



"When the going gets easy, you may be going down hill"

- Holm Roofing

5627 University Way NE
Seattle, 98105

5601 University Way NE
Seattle, 98105

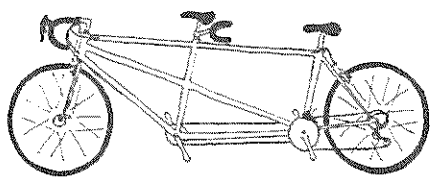
5601 University Way NE
Seattle, 98105

Road & Tandem 206-527-4822
100% Mountain 206-527-4310
Service 206-527-0360
Fax 206-527-8931
e-mail RodTandem@aol.com

R+E NEWS

SEATTLE BIKE EXPO SPECTACULAR! February 1997

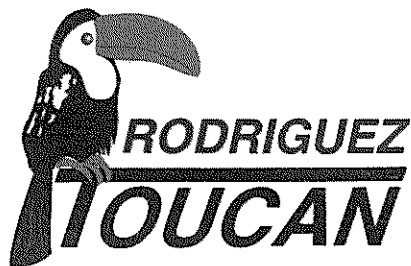
DOUBLE GOOD NEWS only \$1997 in 1997



Two can have more fun on a tandem than on two singles. If you don't believe us watch the faces of the tandem riders as they pass you. And now

two can have more fun on a RODRIGUEZ hand built tandem and pay the same price or less than you would for a standard robotically made factory tandem frame.

Let us introduce you to the RODRIGUEZ TOUCAN. Hand built here in Seattle. We have spent the winter building a small stock of hand built tandems. We have chosen to make two models and offer 3 sizes. We are offering a traditional frame set as well as one designed around the SOFTRIDE beam. These frames are unique from other production tandems in many ways. First of all, we have analyzed the many fit kits from the couples that we have measured for the last 13 years and then designed our frame sizes around the most common combinations. Fit wise, we have designed the tandems to be very versatile and easily adaptable to many riders. Hand built one at a time insures the frame's alignment as well as the integrity of the joints.



The frame is designed around comfort and performance handling. The Toucan is built using the same designs, performance standards, jigs, materials, tools, and frame builders who build our custom Rodriguezes. We use our exclu-

- cont. on page 2

Spring Hours are here!!

12 - 7 Monday through Friday
10 - 6 Saturday
12 - 5 Sunday

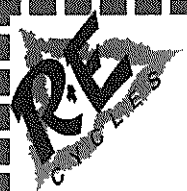
**By appointment anytime
call or e-mail for an appointment**

WHAT'S INSIDE

- Tandem Classes - Page 2
- Bikes for 1997 - Page 8
- The Fit Thing - Page 4
- Best Service in the WORLD - Page 5
- Repair Classes - Page 6
- From the Repair Bench - Page 6-7
- The Frame Shop - Page 3

**VISIT US ON THE
WORLD WIDE WEB!**

<http://www.rodcycle.com>



HOW MUCH GU CAN A GU EATER EAT?

No more messy packets in your pocket! Buy a case (24), it's even OK to mix the flavors, and we'll give you a GU flask FREE! The flask holds 5 GU packets at once. Easy to use, no mess no fuss! (\$5 value)

FREE IS A VERY GOOD PRICE!

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

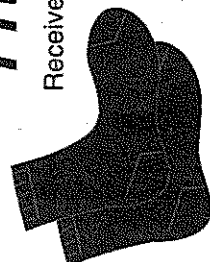


**PUT YOUR
BEST FOOT
FORWARD!**

FREE SOX!!!

Receive a pair of black cycling socks with a cool cycling graphic with your purchase of \$20 or more.

Limited Supply!!



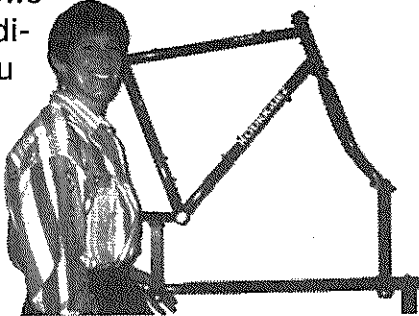
Offer good with coupon that has mailing label attached only. No cash value. Expires March 10 1997. Limited to stock on hand.

BICYCLE FITTING FOR WOMEN

IT'S A STELLAR EVENT AND YOU'RE INVITED!!!
THURSDAY FEB 27 7 PM

There are many aspects of bicycle fit that are unique to women. Many women are aware that it is a long reach to the handlebars for them. Others also complain that the brake levers are hard to use. That's only the beginning.

Come spend an evening with Estelle Gray, designer of the Stellar- 'the road bike exclusively for women'. We'll measure everyone that shows up and address what individual concerns each of you might have. We'll show you all of the options available and help you figure out the best solutions.



Spend an evening with other women cyclists, learn about bicycle fit, eat cookies, have fun. RSVP space is limited.

Call 368-5490 ext:555 to sign up for this event! Hurry, space is limited

RE CYCLES HELMETS FOR \$3.37??



That's right we have about 29 1996 Advent helmets and we are almost giving them away. They tend to be on the larger size but there are some smaller ones too. Hurry for the best size selection. Reg. \$30

save 89%!!!

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

RE CYCLES Eye Spy

The "Spy" mirror is so small it fits on the inside of your sunglasses. At first we all wondered about them but over time they have proven to be simple, useful, and practical. One size fits all. Reg. \$11

SALE \$8.99

LIMITED TO STOCK ON HAND

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



RE CYCLES Commuter Mugs For Biker??



Enjoy your hot java while you ride. This insulated bottle keeps your caffeine warm and has an easy to drink from, biker friendly spout. Carry one on Chilly Hilly and be the envy of all your chilly riding buddies. Buy the bottle (\$19.99) and your first latte is on us.

This coupon valid for one free drink coupon from Starbucks.

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

RE CYCLES It's the Newest Hottest Pump On the Market.



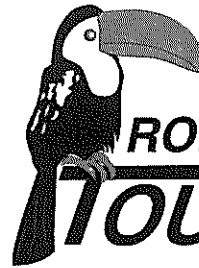
That's what the magazines and our customers are telling us. The Topeak Master Blaster is a frame pump with a gauge, that converts to a floor pump. You'll not find an easier to use pump that you can carry with you.

Introductory Special: \$31.99

Reg:\$40

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

tandem story cont. from page 1



**RODRIGUEZ
TOUCAN**

sive oval top tube and keel tubes which over the years has made the RODRIGUEZ famous for its comfortable ride and outstanding performance. When it comes to the components you'll see that they live up to the quality of the frame.

Shimano XT derailleur, Shimano Ultegra bar end shifters, Hope hub, hand built wheels, V brakes, Vittoria tires, DiaCompe a-head set and a crankset made specially for us are some of the components that you'll find on the TOUCAN.

There is no other tandem made that will match the performance of a RODRIGUEZ tandem for under \$2000! Ask any RODRIGUEZ tandem owner. This tandem will out perform most tandems in the \$3000 price level!

If you've never ridden a tandem before and are curious as to what all the hub bub is about see below where we offer tandem riding instruction.

Two can ride STP together, even faster than they have before.

Two can cruise the bakeries.

Two can join the exciting world of tandeming.

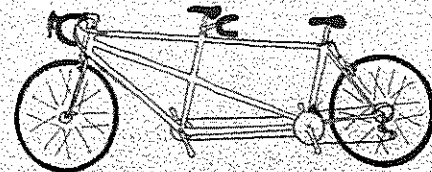
Two can come by for a personal appointment and professionally instructed test ride.

Two can conquer the world on a RODRIGUEZ TOUCAN.

THE 1997 RODRIGUEZ TOUCAN IS ONLY \$1997

Softride version \$2399

TANDEM RIDING 101



LEARN FROM THE PROS

We offer Saturday morning tandem classes where we will pair you and your tandem partner up with experienced captains and stokers. We will make sure your first tandem riding experience is a fun one, and we'll give you the opportunity to try a variety of tandems and options. The class is \$20 per couple and starts at 9:30 am. Reservations required. Class sizes are limited. Call 206-368-5490 ext. 688 (NUT) to sign up by phone.

FEBRUARY 22

MARCH 15

APRIL 12

MAY 7

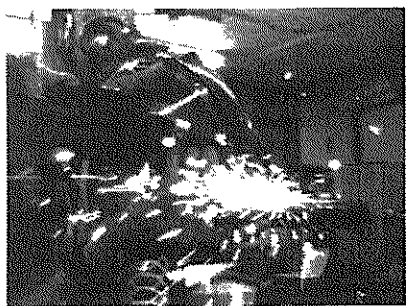
We lead monthly tandem rides!

See page 8 for schedule.

LOTS OF NOISE! LOTS OF NEWS!

What's that noise coming from the Rodriguez frame shop?

1996 was a great year for the RODRIGUEZ frame shop and we owe a large thank you to the owners' of RODRIGUEZ bicycles. Most of our new RODRIGUEZ customers tell us that they heard about our hand built bikes from "a friend". When there is a large group of bicycles the RODRIGUEZ usually stand out in the crowd because of the great paint jobs the owners' chose.



These last few months 3 magazines have approached us, wanting to run stories about our bikes which they have heard about through other riders. You may have seen the articles in Jan. BICYCLING or the winter issue of TANDEM MAGAZINE. There will also be an article about the RODRIGUEZ STELLAR in the upcoming issue of WOMEN'S SPORT'S AND FITNESS and a future issue of BICYCLE GUIDE. Your praise of our bicycles goes further than you may think, and again we thank you for that.



This year you will see that we have placed a little more emphasis on the S+S Couplings, which is a small fitting that allows your bike to fit into a small suitcase. We have also upped our production of the STELLAR woman's bicycle, hoping to keep ahead of the demand this year. We are completing an adjustable fit bike that will surpass anything currently available, offering you the ability to "feel the fit" before the bike is actually built. And for 1997 when we build your custom frame we'll take photos of it throughout the process and include a cool photo album of its birth!

Our new Custom Bike Brochure even offers a RODRIGUEZ vacation package. If you've got a friend who wants to come to Seattle, they can arrange to come to the shop, we'll measure them and build their bike for them while they vacation in the area. We'll have their bike ready for them in 7-10 days when they leave. We'll wine and dine them while they are here and if you come with them you'll get dinner as well. Check this out in our brochure or on our web page.



And last but not least, our frame shop is always open for a free tour. Just ask a salesperson and we'll be glad to show you where it all happens. We might have to set you up with some ear plugs, 'cause it gets awful noisy down there!

<http://www.rodcycle.com>

S&S TANDEM & SINGLE

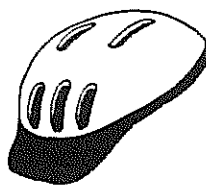
We now have on display in R+E Cycles, a Rodriguez tandem & a Rodriguez single bike equipped with the S&S coupling system. Come in today and see what this system can do for you!

RODRIGUEZ • THE MOST FUN YOU CAN HAVE



Great Weather...If You're a Duck.

If you want to have a visor without the fuss of velcro and other gizmos grab yourself a "Duck-bill". These handy neoprene visors fit around any helmet and squish up small enough to even fit in a seat pack. Keep the water or the sun out of your eyes. Reg. \$12.99



SALE \$2.99

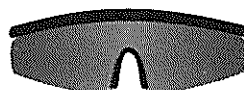
SAVE 77%

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



Can you see clearly??

Clear lens glasses are great for rain, darkness, or overcast days. In case those ever occur in Seattle. Recommended by cyclists and eye doctors.



Reg \$20

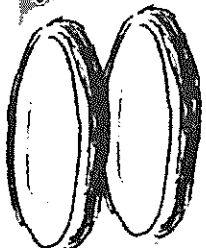
Sale \$10.99

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



Here's the Skinny!

One of the easiest things you can do to your mountain bike to make it faster and easier to ride is to install a set of slick tires rather than schlep those knobbies up and down the hills. We'll help you out by installing them for free when you buy a pair. This offer is applicable to all mountain bike size street tires that we have in stock.



\$12 value

FREE INSTALLATION

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

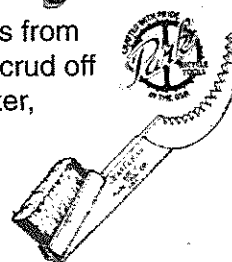


Don't forget to clean behind your gears!

That's what these handy gear brushes from Park Tool are for. Get all the yuk and crud off your gears and your bike will be quieter, shift better and last longer.

Reg: \$5 Sale: \$3.99

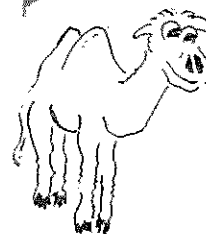
Save 20%



Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



Is there YUK growing in your Camelbak?



This handy device by Sidetrak holds your Camelbak* bladder open while it dries. Say goodbye to algae and mold in your water. Reg: \$11

Sale: \$8.99

* fits all drinking systems

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



Skulls, Eyeballs, Kokopelli, Chilli Peppers

These are only a few of the designs on the new cool De Feet cycling socks. You'll wear them with your cycling gear and you might just find that you want to show 'em off at the office or a party.



Reg: \$8-\$10

Sale: Any 2 for \$15

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

➔ R+E CYCLES



THE BEST IN THE

We've spent years trying to think of every possible way to offer better and better service each year. We work by appointment, we ship for free, we perform free fit kits to anyone interested in test riding. We're constantly improving our fitting system, if you can't come to us, we'll come to you (recently, we had a customer in Olympia), we offer a 30-day money back guarantee on bicycle purchases, we warranty our bikes for 3-years, we offer the best extended service plan around, we identify special needs in the market (like the lar & the Toucan), we build & adapt bicycles for customers with disabilities, we expedite our service to try to do just about whatever the customer wants or needs. If we don't offer it, all you have to do is let us know and we'll make it happen.

That's the best service in the world. Don't ya think?

A few more reasons...

- Our staff is trained to provide the best service possible
- We understand the needs of men, women and offer special services for women
- We are fit experts, so we can help you get the most out of your bike
- We can help make you a better cyclist
- We will special order parts for you
- Even our bikes come with a lifetime warranty
- We offer a loaner bike while yours is in the shop
- We offer free shipping on orders over \$150
- We offer fast repair turnaround times
- We sell only hand built bicycles with quality wheels
- Our repair shop does fit adjustments
- Along with our regular service, we offer appointment to assure your service

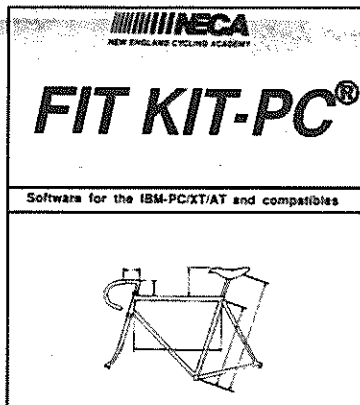
THE NEW FIT THING!

NEW FOR 1997!!

R+E Cycles has always been the bike shop that fits the customer to their bike better than anyone can. This year we added a new weapon to our bike fit arsenal. 'The Rodriguez Fit Thing', as we refer to it at the moment, allows us to measure you more accurately & efficiently than ever before.

It has a base to stand on, and an integral ruler built into a long, upright pole. A short piece of tubing that slides up or down the upright pole that uses a quick release allows us to perform a perfect measurement every time. You'll have to see it to believe it. When you are fit by one of the professionals at R+E, you'll be assured that your bike fits the best that it can.

If you're uncomfortable on your bicycle, and tired of trying to 'just get used to it', then come on in and let the Rodriguez Fit Thing do its job. See the coupons below.



THE FIT THING!

Bring your body and your bike to R+E and we'll measure you both and make recommendations to set you up comfortably and efficiently. REG: \$15

Only \$10

with this coupon.

Call for appt: 527-4822 road/cross bikes
527-4310 Mountain bikes

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

TRY BEFORE YOU BUY

Rent any double suspension bike for only \$30. If you like it and want to buy one, we won't even charge you for the rental!!
Reg: \$50

Save: \$20

Offer good with coupon only. No cash value. Expires March 10 1997

4.

Order by phone 206-527-4822 • Free shipping for orders over \$15.00 • <http://www.rodcycle.com>

T SERVICE WORLD!!



Recently begun
...we are con-
...d a bike to a cus-
...d built wheels for
...them (i.e. the Stel-
...rs...Basically, we'll
...nd we'll try to

to shop with us:
our needs and sell you
for you.

fit that are unique to
roman's bicycle.

sell you a bike that fits.

bike fit the best that it

thing promptly.

ny money back guaran-

hen needed.

orders above \$15.

even have an express


rd will build custom
delivery.

ment with tune ups!


e also work by ap-
nterrupted attention.

R.E.B.O.P.

R+E BICYCLE OWNERS PLAN



5627 University Way NE
Seattle Wa 98105
206-527-4822



In the CYCLEPLEX
5601 University Way NE
Seattle Wa 98105
206-527-0360

In the CYCLEPLEX
5601 University Way NE
Seattle Wa 98105
206-527-4310

This service agreement entitles the purchaser to extended services in addition to the bicycle manufacturers' warranty. Customer must provide a copy of this agreement, or Extended Service Card in order to receive extended services. This agreement is good only at Seattle Bike Repair. Any repair work performed on the bicycle that is not performed at Seattle Bike Repair, will void that portion of this agreement. The extended services have no cash value, and apply only to the original purchaser and bicycle and are nontransferable. These services include:

- 5-year free gear & brake adjustments (parts not inc.)
- 50% off accessory installation labor charges at time of bicycle purchase
- 2-year free labor for flat repairs (you buy the tube, we install it for free)
- 2-year free labor for repairs deemed warranty, excluding wheels
- 2-year warranty on all components, excluding wheels
- Free 90 day check over and service
- 1-year 10% discount on all labor services performed at Seattle Bike Repair
- 1-year warranty against broken spokes (parts and labor)
- 20% discount on first Seasonal Service or Overhaul (within 2-years)
- 10% discount on all regularly priced parts and accessories for first 90 days
- \$10 handlebar stem swaps for the first 90-days of ownership (parts not inc.)

A defective component will be repaired or replaced at our discretion within the agreed time period. Extended warranty coverage applies to components that fail under normal use only. Extended warranty coverage will be void if bicycle or component is subject to abuse. A component cannot be expected to last forever, a component that has been worn out will not be covered under this warranty. R+E Cycles, Mountain Bike Specialists, Seattle Bike Repair, and Bikebiz III, Inc. provide only the warranties expressly stated in this Bicycle Owner's Plan, and **no other warranties are expressed or implied, including any warranties of merchantability or warranties of fitness for a particular purpose.**

Name			
Address			
City	St	Zip	
Brand			
Model			
Emp.			



R.E.B.O.P.



"I should have bought it..." Don't let these words come from you. Here's your chance to purchase our extended service and extended discount package for \$10 off (with any new bicycle purchase from us). Purchase it now and you'll save big for 5 years. **Reg: \$35**

Our one time only deal: \$25

Offer good with coupon only. No cash value. Expires March 10 1997.



Warm and Fuzzy Feelings



How about nice warm feet instead of frozen toes? Slip these neoprene covers over your toe clips and your feet will be protected from the cold, wind and rain. Made exclusively for R+E.

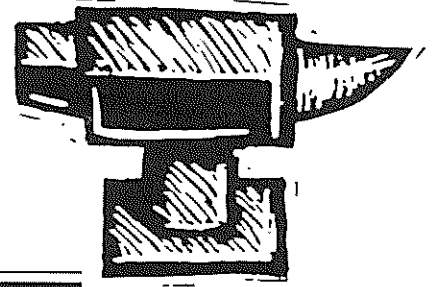
Reg: \$15

Sale: \$9.99

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



NEWS FROM THE REPAIR BENCH



IT'S THE SEASON FOR SERVICE S.B.R. OFFERS SEATTLE'S MOST COMPLETE SERVICE PACKAGE

You may not believe it, but the cycling season is almost here. Chilly Hilly is just around the corner & the Daffodil Classic is soon to follow. And, of course, there is the training to do before the season starts in earnest. And, oh yeah, there's your bike. What kind of condition is your bike in? The friendly professionals at S.B.R. can tell you exactly what you need (in the way of bike work) & get your bike in the best possible condition for the coming season.

If you need a service package, S.B.R.'s 'Seasonal Service' is the best you can get. It goes beyond the typical 'tune-up' & assures that your bike will be clean, aligned, properly lubricated & adjusted. The excellent mechanics at S.B.R. will inspect & evaluate your bike & tell you exactly what you need. No surprises & no work that you don't need. We will inspect your bike & estimate the repair while you wait, free of charge.

At least once a season, your bike should be thoroughly cleaned, lubricated, aligned & adjusted. S.B.R.'s 'Seasonal Service' covers all these important aspects of your bike's maintenance. The cost of this very complete service is \$78.99. Any parts that are necessary are available at additional cost. Here are the details.

CLEANING S.B.R. removes your chain, crank set, rear derailleur & gear cluster & soaks & scrubs these parts. We remove the wheels, strip off the tires & tubes & clean the rims & hubs. Finally, the frame & the remaining components are also thoroughly cleaned. This thorough cleaning removes contaminated lube from your components that can cause premature wear or failure. Everyone knows that you ride faster when your bike is clean & looking good.

ALIGNMENT S.B.R. aligns the rear dropouts, fork ends & rear derailleur hanger. The dropout alignments prevent axle bending & breakage. The hanger alignment assures the best possible shifting.

BEARINGS The headset, bottom bracket & both hubs are inspected & adjusted. If you have a sealed bottom bracket, we pull & lube the cups to prevent seizing & squeaking. The bearing adjustments give you the smoothest operation of these important bearing surfaces.

WHEELS Your wheels are very important & get a lot of attention as part of this service. S.B.R. trues, rounds, dishes & tensions your wheels as well as the before mention cleaning & hub adjustments.

DRIVE TRAIN S.B.R. reassembles your drive train with the cleaned & relubricated components. Installation of any worn out parts (like chains, cogs, chainings or pulleys) are included at no extra labor charge. Cost of parts is extra, with your approval. The front & rear derailleurs are adjusted for smooth & accurate shifting.

BRAKES Your brake calipers, levers & cables are lubricated for more efficient braking. We also adjust & center & reface your brake shoes. If you need new shoes, the installation is free of charge.

TEST RIDE It is important that a newly serviced bike is ridden to verify the adjustments. S.B.R. tests for smooth shifting & strong braking & smooth quiet, operation with a thorough test ride.

Voila!! Your bike clean, lubed, adjusted & aligned & ready for a season of fast & reliable riding. S.B.R.'s 'Seasonal Service' is much more than a tune-up. You & your bike deserve the best.

SAME DAY WHEEL BUILDS

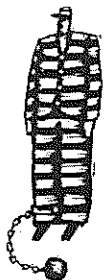
IN BY 2 PM
OUT BY 7 PM

3 YEAR WHEEL WARRANTY
SAVE TIME NOW • SAVE MONEY LATER
RELIABLE HAND BUILT WHEELS

LIGHTER = FASTER

ALLOY SPOKE NIPPLES SAVE 30 GRAMS/WHEEL
FREE ALLOY NIPPLES WITH ANY WHEELBUILD
(A \$10 VALUE)

FASTER. FREE. FASTER. FREE. FASTER.
Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



FRIENDS ARE VALUABLE

BRING A FRIEND TO ONE OF S.B.R.'s
EXCELLENT REPAIR CLASSES & GET
\$10 OFF (THAT'S \$5 EACH!!)

Offer good with coupon only. No cash value. Expires March 10 1997.

Wrench with the best

Parl Tool Co. has put together a tool kit that will allow you to completely service your bike. It includes everything but directions. Treat yourself to one of these kits and let our mechanics guide you through a complete servicing of your bike.

This coupon good for 50% off one of our in depth repair classes when you buy the complete Park Tool Kit (\$150) Complete Overhaul Class Reg: \$45

with tool kit \$22.50

The Well Tuned Bike Reg: \$55

with tool kit \$27.50

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

S.B.R.

REPAIR COURSES

ROADSIDE REPAIR:

(1 SESSION; 2 HOURS; \$15)

MAR. 7; MAR.31; APR. 18; MAY 16

WOMEN'S BIKE REPAIR:

TAUGHT BY ESTELLE GRAY

(1 SESSIONS; 2 HOURS; \$15)

FEB. 19; MAR. 19; APR. 16; MAY 14

WELL-TUNED BIKE:

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

FEB. 23/MAR. 1/2; APR. 6/12/13;

MAY 4/10/11; JUN. 7/8/14

OVERHAUL COURSE:

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

MAR. 9/15/16; APR. 20/26/27; MAY24/25/31

WHEELBUILDING:

(1 SESSION; 4 HOURS; \$45)

FEB. 21; MAR. 28; APR. 21; MAY 18

TANDEM MECHANICS:

(1 SESSION; 2 HOURS; \$15)

FEB. 28; MAR. 25; APR. 4; MAY 2

STARTING TIMES FOR ALL CLASSES:

MONDAY-THURSDAY 7PM; FRIDAY 8PM;

SATURDAY 6PM; SUNDAY 5PM

CALL 527-0360 TO ENROLL
SEE OUR FLYER FOR MORE COURSE INFO

SEATTLE BIKE REPAIR

5601 UNIVERSITY WAY N.E., SEATTLE, WA. 98117 • (206)527-0360
PROFESSIONAL SERVICE • FREE ESTIMATES



EASY BRAKE SHOES

Worn out brake shoes cause all sorts of problems. The most obvious is that they do not stop your bike very well. Also, your worn shoes can rub against your tire sidewall causing a blowout flat, ruining your tire at the same time. The third problem is that road grit & grime that builds up on your brake shoes grinds away at your rim sidewall causing it to collapse & fail, ruining your wheel. Replacing a tire is expensive & rebuilding a wheel is more expensive. Fresh brake shoes solves all these potential problems.

Replacing cantilever style brake shoes (the kind you find on mountain, cross, touring & tandem bikes) is one of those repairs that seems like it should be easy, but it is really not. Getting the shoes in the correct position & centered is difficult & can try one's patience. If you get the shoes in the wrong place, your braking will be poor & there is the possibility of abrading your tire sidewall. The solution is to replace your current brake shoes with ones that have replaceable pads. As the pads wear down, you simply tighten the adjustment with the adjusting barrel at the brake lever. When the pads are worn out, you just replace the pad, leaving the holder in place. You must first return the adjusting barrel to the original position. The new pads will be in the correct position because the holder will have never been moved. The installation of the new pads is quick & easy & requires no readjustment.

Two excellent options for brake shoes with replaceable pads are Koolstop 'Quik Klaw's' & Shimano Cartridge brake shoes. The initial cost for these shoes is higher than conventional shoes. The savings & convenience come when the pads are replaced. Replacement pads cost the same as conventional shoes, but you can replace them easily yourself saving the time & cost of a professional brake adjustment. You will be more likely to replace the pads more often, avoiding the possibility of ruined tires or rims. Your stopping power will be better with fresh brake pads on your bike. It is also easy to carry replacement pads in your seat pack for a quick fix on the road.

Come in to S.B.R. and some brake shoes with replaceable pads installed. It will be the last brake adjustment you'll have to buy.

<h1>TUBES</h1> <h2>3 FOR \$10</h2>	ALL SIZES SCHRADER OR PRESTA VALVE
------------------------------------	--

IMPROVE YOUR RIDE

BUY ANY PAIR OF TIRES & THE FELLOWS @
 S.B.R. WILL INSTALL THEM FOR **FREE**
 WHILE YOU WAIT!
 (A \$12 VALUE)

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

GET AHEAD

SAVE \$10 + 1/2 PRICE INSTALL

S.B.R. HAS EXCELLENT SHIMANO DEORE LX
CARTRIDGE HEADSETS FOR \$29.99 (SAVE \$10)
 BUY ONE & INSTALLATION IS \$15

SAVE 50%

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

F.Y.I.

(FOR YOU, INFORMATION)

- Stretched chains remain the #1 cause of A.R.C. (avoidable repair costs) by damaging cogs & chainrings as the chain stretches.
- Worn & contaminated brake shoes are the #2 cause of A.R.C. by cutting tire sidewalls & causing premature rim sidewall failure.
- Shimano V-brakes are all the rage & rightfully so. Many more manufacturers are making long pull brake levers that are compatible with these great new brakes. It is also possible to use these brakes with drop bar levers on your touring bike or tandem. All you need is a cable pull multiplying widget called a 'V-dapter'. See the guys at S.B.R. for details.
- Wicked Products makes a cable routing pulley that takes the sharp bend out of the V-brake cable routing making the brake action smoother & more powerful.
- R&E and S.B.R. are carrying the new super light, super strong, super trick wheels from Mavic. The CrossMax & CrossLand mountain wheels & Helium road wheels will be for sale at S.B.R. & available for test rides.
- Light, high pressure, high thread count tires are the cheapest & easiest way to improve the ride quality of your bike. If you're riding your mountain bike on the street, try a pair of high pressure, smooth tread tires & see how fast you & your bike can really go.
- If you're intimidated by the prospect of changing from knobbies to slick tires on your bike, try taking S.B.R.'s excellent 'Roadside Repair' course. You'll learn the fine art of changing tires along with other valuable information. Call S.B.R. at 527-0360 to register.
- A 'Third Eye Chain Watcher' keeps your chain from overshifting & jamming down onto your frame when you're shifting to the small ring. This is especially important for tandems & touring bikes with particularly wide gear ratios. A chain watcher also allows for a more 'aggressive' front derailleur adjustment for faster shifts with no danger of overshifting.
- S.B.R. is still repairing a lot of machine built wheels that are breaking spokes & chronically going out of true. Handbuilt wheels are very reliable & thus an excellent investment. Have S.B.R. hand-rebuild your wheels or take the Wheel building course and rebuild your wheels yourself.

PREVENT A.R.C.

(AVOIDABLE REPAIR COSTS)
 S.B.R. WILL MEASURE & EVALUATE YOUR
 CHAIN FOR **FREE** & IF YOU NEED TO BUY
 A NEW CHAIN,
WE'LL INSTALL IT FOR FREE!

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.



**KEEP AN EYE
 ON YOUR CHAIN
 FREE INSTALLATION**

The 3rd eye chain watcher helps keep your chain from falling into the frame, and getting stuck between the gears. Buy a 3rd eye chain watcher, and we'll install it for FREE.

Free is a very good price! (A \$10 VALUE)

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

1997 BIKE GRID



Bianchi

SCOTT

ROAD BIKES

MOUNTAIN BIKES

	TOURING	SPORT	RACING
\$2000			ALLORO ZURICH
\$1800			
\$1600			VELOCE
\$1400			
\$1200	SAN REMO		ALP DHUEZ
\$1000		EROS Rodriguez Stellar	C.D.I. WAIMEA
\$800		TOURMALET	RENO
\$600	VOLPE		TROFEO

\$1600
\$1400
\$1200
\$1000
\$800
\$600
\$500
\$400

Paths & Gravel	OFF ROAD	RACING
		ELITE RACING
		X-CALIBER JOSHUA XO IBOC COMP SX PARAGON
		COMP RACING
	BIG SUR	
	Hoo Koo E Koo TETRA SX KAI TAI ALTA SX AQUILA YECORA MAMBA	NAVAJO
	TIGUA	
TASSAJARA MARLIN		

	CROSS
\$700	MILANO
\$600	CROSSWAY 850
\$500	BOARDWALK
\$400	CROSSWAY 650 ADVANTAGE CROSSWAY 450
\$300	CROSSWAY 250
\$200	

CROSS BIKES

HOW TO USE THIS GRID

What bike should I buy? We hear that question all day long. After you clearly define the use that you'll be giving it we'll help you decide whether you'll want to select a road, mountain or cross bike. After that we'll work with you to determine your fit and comfort needs. You may see that we offer multiple bikes in close price ranges and that is because they may look similar on the surface, but in reality they fit and ride differently. After we've found the optimum fit for you we'll work with you within your price point to find the bike that is right for you.

KEY

BIANCHI
FISHER
LE MOND
MONGOOSE
SCOTT

Ride Run or Ski

...wearing a duofold cool max top. Put this crew neck on as an underlayer and you'll be amazed at how warm and dry you stay. If you've never worn a "base layer" before, now's the time to try one.

Reg: \$20 Sale \$9.99
Save 50%

Offer good with coupon only. No cash value. Expires March 10 1997.

Look who's riding behind you!

Find out who's creeping up behind you and just how many there are. This Cateye Bar End Mirror easily fits on road or mountain bike bars and it is about as light as a pair of shoelaces. Reg: \$5

Sale: \$3.99

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

What do bike racers and movie stars have in common?

LIMITED SUPPLY! Must be the cool looking shades. You can tell the bike racers because they are the ones with the BRIKOS. We have about a half dozen 1996 Briko sunglasses in stock so hurry...before the sun comes out. %50 off BRIKO sunglasses

Save \$50-\$65

Offer good with coupon only. No cash value. Expires March 10 1997. Limited to stock on hand.

RE CYCLES

5627 University Way NE
206-527-4822

SBR SEATTLE BIKE REPAIR

5601 University Way NE
206-527-0360

MOUNTAIN BIKE SPECIALISTS

5601 University Way NE
206-527-4310

