119.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

WHAT ARE YOU PACKING?

Fall and winter riding often find you wanting to carry a little more gear. You also might want to shed some clothing as the day warms up or dries up. The **Vaude HiTail** mounts directly to your seat post and expands so that you can stuff in a rain jacket, booties, etc. It even comes with its own rain cover.

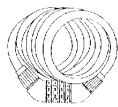


Reg:\$80 Coupon:\$64.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

HOW SECURE ARE YOU?

The **On Guard Combo** lock is double secure. It is an oversize twisted steel cable that is protected by 20mm steel links. It is one strong lock! It has a resettable combo lock and a carrying bracket. Lock it right the first time!



Reg:\$25 Coupon:\$19.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

WHAT'S THE MOST POPULAR FRONT LIGHT WE SELL

The **Serfas quick release**, i.e.d. light wins hands down. It has a quick release bracket and the light slides off the bracket as well. 3 LEDs make it bright and it even comes with 2AA batteries.



Reg:\$25 Coupon:\$19.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

A HIDDEN "BETTER THAN YOU CAN BELIEVE IT" COUPON!!!

3 left! **Cateye** 4 mode tail light has 7 LED's for incredible brightness and variable blinking modes for extra visibility. Comes with batteries and a quick release mount.



Reg:\$20 Coupon:\$12.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

YOU NEED ALL 3

If you are going to patch a tube, you need a tire lever in order to remove the tire. Whether you are a newbie tire changer or an old hand at it, the **Speed Lever** makes it quick and easy. A **glueless patch** makes the fix be fast. And a **Topeak Morph Pump** is the finale. It fits on your frame but works like a floor pump. Purchase a SpeedLever, pump and glueless patch kit and you'll be prepared. Reg:\$51 Coupon:\$43.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

R+E NEWS IS SO GREAT, YOU JUST CAN'T WAIT?

If you want to get the newsletter before everyone else gets it in the mail, just visit

<http://www.rodcycle.com>

and sign up for our e-mail update (there's a button at the bottom). It's simple, and it saves time and paper. We will e-mail you the link to download the newsletter in .pdf form which you can open in Adobe Acrobat Reader, and print out the coupons that you want. It's free, it's fun, and it is fast!



CONGRATULATIONS TO ALL THE DANSKIN FINISHERS!

What a great day for a race, wasn't it? Those of you who participated deserve a great big thank you for making the world's largest triathlon happen, here in Seattle. R+E was excited to participate by providing mechanical support as well as participating in Team Danskin Training and Camp Danskin. On the day of the race it was fun to see so many familiar faces and exciting to see so many RODRIGUEZ STELLARS.

Many of the triathletes who participated were already accomplished athletes and many of you were first timers. I know many of you struggled through the swim with a tenacity that boggles my mind. Others had never ridden on anything other than a bike path and were now wondering how their gears worked. Those with bad knees persevered through the run for the sheer joy of that final finish line!

I'd love to encourage you to stay in shape this winter so you can come back next year and have an easier or faster or more enjoyable race. There are lots of master swim programs that welcome new swimmers, and other training groups that work out all winter. You can purchase a heart rate monitor so you can train smarter or a wind trainer so you can ride your bike in the comfort of your own home. We hope the joy of that finish line can stay with you until next year!! Congratulations again!

KEEP ON TRI-ING

Some people think of September as Back to School Month and others think of it as Triathlon Month. This month many folks did a sprint distance race for the first time and find themselves in great shape right now. What to do next? There are still a number of great races quite close to home. As a matter of fact the Escape from the Rock in Mercer Island and the Kirkland Sprint Triathlon happen the first two week-ends in September. If you want to do a longer distance you might want to look into the Black Hills Tri early in the month or the Black Diamond races at the end of the month. We encourage you to keep having fun.





REPAIR CLASSES ARE BACK!

At Seattle Bike Repair, we offer a range of classes to people at all levels of bicycle knowledge. From the Road-side Repair class to the Wheel Building class, you can learn anything and everything about your bike! The schedule, class descriptions, and prices are listed below. All classes are taught by professional bike mechanics who work right here in our shop.

**CALL 527-0360
TO ENROLL**



HERE'S WHAT YOU GET WITH YOUR SEATTLE BIKE REPAIR COURSE

- >INSTRUCTION BY PATIENT PROFESSIONALS
- >HANDS ON FORMAT
- >WORK DONE ON YOUR OWN BIKE
- >SMALL CLASS SIZE
- >WE ACCOMMODATE ALL ABILITIES
- >PERSONALIZED INSTRUCTION
- >UP-TO-DATE INFORMATION
- >LEARN 'TRICKS OF THE TRADE'
- >COURSE OUTLINES & REFERENCE MATERIALS
- >CASUAL, FUN ATMOSPHERE
- >MEET OTHER CYCLING ENTHUSIASTS
- >ALL BIKE MYSTERIES SOLVED
- >ALL BIKE QUESTIONS ANSWERED
- >ALL BIKE REPAIR DREAMS REALIZED
- >USE OF PROFESSIONAL FACILITIES
- >LUBRICANTS & SHOP SUPPLIES PROVIDED
- >10% DISCOUNT ON TOOLS
- >10% DISCOUNT ON REPAIR PARTS



The Overhaul Course \$210

This four-evening course is the class for the person who has the skills that the well tuned bike course covers, but wants to learn everything there is to know about their bike! In this class you will strip your bike and completely overhaul it. The price includes new bearings all around, and new cables & housings all around (other parts extra if necessary). Whew! Sounds like fun. Below are some of the things you'll learn in this extensive course!

- How to completely rebuild your hubs
- How to completely rebuild your bottom bracket
- How to completely rebuild your head set
- How to inspect your bearing surfaces for wear
- How to install new brake shoes
- How to use bicycle specific tools
- Fix a broken spoke
- How to align your dropouts on the frame & fork
- How to align your derailleur hanger
- How to install & pre-stretch all the cables

Call 206-527-0360 to sign up. Upcoming class dates are: Sept. 30, Oct. 1, 2, 3 / October 27, 28, 29 (6:30 - 9:00 PM) (These classes are limited to 5 people per session)

WARNING: THIS CLASS IS NOT FOR EVERYONE

Prerequisites for taking the overhaul course are:

If you are not comfortable with performing basic maintenance on your bicycle already, this class is too advanced. We recommend that people either take the 'well tuned bike' class before the 'overhaul' class, or be very familiar with everything in the 'well tuned bike' class.

Road Side Repair \$45

This one-evening, 2-3 hour class covers the basics of repairing your bike on the road. We will cover most of the basic repairs that strand people along the road. Learn how to:

- Fix a flat tire
- Fix a broken chain
- Make a minor adjustment to your shifting & brakes
- Know what tools and parts to carry with you on your bike

Next Dates are: Sept. 24, Oct. 8, Oct. 22, Nov. 12, Nov. 26, Dec. 10 (7:00 PM)

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

The Well Tuned Bike \$150

This three-evening course is the perfect class for the person who wants to learn how to tune up their bike for the season. During the class, you will give your own bike a tune-up! You'll learn the following and more:

- Hub bearing adjustments
- Basic wheel truing
- Bottom bracket adjustment
- Head set bearing adjustment
- Thorough shifting adjustments
- Thorough brake adjustments
- How to use several specific shop tools

Call 206-527-0360 to sign up. Upcoming dates are:

September 16, 17, 18 (7-10pm)

October 6, 7, 8 (6:30-9:30pm)

(These classes are limited to 5 people per session)

Although there are no prerequisites for taking this course we have a recommendation:

We recommend that people either take the 'Road Side Repair' class before the 'Well Tuned Bike' class, or be very familiar with everything in the 'Road Side Repair' class.

Wheel Building Class \$75

plus materials

At Seattle Bike Repair, we hand build over 1000 wheels in a year. Now you can learn from one of our wheel building professionals. In this one-evening class, you'll learn the ins and outs of how to build a wheel. You will build a wheel from start to finish, and learn how to true it. You will need to have a rim and a hub, and the class requires the purchase of spokes (\$20-30). If you don't have a rim and a hub that you want to build on, you can purchase one from us in advance of the class.



Call 206-527-0360 to sign up. Upcoming class dates are:

October 13 6-10PM / October 20 6-10PM

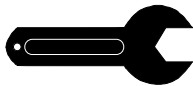
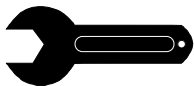
(These classes are limited to 4 people per evening)

THE BEST COUPON IN THE HOUSE!!

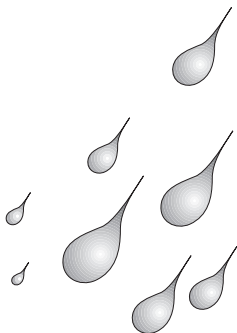
Bring in this coupon and receive **10% off** any of the classes listed above.



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2005



TIME TO WINTERIZ



Tail lights

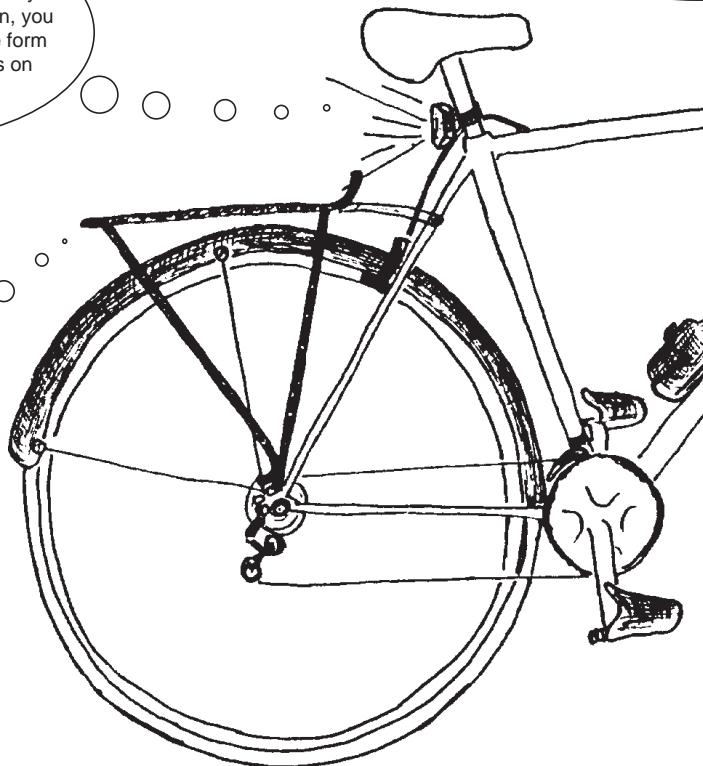
Make sure drivers can see you well! As the winter sets in, you will definitely want some form of tail light. See coupons on pages 1 & 5

Fenders

Don't look like a skunk, or get your feet wet! Sometimes, in our part of the country, it rains. Riding your bike in the rain is quite tolerable with a pair of fenders.

Rack it up!

Winter riding requires a few more pieces of clothing. Make sure you have a rack, or a good way to carry the layers of clothing that you'll need to take with you.....just in case.... See coupon page 1



LOTS OF WINTER GEAR SAVINGS!

COVER YOUR HEAD TOAST YOUR TOES

These breathable waterproof **Burley** helmet covers fit all helmets. Bright yellow keeps you visible and the hi tech fabric keeps you warm and dry. Makes commuting even more fun.

Reg:\$25 **Coupon:\$19.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

Sidetrak neoprene booties fit over cycling shoes, sneakers or street shoes. They'll keep your feet warm and protect them when you splash through puddles. They are a must for cold or wet rides.

Reg:\$35 **Coupon:\$29.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

A TIME FOR REFLECTION... BRIGHTEN UP YOUR NIGHTS

As the days get shorter you never know when you'll get caught in the dusk or dark. Tuck a **reflective vest** into your commuter gear or make it be everyday wear. Visibility increases your safety. Think about it....Reg: \$12

Coupon: \$9.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

The **Cateye Halogen HL 500** satisfies the Washington State Ordinance for a front light. You'll be extremely visible to oncoming cars or bikes.

Don't be left in the dark.

Reg:\$13 **Coupon:\$6.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

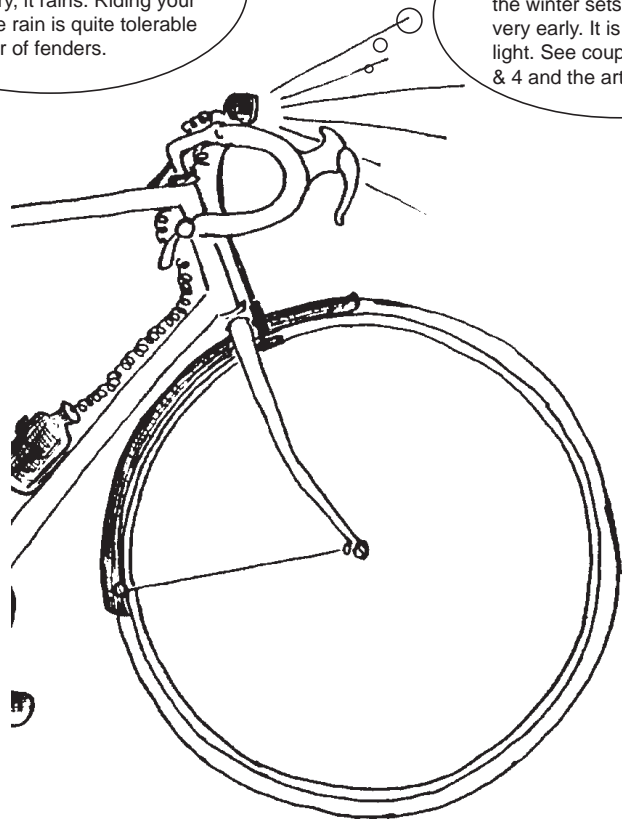
WATERIZE YOUR BIKE!!

Fenders

Don't look like a skunk, or get your feet wet! Sometimes, in our part of the country, it rains. Riding your bike in the rain is quite tolerable with a pair of fenders.

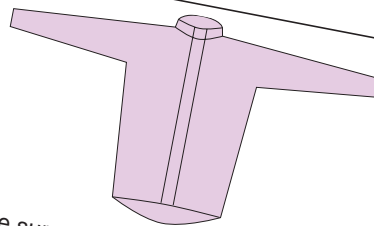
Head lights

Don't get caught in the dark! As the winter sets in, it gets dark very early. It is vital to have a light. See coupons on pages 2 & 4 and the article on page 7.



Winter Tires

Nobody likes changing flat tires in the rain! The wet winter roads mean more glass will stick to your tires. A good set of puncture resistant tires is recommended, and very affordable.



Make sure to pick up a rain jacket before the rain gets you!

YOU GET MORE FLATS IN THE WINTER...

Water on the road brings out the debris and acts as a lubricant to help sharp things puncture your tires. Prevent flats with **tire liners**. These plastic strips go between your tires and inner tubes to prevent punctures. They come in different sizes to fit different tires. \$15/pr.

Purchase a pair of tire liners and we'll install them for half price! \$9 value!!



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

WE ARE SELLING RAIN JACKETS THAT ARE 20 YEARS OLD!

We've been selling the **Burley** rain jackets for over 20 years. The design changes subtly over the years but it has retained its excellent form and function the whole time. Commuters, messengers and weekend riders all wear them.



Reg:\$150 **Coupon:\$124.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

SOMETHING NEW...

These little red led lights plug into the end of your handlebars as an extra attraction. You'll always have your lights with you. They are very cool and very practical.

Reg:\$20

Coupon:\$16.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



SHOW YOUR SMARTS

Ride, ski, run or go to the movies in **SmartWool** socks. They keep you warm even if they get wet. You can put them through the washer and dryer and they are soft. It is one of the smartest things you can do to stay warm. Choose from various styles in black or white.

Reg:\$10-\$12 **Buy one pair and we'll give you a second for %50 % off.**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



WHEELY GOOD DEAL!!

The advantages of Spartacus wheels are well known. For a limited time, when you buy a Stellar Sport bike (starting from \$1099) we will upgrade your wheels to the high performance Velocity Spartacus at no extra charge! This is a fantastic value, and only applies to bikes in stock, so you gotta hurry!

Offer ends September 27th



SPARTACUS

MY MOM KICKS BUTT!!!

You all know me, Dan, as Nicholas' dad, or as the long haired guy that you see fixing bikes, or remodelling the store etc.... but you don't know my mom!

Last May, I drove to Spokane to participate in our family's yearly Bloomsday ritual. Every year, since 1992 or so, we all meet there and do the Bloomsday run. This year though, was a little special. You see, Ken, her triathlete hubby, had called me in advance to order a little surprise...a Rodriguez Stellar, custom painted red. The unveiling went as planned in the motel room, and a triathlete was born!

My mom, Sally Stephens, (age 60 to 65) then decided to prepare for the Danskin triathlon in Seattle. She lives in Rupert Idaho, a farm town of about 2000 people. She trained for the swim by swimming with the dead fish parts in the canal out by their house. She trained for the bike leg by racing the various farm dogs on the country roads around Rupert. Training for the run was easy. Running through the bugs out by the dam is both aerobically healthy, and protein enriched.

After all of this training, she put her new skills to use by competing in a small triathlon series in Burley. When I say small, I mean about 12 to 40 people including all participants. When I say series, I mean 3 triathlons that work up to a sprint distance.

She couldn't tell from her performance against 12 very strong, young men, how competitive she was becoming. By the time the Danskin rolled around, she knew she would finish, but had no idea how well she could do. **Well, she finished 2nd place in her age group with an impressive time of 1:38.** That's only 5 minutes from first place!

15:42 swim / 43:03 bike / 32:27 run

I talked with her about the race afterward and asked her few questions. Here's how she answered them:

Biggest surprise: Not used to the waves during the open water swim. The canal water is very calm, and I need to work on breathing to the right side.

Favorite part: Definitely the bike ride! Ken's already planning the equipment upgrades!

Opportunities for improvement: Learning how to gauge where I'm at in the run. I had a lot of energy left at the end, and had I known earlier, I could have stepped up my pace.

General comments: It's just a really neat event. It really helps that it's all women. It gives it a much different atmosphere. Danskin does a great job organizing the event. The Danskin Expo was like the Bloomsday Expo on Estrogen. It's really great that at our age, we can still do stuff like this.

That's my mom
-Dan Towle



Unfortunately, the best picture Ken got was of mom tying her shoe laces

ARE YOU IN THE ZONE?

Purchase a **Sports Instrument ECG2 HRM** and we'll give you a book with 50 cycling workouts to make your workouts interesting and enhance your performance.

Purchase an ECG2 HRM for \$89.99 (includes watch functions, heart rate, programmable for 3 zones, stopwatch and more!) and get a copy of the **The Heart Rate Monitor Workbook for Indoor Cyclists** for free!!

\$18 value

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



YOU SHOULD SEE OUR DISHWASHER

Well, it's not exactly a dishwasher but our parts cleaner will make your drive train so clean you'll swear you have a new bike. A clean drive train lasts longer and increases your efficiency remarkably.

Reg:\$63 **Coupon :\$49.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

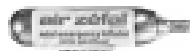
NO MORE HUFFIN' AND PUFFIN'

If you don't want to bother with a pump if you have a flat on the road try a CO2 cartridge. Our

Zefal package includes the inflator and 2 cartridges. Fits both valve styles.

Reg:\$15 **Coupon :\$9.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



THE DO IT YOURSELF COUPON

If you ride regularly during the year you'll want to clean your chain after every 5-10 rides. The **Park Chain Gang** is a handy device that scrubs your chain without you having to remove it. Includes a brush for cleaning your gears and solvent as well. It makes it easy to do it yourself.

Reg:\$35 **Coupon :\$29.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003



BLINDED BY THE LIGHT!

Our favorite lighting system of all time!

Every year at R+E Cycles, we sell lots & lots of lighting systems to cyclists who ride in the dark. In the winter, it is dark at 5:00 PM, and some people like to have the finest lighting system available.

There are several things that make a lighting system great:

- Brightness (will it light up the road, or is it just a safety precaution?)
- Burn time of the battery (will it give you good light for your full ride?)
- Reliability (what experiences have others had with the system?)
- Warranty (how long will you be without your lights if they break?)
- Value (does it fit your budget?)

SAVE 10%

Over the years, we have found that several of the lighting systems on the market measure up in some or most of these qualities, but only one meets all of them. The CYGOLITE™ Night Rover is the light that we have chosen to be our featured light system. It features:

- 16.3 Watts of halogen power (bright enough to see the road well)
- 3 beam patterns (10W narrow, 6.3W wide, 16.3W dual)
- Quick release mount (for quick removal & reinstallation)
- Lightweight thermo-plastic casing (extremely durable)
- 6 hour battery** burn time (battery fits in water bottle cage)
- Side to side swivel for excellent peripheral vision
- 1-year warranty on the lights, 3-month on the battery
- Upgradeable to helmet mount (kit sold separately)
- Reg. price of 124.99 (compare at over \$200)



The best feature for this system is not something that one can see immediately in the product. It's the quality of the product, and CYGOLITE's willingness to stand behind that product.

IF YOUR LIGHT FAILS UNDER WARRANTY, WHAT HAPPENS?

OTHER BRANDS (We've carried them all)-

Our policy, when possible, is to give the customer a new light if theirs fails under warranty, instead of sending it in for repair while the customer waits (sometimes a month or more). In the past, we have had a hard time with the lighting companies standing behind their product, even on a very expensive light. We found a high number of failures in almost every brand that we carried, and no willingness on their part to send us a replacement light.

CYGOLITE-

We have sold CYGOLITE product since 1996, and had the lowest failure rate that we have ever experienced in a lighting system. On the rare occasion that there is a warranty failure, the customer has left our store with a new part.....no waiting, and CYGOLITE took care of sending us a new product pronto!

For a limited time only, we will sell you the CYGOLITE Night Rover for just \$112

Offer expires September 20 2003. Limited to stock on hand

OXYMORON

I love that word! **Clear sunglasses.** Hmm... Anyway these glasses with clear lenses are great for dark days, early mornings or night riding. These sunglasses are good for any time that it is not sunny. Protect your eyes.

Reg:\$20 **Coupon:\$10.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

BEAT THE FENDER RUSH

You get just as wet from your tires kicking up spray as you do from the actual rain. Install a pair of full fenders and you'll have better vision in the rain. You'll also stay drier and warmer. Purchase the fenders (\$25-\$35) and we'll install them for half price!

Reg:\$35 **Coupon:\$17.50**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

A STICKY SUBJECT

Reflective tape adheres to the backs of your shoes, fenders, racks, helmets and many other surfaces. Doesn't require batteries, stays with you all the time and adds no extra weight. It's an inexpensive way to be seen. Reg:\$5.99

Coupon:\$4.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

HAVE A SEAT

We have some **Bianchi** saddles that are brand new but customers have chosen to trade them in for a saddle upgrade. Check 'em out!



Bianchi saddle by Vetta Reg:\$25 **Coupon:\$7.99**

Bianchi saddle by San Marco Reg:\$15 **Coupon:\$3.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

WE GOT USED BIKES FOR SALE!!

1990's Carbon Fiber Specialized Allez Epic

- Shimano Ultegra Components
- Cateye Computer
- Excellent Condition
- 58cm frame size
- \$650 obo



1994ish pink Specialized Allez

- Excellent Rain Bike!
- Shimano 105 equipped
- Cateye computer included
- 57cm (large/medium) frame size
- \$175 obo

No
Photo
Available

1990ish Blue Diamond Back Mountain Bike

- Shimano Alivio components
- Good condition
- 20" frame size (Large)
- \$125 obo



1980ish Burgundy Nishiki Custom Sport Road Bike

- Champion No. 5, lugged Frameset
- Very Good Condition
- 62cm (large) frame size
- \$50 obo



2000ish Black/Red 24" wheel kids Mountain Bike

- 15 speed index shifting
- Good condition
- \$25 obo



Late 1990's Miyata 512 Road Bike (White)

- Shimano Index Shifting
- Cro-mo Butted, Lugged Frame
- 56cm (medium) frame size
- Excellent Rain Bike!
- \$100 obo



1975ish White Andre Bertin Classic Road Bike

- Fair condition
- Reynolds 531 frame w/Nervex lugs!
- 56cm frame size (medium)
- \$50 obo



Early 1980's Fuji Classic Women's Mixte Road Bike

- Excellent Condition!
- Generator Lighting System
- 19" Step Through Frame
- \$50 obo



1990ish Black Bianchi Osprey Mountain Bike

- 21 speed index shifting
- Good condition
- 21" frame size (large)
- \$75 obo



Late 1980's Purple High-end Road Bike

- Superbe Pro Brakes
- Mavic Cartridge Bearing Hubs
- Mavic Open 4 CD Rims
- 51cm (small)
- \$300 obo



1995ish Green Trek 730 Hybrid Bike

- 21 speed index shifting
- Excellent condition
- 17" (medium) frame size
- \$150 obo



HANG ON TO YOUR BIKE

We've got 3 "Bell" (same company that makes Bell Helmets) U locks left. Great for Back to School! Reg:\$23

Better than you can Believe it:\$6.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

BE THE FIRST FOR THIS ONE

One Polar A-1 Heart Rate Monitor. Features Heart rate, time, and average heart rate. Reg:\$55

Better than you can Believe it: \$24.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

DO THE TWIST

This cool water bottle cage twists to the side. It is great for anyone who struggles to get their bottle in or out, small frames or tandems. Or if you just want a water bottle cage, cheap! Reg:\$20

Better than you can Believe it:\$3.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003

HOLY COW!!! SHIMANO 105 STI LEVERS FOR \$150

Even better than e-bay! Save \$100 on brand new, triple STI levers. Bring your road bike in and we'll make sure we set you up right. Reg:\$250

Better than you can Believe it:\$149.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires Sept. 27, 2003