



"If you find a path with no obstacles, it probably doesn't lead anywhere."
-Frank A. Clark

R+E Cycles News • The newsletter of cycling values!

R+E NEWS IS SWEEPING THE CITY!



Angel Rodriguez and Bruce Tiebout sweep the Ballard Bridge

the Ballard and University Bridges are protected from the street by high curbs. Those curbs trap grit and broken glass, and mechanical sweepers don't fit on the narrow sidewalks. So far, we have shoveled and swept over a ton of grit and grass from the Ballard Bridge. The sidewalk seems about a foot wider when it's cleaned up!

The four bridges are the Ballard, Fremont, University, and Montlake Bridges. Volunteers have been shoveling and sweeping the years-old accumulation of dirt from the sidewalks. The crew so far has consisted of Angel Rodriguez, Carla Black, Lisa Black, Dean Black, Steven Nolen, Cindy Thomas, Penni Brinkerhoff, Patrice Lundquist, Hans ?, and Bruce Tiebout. Come join us for the next sweeping party (and get your name in print!). *Cont. on pg. 7*

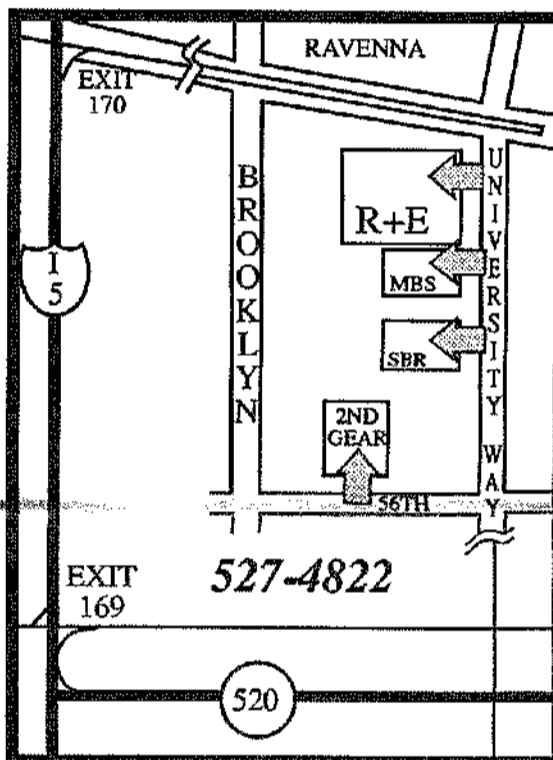
We are literally sweeping up! R+E volunteers and employees have adopted the four bridges across the Ship Canal as part of the City's Adopt-a-Street program. We will keep the sidewalks and bike lanes clean for cyclists and pedestrians by sweeping gravel and picking up garbage at least four times a year. Of course we'll do some special cleaning when they need it.

The biggest challenge is cleaning the bridges for the first time in twenty five years. The sidewalks on

"The biggest challenge is cleaning the bridges for the first time in twenty five years."

STORE HOURS
R+E / MBS
12 TO 8 M-F
9 TO 6 ON SAT
11 TO 5 SUN
CALL 527-4822

SEATTLE BIKE REPAIR
9 TO 8 MON - FRI
9 TO 6 SATURDAY
11 TO 5 SUNDAY
CALL 527-0360



5627 UNIVERSITY WAY NE
527-4822

BICYCLE REPAIR CLASSES
SEE PAGES 4&5

'HEAVY HAULIN'
527-4822

'While they last!'

Haul away a set of **NORCO panniers** for only \$10.00 with the purchase of any bicycle!
Regular price \$49.99-\$69.99

Valid only with coupon. Expires Sept. 12, 1993

Five Finger Discount?! 25% OFF
527-4310

AXIOM Full fingered Mountain Gloves!
Regular price \$19.99.
\$14.99 with coupon **LIMITED SUPPLY**
Expires Sept. 12, 1993

Valid only with coupon.

LIGHT UP THE NIGHT
527-4822

With a **FREE!** **CATEYE**

CATEYE TAIL LIGHT
\$10.00 value
Limited to stock on hand
WITH ANY PURCHASE OVER \$20.00

Expires Sept. 12, 1993

R+E Cycles
5627 University NE
Seattle, Wa. 98105

BULK RATE U.S. POSTAGE PAID SEATTLE, WA. PERMIT NO. 12977

Valid only with coupon that has mailing label.

Do you live in the Northwest?

2

- *Do you ride your bike up steep hills?
- *Do you want a comfortable bike?
- *Then you should consider a hybrid.

You'll have the ease of low gears, the comfort of an upright riding position and the benefit of powerful brakes. Test ride one today.

BIANCHI

Avenue.....	344.99
Advantage.....	419.99
Boardwalk.....	514.99
'92 Boardwalk (16" only).....	324.99 <small>reg. 430</small> SOLD

CANNONDALE

H400.....	639.99
H600.....	809.99
H800.....	1099.99

BRIDGESTONE

NB-26.....	324.99
X04.....	494.99

KONA

Hahanna.....	\$434.99
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WE ALSO HAVE A FEW '92 BIANCHI VOLPE TOURING BIKES IN STOCK

\$399.99 marked down from \$565

And of course we have an easy to use financing program.

Accelerate your bicycle to 55 M.P.H.!



Bike carriers now in stock:

- Rhode Gear Shuttle.....\$49.99
 - Rhode Gear Super Shuttle.....\$69.99
 - Rhode Gear Spare Tire Shuttle.....\$69.99
 - Rhode Gear Euro Shuttle.....\$109.99
 - Hollywood 4 bike rack.....\$94.99
- Come in to see our full selection of Yakima roof top rack inventory!



HAVE YOU SEEN HIM?

Dan Towle is back at R+E Cycles!!! Dan has been a favorite of many customers during the many years he worked at R+E Cycles during the 1980's. His wheel building skills are legendary and he has helped hundreds of cyclists achieve a more comfortable and efficient cycling position using his "fit kit" expertise. If you are a long time fan of Dan's, feel free to ask for him when you come in to R+E or Seattle Bike Repair. Or if you'd like to see why he has so many fans, ask for him anytime.



527-4822

Use Your Head!
SAVE \$20.00

on a Louis Garneau
HELMET

'While we've got 'em'
\$44.99 with coupon.
Regular \$64.99



Valid only with coupon.

Expires Sept. 12, 1993



527-4822

EVERYBODY LOVES GLOVES!

Pick up a set of classic mesh back, leather palm cycling gloves for just \$6.99 (Regular \$8.99)
Only while supplies last



Valid only with coupon.

Expires Sept. 12, 1993



527-4822

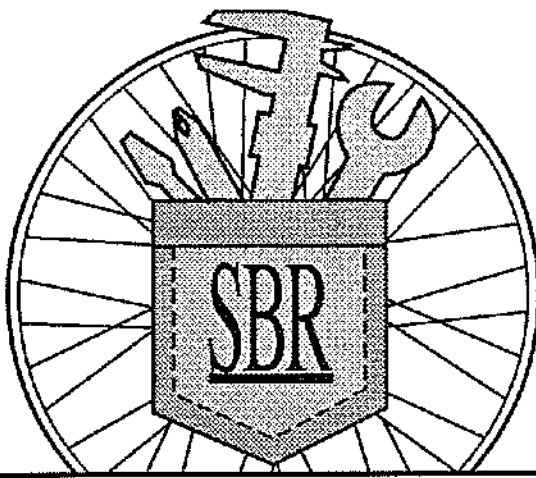
STAY DRY
This Season

With a pair of Clip-on fenders for just \$11.99 a pair
Regular \$14.99
LIMITED TO STOCK ON HAND



Valid only with coupon.

Expires Sept. 12, 1993



REPAIR HOURS ARE
MONDAY - FRIDAY 9:00 - 8:00
SATURDAY 9:00 - 6:00
SUNDAY 11:00 - 5:00

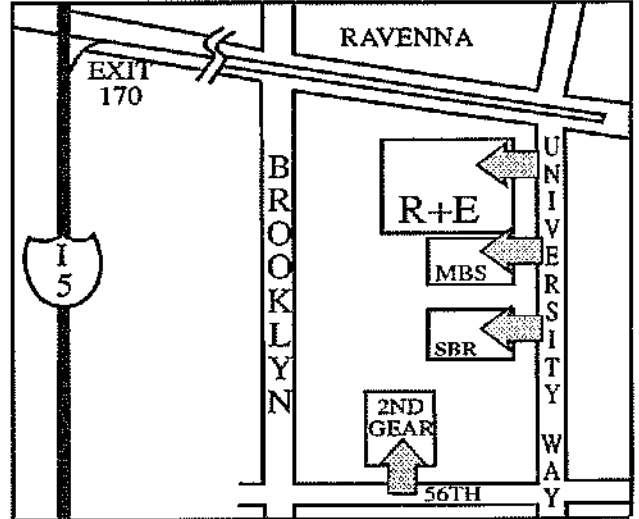
5619 University Way NE
Seattle 527-0360

**" We can fix any bike,
 impossible just takes
 longer!"**

Seattle Bike Repair

"WHAT'S INSIDE"

- * REPAIR CLASS SCHEDULEPg5
- * WHEEL BUILDING CLASSPg4
- * HOW TO BOX YOUR BIKEPg6
- * CARBON FIBER SPOKESPg4
- * SBR \$3.00 BILLPg 6
- * HAND BUILT WHEELSPg4



Dear Estelle and Angel,
 I just wanted to take a moment to tell you that you have the best repair and service department in the city (maybe in the whole world!)
 I came by last week when I needed a last minute STP repair. Your mechanics were knowledgeable, courteous and exceeded all of my expectations for professional service. When I explained my plight, they suggested I take advantage of your EXPRESS SERVICE and sure enough my repair was done overnight!
 I've also purchased a pair of handbuilt wheels from you, that were backed with a 2-year warranty and I have ridden them trouble-free for over 4 years! You've proven to me that your professional mechanics and high-tech tools do make a difference.
 It's cool that Seattle Bike Repair knows so much about all kinds of bikes. You can bet that I'm going to tell all my friends that R+E Cycles' Seattle Bike Repair is the place to go if you want to experience the best service possible.
 Your loyal and loving customer,
Jerome Knight
 Jerome Knight
 PS: My brother said you fixed his flat on STP. Keep up the good work!

ALMET METAL REFINISHING
 Architectural Metal Restoration & Maintenance

July 19, 1993

Dear Cascade Bicycle Club,

I want to take this opportunity to thank the hundreds of volunteers that made STP 93 an enjoyable event.

I also want to share what to me will always epitomize the "can do" spirit of those involved. On the morning of the 17th, we were on our way to the Kingdome at about 5:00 AM when my bicycle flew off the top of your car doing 65 M.P.H. on the I-90 Bridge. We stopped and picked up the pieces and I was ready to call it a day, when my riding partner said that we should at least go to see a mechanic. Well, we stopped by the R+E Cycle van and Angel Rodriguez looked at it and announced he would get me to Portland. He did major surgery on my front fork, fixed me up with a new wheel and with a little electrical tape to hold some things together, had me off in about 15 minutes. From there I had a wonderful and uneventful ride (other than a pinched tube which Angel also discovered and fixed at the Spanaway pit stop).

Again I want to thank all those involved and especially Angel and R+E Cycles.

Yours truly,
Leonard Clemeson
 Leonard Clemeson

Seattle's Best Repair.
Just ask our customers!

FREE FLAT TIRE COUPON



THIS COUPON IS GOOD FOR ONE
 FLAT TIRE REPAIR (You buy the tube,
 we install it for free. \$6.00 value)

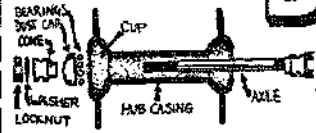
527-0360



This coupon does not expire.
 5619 University Way NE • Seattle, Washington 98105



527-0360



Learn the basics with
**Anybody's
 Bike Book**

\$9.00 value

Yours FREE

with purchase of a Seasonal Service Package or Overhaul

Valid only with coupon.

Expires Oct. 30, 1993



It's True!

527-0360

FREE 3-Day truing stand rental

With purchase of rims and spokes

Limited time offer. \$15.00 value



Valid only with coupon.

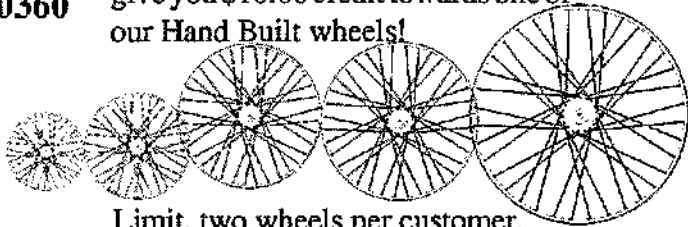
Expires Oct. 30, 1993



"Deals On Wheels"

527-0360

Bring in your old wheel(s) and we'll give you \$10.00 credit towards one of our Hand Built wheels!

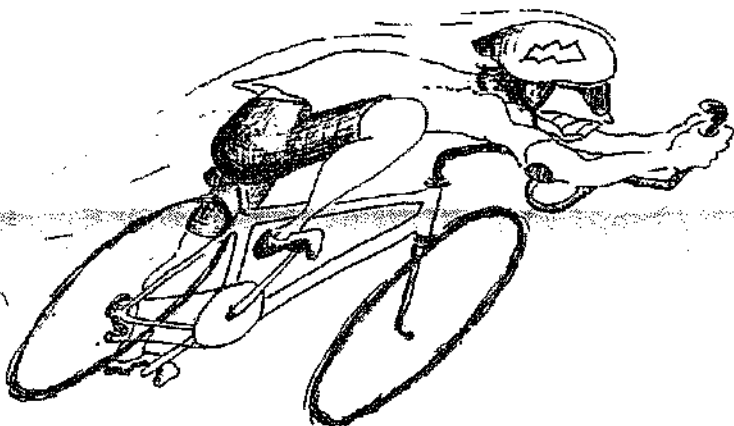


Limit, two wheels per customer.

Valid only with coupon.

Expires Oct. 30, 1993

A NEED FOR SPEED!



Make your bicycle as *fast* as it can be with **CARBON FIBER SPOKES!** That's right, carbon fiber spokes! Absolutely the lightest, most aerodynamic spoke on the market. They even come with their own carbon fiber spoke nipples.

Wheel weight is rotational, and creates centrifugal force. The most effective place on a bicycle to save weight is on the wheels. You can save 8 oz. to over 1 pound on a wheel set built with these spokes!

They are also covered by a **TWO YEAR** breakage warranty. Stop in today to see the latest in high performance wheels.



"CHAIN SHINE MR.?"

527-0360



Save \$4.00 when you purchase a Park chain cleaner and the solvent as a package for just \$25.00.

Limited to stock on hand

Valid only with coupon.

Expires Oct. 30, 1993

Hand Built wheels

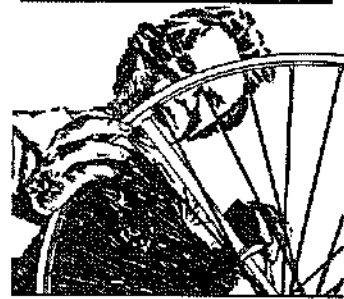
The most effective way to improve the ride quality of any bicycle is with an improved set of wheels.

Most people think that if a wheel is built with an expensive rim and hub, then it is a strong wheel. This is not always true! *The most important factor in wheel strength is not the components, but how the wheel was built.*

Most wheels are built by a robotic machine that puts undue stresses on the wheel during the build process. The wheel often leaves the factory out of true, out of dish, out of round, and with damaged spoke nipples. The machine never preps the spokes or the rim, so it becomes very difficult to correct any of these problems.

At Seattle Bike Repair, we hand build every wheel that we sell! And all of the wheels sold at R+E and Mountain Bike Specialists. We stand behind our quality with a **2-YEAR Guarantee!** Since 1990, we've averaged over 2500 hand built wheels per year. **WE KNOW WHEELS!**

Wheel Building CLASS



Learn To Build A Wheel From Start To Finish

In this class you'll learn:

- * Prepping the rim for building
- * Prepping the spokes for building
- * Unlock the mysteries of 'lacing patterns'
- * How to properly tension, round, true, and dish a wheel on a truing stand.

One-night classes will be held on

October 19 5:00 to 9:00 PM

November 23 5:00 to 9:00 PM

December 7 5:00 to 9:00

Class Fee is \$40.00 per class, to be paid at the time of registration.

To register, call SBR at 527-0360 (with credit card), or stop in.

STRESS-FREE ROADSIDE REPAIRS

U. OF SBR

Tuition Reimbursement program! Hands-on Workshop

Held on Wednesday Evenings from 7:00 to 9:00



Seattle Bicycle Repair
5619 University Way N.E.

Don't let the little things wear you down. Flat tire? Don't panic!
Chain fall off? That's a cinch! Brakes rub? No prob! Derailleur rattling? Knowing how to make those little adjustments and repairs keeps you rolling - smoothly, quietly, and fast.

Don't waste time in the repair shop for the those simple details.
Keep your bike in tip-top adjustment yourself.

Space is limited. Call 527-4822 to reserve your spot (credit card), or stop by R+E or SBR.

This class fee is \$10.00 upon registration. Upon completion, each student will receive a certificate good for \$10.00 in any of our stores!

Free is a very good price!



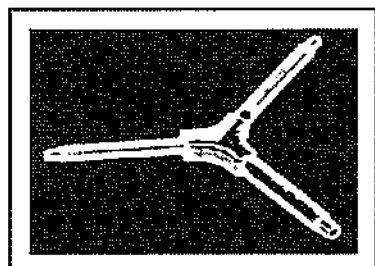
FIX IT RIGHT THE FIRST TIME

With a Pyramid 3-way Allen wrench kit.

(4, 5, AND 6 MILLIMETER)

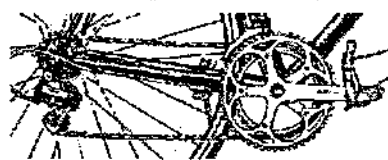
527-0360

**JUST
\$3.99**



527-0360

'THE SQUEAKY CHAIN GETS THE OIL'



With this coupon we'll check your chain for wear,
and oil it for **FREE**
WHILE YOU WAIT

Valid with coupon only.

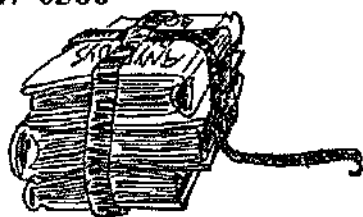
Expires Oct. 30 1993



527-0360

BACK TO SCHOOL!

At 10% OFF!



Use this coupon to receive
10% off of the price of any
repair book in stock. *Hurry,
selection is limited.*

Valid with coupon only.

Expires Oct. 30 1993



527-4822

'STRAP UP'

With a pair of Delta toe clips for just

\$4.99

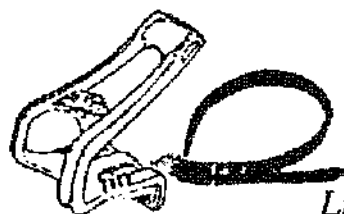
With straps

Regular \$8.99

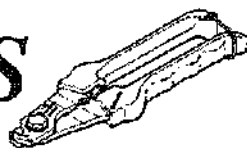
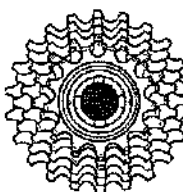
Limited to stock on hand

Valid only with coupon.

Expires Sept. 30, 1993



HANDS ON BICYCLE REPAIR CLASSES



These Four Part classes are geared for the person who wants to learn the skills to overhaul and tune their own bicycle. In this class you'll learn:



* Overhauling Hubs

* Truing Wheels

* Overhauling Bottom Brackets

* Overhauling Headsets

* Replacing Cables

* Adjusting Brakes and Derailleurs

* Great Question and Answer Sessions
Monday Night dates are:

1st session	August	9/16/23/30	7:00 - 9:00 PM
2nd session	September	6/13/20/27	7:00 - 9:00 PM
3rd session	October	4/11/18/25	7:00 - 9:00 PM
4th session	November	8/15/22/29	7:00 - 9:00 PM

The class fee is \$45.00 per session, and must be paid in advance. To register for this class call SBR at 527-0360 (with credit card), or stop in at SBR.



527-4822

WHICH WAY DID THEY GO?!

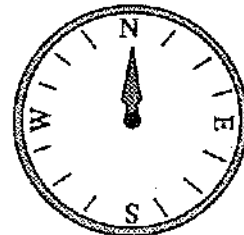
Locate a great buy on a wrist compass at R+E.

Buy any pair of gloves, and get a \$5.95

Trail Compass for just \$2.49!

Save over 40%!

Limited to stock on hand



Valid only with coupon.

Expires Sept. 12, 1993



527-4822

B-52 BOMBER

Blackburn's new bottle cage that holds 1.5 liter bottled water!

SAVE \$5.00

with this coupon

only \$14.99 while they last

Regular \$19.99

Valid only with coupon.

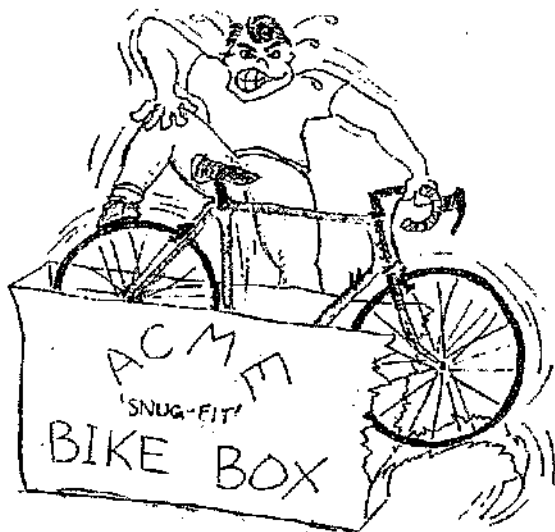
Expires Sept. 12, 1993



TRAVELING SOON?

6

READ THIS



If you travel on an airline and would like to take your bicycle, there are a few things that you may want to consider. Most airlines charge extra (up to \$45.00) to allow it on the plane. All airlines require that the bike is properly installed into a box. This procedure is not something that you will feel like doing in the middle of a busy airport, so it is best to have it done ahead of time.

At Seattle Bike Repair, we can save you the entire hassle! We can box your bicycle, and ship it UPS to a shop in the city that you are traveling to, where it will be properly assembled and waiting.

Or, if you prefer to box it yourself, here is the procedure. It requires a little time and energy, but it can be accomplished with the right tools and the right know-how. Here it goes:

- *Remove the pedals
- *Put derailleurs into lowest gears
- *Remove the handle bars
- *Disconnect the brake cables if necessary
- *Remove the front wheel
- *Pad the bike well (blankets, towels etc...)
- *Turn the fork backwards
- *Tie handle bars to top tube
- *Tie the front wheel to the left side of bike
- *Slip the whole ensemble into the box
- *Wrap the pedals and put them in the box
- *Seal it up tight with packing tape
- *Shake well and bake at 350 degrees
- *Kick back and have a beer! Whew!

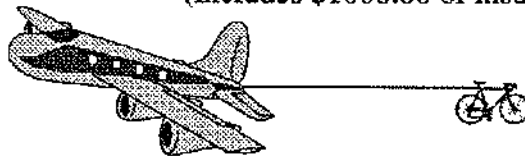


527-0360

TAKE A VACATION

'MAKE YOUR BIKE FLY'

With this coupon, we'll box and ship it anywhere in the continental U.S. for only \$45.00 (Includes \$1000.00 of insurance)



Valid only with coupon. Not redeemable for cash Expires Sept. 12, 1993



527-4822

RECYCLE YOUR SADDLE AND BE COMFORTABLE

BRING IN YOUR OLD SEAT TO RECEIVE

\$5.00 OFF

ANY GEL SADDLE IN STOCK

Limited to stock on hand. Offer expires 8/30/93

Valid only with coupon.

Expires Sept. 12, 1993



527-0360

DO YOU SQUEAK?

SAVE 20% ON ALL
TRI FLO
LIMITED TO STOCK ON HAND



Valid only with coupon. Not redeemable for cash Expires Sept. 12, 1993



527-4822

STAY WARM THIS SUMMER!

WITH A POLYPROPYLENE
JERSEY FOR JUST

\$5.00

\$17.99 value

WHILE THEY LAST! SUPPLIES LIMITED

Valid only with coupon.

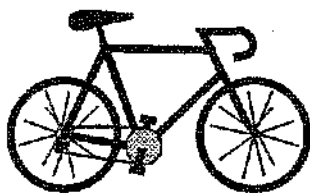
Expires Sept. 12, 1993

THE SBR \$3.00 BILL!

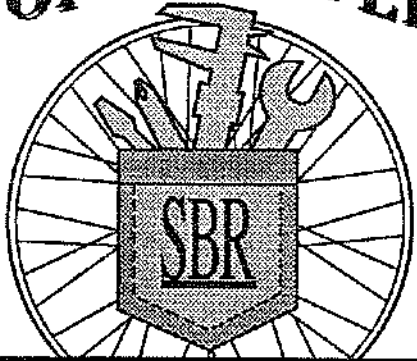
USE IT TOWARDS YOUR NEXT LABOR PURCHASE AT SBR

SEATTLE WASHINGTON USA

R+E CYCLES OF SEATTLE OFFERS



Not redeemable for cash. This coupon is good for labor purchases only. Valid only at Seattle Bike Repair.

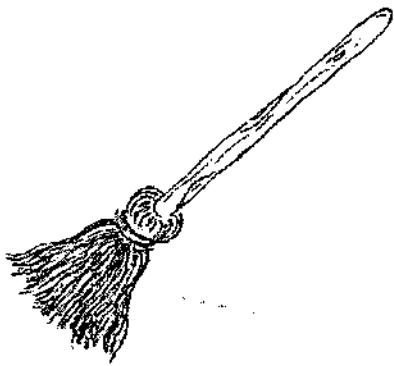


THIS CERTIFICATE ENTITLES THE BEARER TO \$3.00 WORTH OF SERVICE AT OUR SERVICE FACILITY (SBR). THIS OFFER IS VALID UNTIL OCTOBER 31, 1993.

Seattle Bike Repair

THREE DOLLARS

7



'SWEEPING UP'

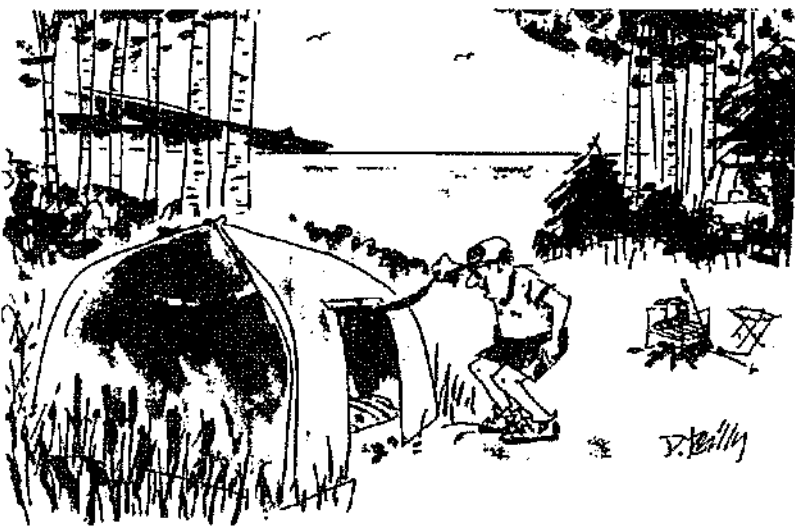
Continued from pg. 1

We'll be generating a list of volunteers to help sweep. We work from 7-9 and then R+E treats the volunteers to an evening at the Trolleyman. Call R+E at 527-1384 to sign up for our list of volunteers.

GO HIGH TECH!

R+E will be offering a new service, a Fax Newsletter. It will be a small, one page letter, and will be faxed during off hours. It will be sent once a month, and will consist of special coupons, and the up to date scoop of what's going on in the cycling world!

Bring in your completed fax newsletter signup slip today, and receive a **FREE** ice cream bar! Or fax it in! (527-8931)



"Why don't you run up some firewood while I go check the fax machine?"

FAX NEWSLETTER

YES Please sign me up for the Fax Newsletter

My fax number is

Name

Address

City State Zip



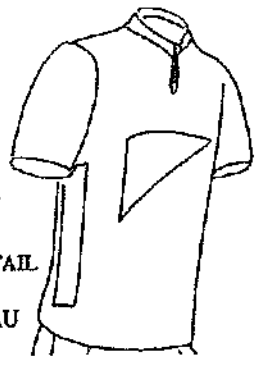
527-4822

DRESSED TO KILL!

AT
20% OFF

BRING IN THIS COUPON TO SAVE 20% OFF THE RETAIL
PRICE OF ANY JERSEY IN STOCK.

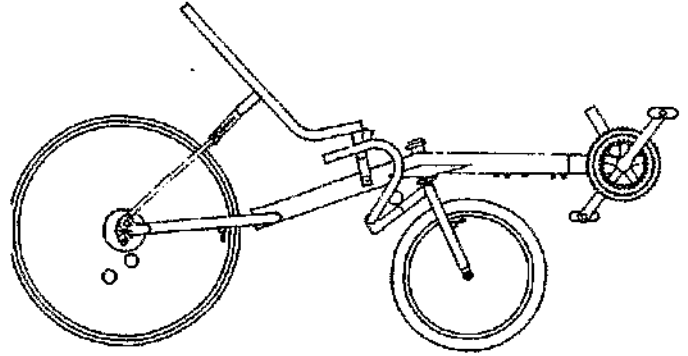
*PEARL IZUMI *DESCENTE *LOUIS GARNEAU
*GIORDANA *AND MORE



Valid only with coupon.

Expires Sept. 12, 1993

THERE'S A NEW VISION AT R+E CYCLES... 'GET THE LOW DOWN'



Recumbent bicycles are becoming more popular for a number of reasons. First of all the comfortable seat and seating position puts no pressure on your back, neck or wrists and alleviates saddle soreness. The rider can see forward and peripherally without cranking their neck. Performance wise, recumbents are the leading edge. Recumbents hold all of the human-powered speed records, the Race Across America speed records and the DuPont prize for breaking 65 m.p.h..

Recumbents are safe, easy to ride and they are fun! The low center of gravity allows you to stop quickly without being pitched over the handlebars. The low rider position creates good aerodynamics and makes the bike easy to ride.

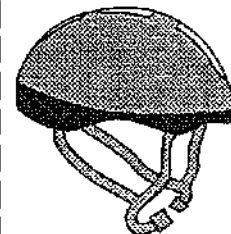
The **VISION R40** is the best choice in a recumbent. It is affordable, offers you the choice of a short or long wheelbase and accepts the same components and accessories as a traditionally designed bicycle. The VISION R40 fits on a standard roof rack.

Take a test ride and experience the thrill and comfort of recumbent riding. Test rides are always free at R+E. Our trained sales staff will teach you all that you need to know to guarantee you that you have a fun, safe experience the first time you pedal a VISION R40.



527-4822

PLAYIN' IT SAFE



SAVE \$10.00 on a
RHODE GEAR Breakaway helmet

Regular price \$44.99 now just \$34.99
Hurry, supply is limited to stock on hand

Valid only with coupon.

Expires Sept. 12, 1993



BOUNCE BACK 'WITH SUSPENSION'

These days, being a Mountain Bike Specialist demands knowing the ins-and-outs (or ups-and-downs) of modern mountain bike suspension systems.

At Mountain Bike Specialists we stock a wide variety of suspension products, and also provide the customer with the unique opportunity to test ride each product before they make their buying decision. From suspension-specific tires and hubs, to suspension stems and seat posts, to the latest after market front and rear shocks, you get a chance to "try before you buy" in our own private proving grounds.

While at Mountain Bike Specialists (M.B.S.), feel free to pick Derek's brain about fork rigidity or Mert Lawwill's leading link design, or ask Steve how to fine-tune and lighten your elastomer forks. Every M.B.S. staff member rides suspension of some sort on his personal bike, from front shocks to titanium seat posts. We have the expertise and experience to install it for you correctly at Seattle Bike Repair.

This is the time to come into M.B.S. and feel for yourself what suspension has to offer you.

Because you don't have to take our word for it.

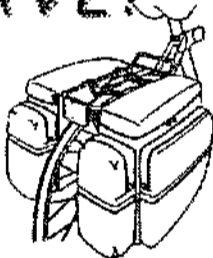


'BUY AMERICAN' AND SAVE!

527-4310

Purchase any American made panniers in stock, and get \$10.00 off any American made rack in stock. Choose from:

*Madden *Mountain Minded *Over Land
*Blackburn *Bruce Gordon



Valid only with coupon.

Expires Sept. 12, 1993



FREE TUBE*

WITH THE PURCHASE OF ANY
zéfal®

'Mini Mountain Pump'

527-4310

\$5.00 value



*Basic butyl tubes only. Limit one per customer.

Valid only with coupon.

Expires Sept. 12, 1993



GRIP THIS!

Buy any set of SCOTT bars, and the

\$10.00 to \$20.00 value

527-4310

GRIPS ARE ON US!

Limited to stock on hand. One set of grips per bar.

Valid only with coupon.

Expires Sept. 12, 1993



Try 'em before you buy 'em

527-4310

Use this coupon for a one
day **FREE** tire rental

Limited time offer (\$2.00 value)



Valid only with coupon.

Expires Sept. 12, 1993



STOP!

With a brand new Suntour XC Pro
brakeset with levers!

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