

December 1999



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

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

THE NEWSLETTER OF CYCLING VALUES! DECEMBER 1999 EDITION

WE'RE HAVIN' A PARTY!! AND YOU'RE INVITED!

HOLIDAY CELEBRATION ~~IN~~ KONA! BY



We can't take you to Kona and we can't bring the top professional cyclists to our shop but we'll do the next best thing...

**On THURSDAY
DECEMBER 16 FROM
4-8PM**



KONA Mountain Bikes, and Artist Christopher Behrens, will be at R+E Cycles for a Holiday Party and Special Sale. All KONA Bicycles will be 15% off and our entire stock of clothing and accessories will be 10% off.

Christopher Behrens is the artist who painted the giant Joey Galloway mural downtown. As a professional sports artist he has painted several breath taking cycling pieces that have awed all of us who have seen them. Currently he is working on a project depicting Greg Lemond, of which he will sell a limited number of prints. With a degree in kinesiology and an extensive sports background, Christopher's paintings capture anatomy and athletic competitiveness even better than a camera. We invite you to come by and see his originals. Once you see them, you'll remember them for a long time! And they'd make a spectacular holiday gift!



Kona Bicycles are well known for their bikes, however they also make a lot of cool clothing and accessories that we don't normally stock. This is your chance to see and purchase some of these unique items. We're talkin' beach towels, bags, shorts, jackets, jerseys and more. KONA will be sending some of their top "inside guys" to teach us how to party the KONA way. They'll be bringing some cool door prizes, exotic bikes, tons of technical talk, and of course great KONA coffee. We'll supply the egg nog, holiday cookies and great deals.

We'll have some demo downhill bikes that you won't be able to see or ride any place else but here - at R+E. If you are interested in a gonzo downhill bike, a city commuter, a cool single speed, or the ultimate cyclocross bike you'll want to check out the KONAS.

If you want to purchase a gift for yourself or anyone else it's the chance to save 10% on a trainer, heart rate monitor, clothing, clipless pedals and anything or everything you want!!
**WHEN YOU SPEND \$50 OR MORE
WE'LL PUT YOUR NAME INTO A**

**STOCKING. WE'LL DRAW
A NAME FROM THERE
AND THE WINNER WILL
RECEIVE A \$100 GIFT
CERTIFICATE!**

We look forward to seeing you on THURSDAY DECEMBER 16 FROM 4-8PM for fun, food and great deals!

**R+E CYCLES HOLIDAY CELEBRATION
ONE EVENING ONLY!
DECEMBER 16TH 4-8 PM
EVERYTHING WILL BE ON SALE
15% OFF KONA BICYCLES
10% OFF EVERYTHING ELSE!**

WHAT'S INSIDE THIS ISSUE

KONA CHRISTMAS	Pg. 1
REPAIR CLASSES	Pg.2
WINTER CYCLING	Pg. 4
TRAINING INDOORS	Pg. 5
SALLY EDWARDS HONORED... Pg. 6	
WINTERIZE YOUR BIKE	Pg. 7



Special Holiday Hours

Thurs. 12/16 12-8
Fri. 12/24 10-4
Sat. 25th Closed
Mon. 12/27 12-6
Tues. 12/28 12-6

12/31 - 1/4/00 Closed

WINTER HOURS

Monday - Closed
Tuesday - Closed
Wednesday - Friday 12-6
Saturday - 10-5
Sunday 12-4

5627 UNIVERSITY WAY NE
SEATTLE WA, 98105
206-527-4822
FAX 206-527-8931
e-mail RodTandem@aol.com
<http://www.rodcycle.com>

The Simplest Trainer in the World

You may have seen the easy to use trainers that we are constantly using on our shop floor. The Quikstand is simple, durable and lets you work out in your living room! Stay in shape all winter long!
Reg: \$190

Holiday Special: \$149.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

R+E CYCLES 206-527-4822
FREE SHIPPING FOR ORDERS OVER \$15

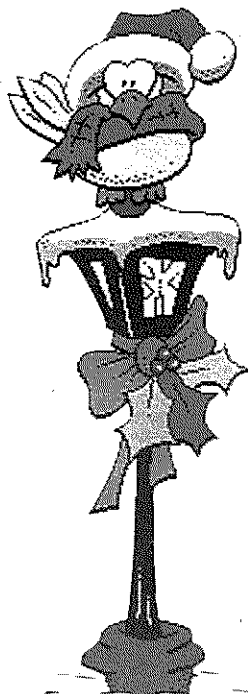


You can see right through this deal

Waterproof. Inexpensive and Very Cool
These clear rain jackets keep you dry but let everyone see your nice jersey. Mesh vents under the arm pits help cool you down and the velcro closure is easy to use while you are riding. Reg: \$20

Holiday Special: \$17.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

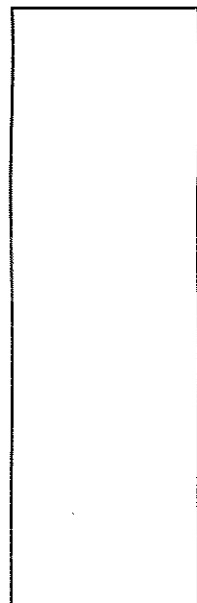


Bulk Rate
U.S. Postage Paid
Seattle WA,
Permit No. 12977

\$20 FOR YOU!!

Purchase \$100 or more worth of regularly priced merchandise and receive a \$20 gift certificate for you to use yourself or use as a gift for a friend!

This is not an in-store coupon. One coupon per customer, one certificate per coupon. This offer is good with coupon that has mailing label only. No cash value. Expires 12/24/99





BICYCLE REPAIR CLASSES

How much do you know about repairing your bicycle? How much would you like to know?

At Seattle Bike Repair, we offer a range of classes to people at all levels of bicycle knowledge. From the Roadside 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.



Road Side Repair \$35

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: Dec. 9th, Jan. 11th, Feb. 21st (6:30 PM)

Call 206-527-0360 to sign up

(This class is limited to 8 people)

Wheel Building Course \$100



Learn the mystical art of wheel building from the best! At Seattle Bike Repair we warranty our wheels for 3-years. That's the best warranty in the business. We offer this warranty because we know how to build wheels. In this class, you'll actually build 2 wheels for your own use. You can bring your own new parts, or we'll give you 10% discount on the parts if you buy them from us.

This is a two-evening class and there will be some homework.

Upcoming class dates are: Jan. 10, 13 (7:00 PM)

(These classes are limited to 4 people per course)

The Well Tuned Bike \$85

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:

Nov. 16, 17, 18; Dec. 7, 8, 9; Feb. 8, 9, 10 (6:30 - 9:00 PM)

(These classes are limited to 5 people per session)



The Overhaul Course \$140

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:

January 24, 25, 26, 27

(6:30 - 9:00 PM)

(These classes are limited to 5 people per session)

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.'

Tandem Mechanics \$35

THERE'S SOME STRANGE STUFF....

ON A TANDEM THAT REQUIRES SPECIAL MECHANICAL SKILL TO MAINTAIN & REPAIR. THIS CLASS IS A SUPPLEMENT CLASS FOR TANDEM SPECIFICS. FOR BASIC MAINTENANCE THE 'WELL TUNED BIKE' CLASS IS ENCOURAGED FOR TANDEM OWNERS.

IN TANDEM MECHANICS, WE'LL TEACH YOU & YOUR TANDEM PARTNER HOW TO:

- INSTALL & TENSION THE STOKER CHAIN USING THE BOTTOM BRACKET ECCENTRIC.
- YOU'LL LEARN ABOUT DRUM BRAKES & DOUBLE THREADED HUBS.
- WE'LL TEACH YOU HOW TO SYNCHRONIZE YOUR CRANKS TO MAKE YOU MORE EFFICIENT RIDERS.

THE CLASS MEETS FOR ONE INFORMATIVE SESSION FOR 2 - 3 HOURS.

THE COURSE FEE IS \$35.00 PER TANDEM. YOU ARE ENCOURAGED TO BRING YOUR OWN BIKE!

NEXT COURSE DATE:

TUESDAY FEB. 22, 2000

(Tandem class is limited to 4 couples)

DO IT TODAY

To sign up for a Seattle Bike Repair Class
Call us at 206-527-0360
During our business hours
All classes require prepayment
for registration

R+E CYCLES 206-527-4822
FREE SHIPPING FOR ORDERS OVER \$15



Bring the Greatest Cyclists Into Your Home



Graham Watson has captured some great cycling moments in the careers of Armstrong, LeMond, Julich, Hampsten and Hincapie. Blown up into poster size, these beautiful photographs will enrich any home or office decor! Reg:\$13

Holiday Special: \$10.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

2



Every Cyclist Appreciates a Good Floor Pump

Show your friends or family how much you appreciate them. You don't have to worry about size or fit or if they'll like it. The Serfas pump has a durable metal construction, with a dual head (for either kind of valve) and an accurate gauge. You can't go wrong. Reg:\$40

Holiday Special \$29.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



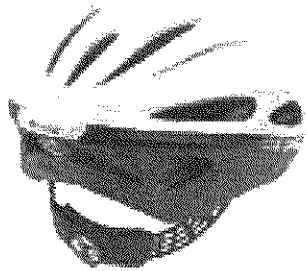
A HELMET THAT'S REALLY DIALED IN!!



Literally. The "Globe" helmet, by Louis Garneau, fits better than any other helmet we've seen. That's because it has a little dial on the back of the retention system. After you adjust it as well as any other helmet, you turn

this little gizmo and it takes up the final slack. At R+E we are fussy helmet fitters and this is going to allow us to fit helmets even better than before. The Globe helmet has 21 vents for great air flow, comes in 5 colors and a one year free crash replacement. If you want to give one as a gift, don't worry about the size, we'll gladly exchange it if necessary.

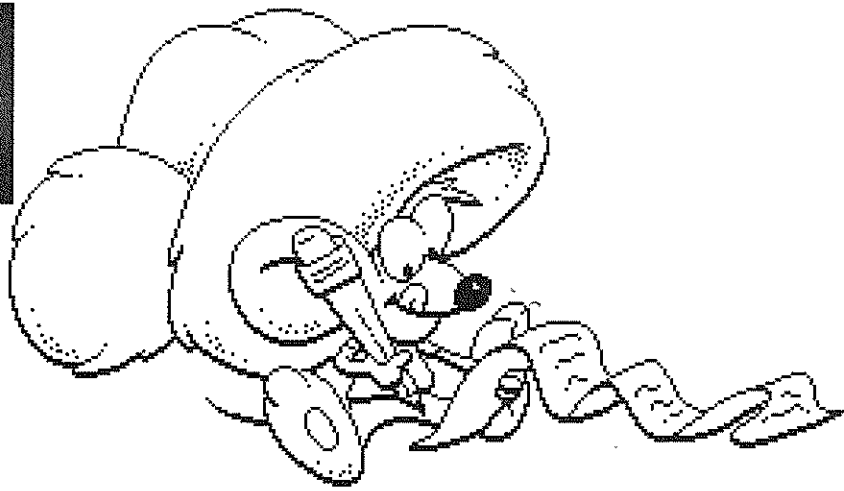
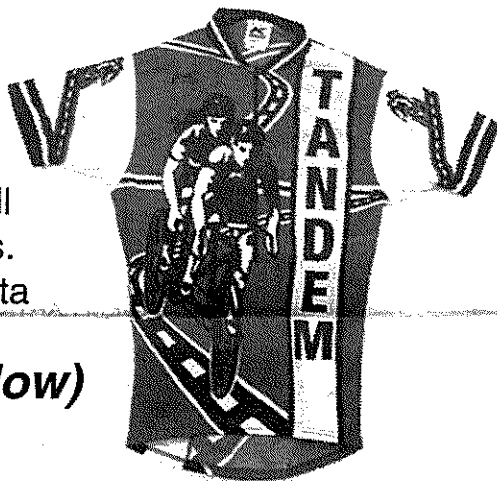
\$54.99



HIDE THIS FROM YOUR TANDEM PARTNER

His and Hers jerseys featuring cool tandem graphics. Think ahead to spring and you'll be the envy of all of your tandem friends. Tell your partner, "Santa brought them".

(see coupon below)

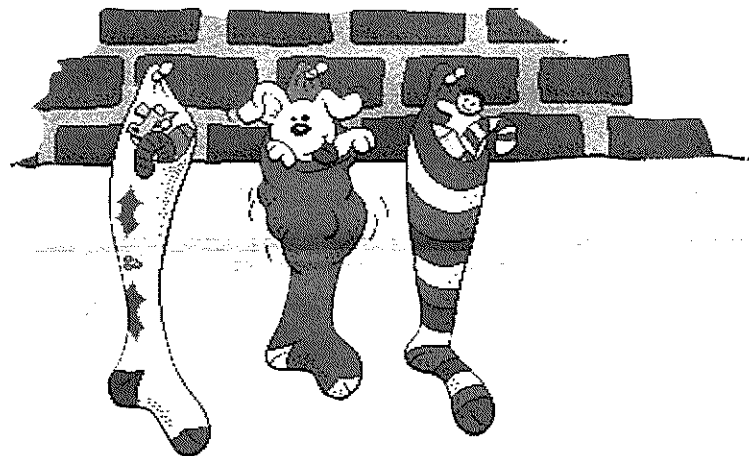


NEED TO EXCHANGE A GIFT? NO PROBLEM!!

When you purchase a gift from us we'll include a gift card. The small print on the card will tell the recipient that it was purchased at R+E and that that card will serve as a receipt so they don't have to come up with the original. It's that easy. And it saves you from having to buy a card!!



**R+E CYCLES 206-527-4822
FREE SHIPPING FOR ORDERS OVER \$15**



RE Freeze your leftovers, not your ears.

If you want to keep your ears warm without wearing a bulky hat (that often makes you be too hot, anyway), slip a pair of fleece ear warmers over the straps of your helmet. Helmuffs are a great stocking stuffer! Reg:\$12

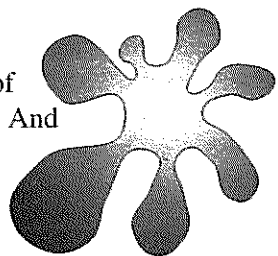


Holiday Special: \$10.49

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE Here's Mud In Your Eye

Unless you have a front fender. Our front deflector shield velcros onto the downtube of any bike to help keep the crud off your face. And they even fit in a stocking. Reg:\$7

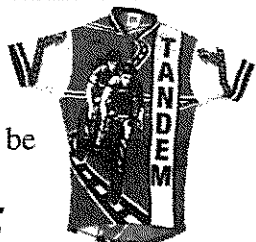


Holiday Special: \$4.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE The Perfect Match

Check out our mens' and womens' jerseys with cool tandem graphics. Purchase a "tandem" jersey and get the other one for half price. Guaranteed not to be found at "the mall". Reg:\$50



the second one is only \$25

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE "Just for the articles"

And the pictures are pretty good too. Scott Tinley's TRIATHLON book is full of great pictures with hysterical captions. It's a great coffee table book that chronicles the sport of triathlon with its early beginnings in 1972 up until the present. You'll find it exciting whether you are a novice triathlete or an Ironman® finisher. Reg:\$40



Holiday Special: \$29.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

**R+E CYCLES 206-527-4822
FREE SHIPPING FOR
ORDERS OVER \$15**

RE Socks on a Necktie??

Pick the socks. Enhance your friends' wardrobes with RODRIGUEZ cycling socks. They're thin to easily fit in cycling shoes and they efficiently wick away the sweat and dry easily if they get wet. Not recommended with 3 piece suits. Reg:\$8



Holiday Special: \$4.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

GRAY'S ANATOMY OF THE WINTER CYCLIST

You might find this hard to believe but it is really quite fun to ride during the fall and less severe winter days. That is, if you have the right gear. If you can stay dry you'll find that the trick is not about keeping warm, it's about not over-dressing. There are five essential items that will allow you to enjoy your bike these next few months.



Most important is a raincoat that breathes well. The Burley jacket has been our favorite for years. It is tried and true. In addition to its main feature, that it keeps you dry, this jacket has obviously been designed by someone who rides. You'll notice that the sleeve opening at the wrist is quite generous. This lets

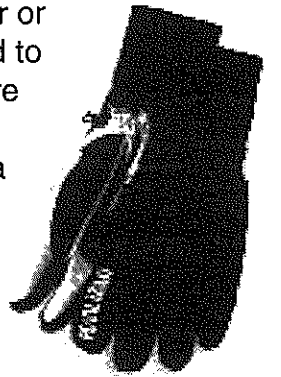
you tuck your gloves under the cuff without fighting some tight elastic with the additional bulk of your gloves. I've never seen another cycling jacket that includes this. You'll also find oversize pit zips, pockets, lots of ventilation and an adjustable collar. In 15 years of trying other jackets we've never found another one that we like better!



Fenders are the next must. Many people just opt for a rear to keep the stripe away, but a front fender keeps all the crud from the wheel from flying up into your face. Not only will it keep you cleaner and drier, it will also make descending safer.

You'll find that your fingers and toes really get cold. Cycling gloves are great because they are ergonomically designed to access your brake and shift levers more easily. Booties or waterproof socks are the ticket to keep you feet warm. Neoprene or waterproof booties are the most popular. With neoprene booties, your feet will still get wet but they tend

to stay warm(er). If you are riding an hour or less these usually do the trick. If you tend to have feet that are cold to begin with or are doing a longer ride you may wish to use other tactics as well. Burley also makes a waterproof bootie, however it is a little baggier than the traditional neoprene style.



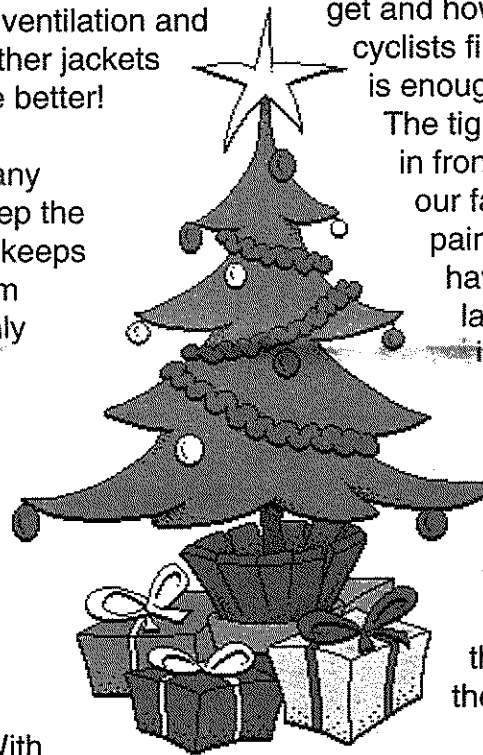
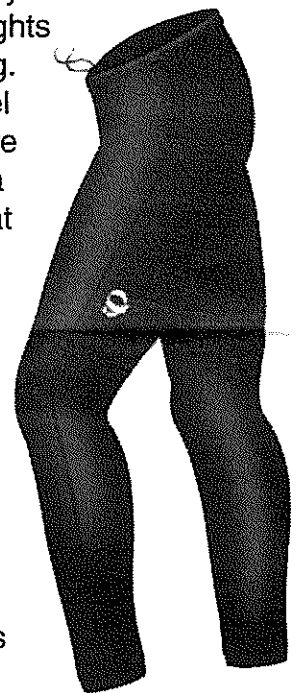
Waterproof socks are another alternative. You need to have a little extra room in your shoes and you'll find that your shoes will get wet and dirty, but they sure do the trick. I often wear these if it's not raining when I leave but might rain later. They are small enough that you can carry them "just in case".



Whether you wear warm tights or rain pants depends on how hot you tend to get and how far you are riding. Many cyclists find that a warm pair of tights is enough even when it is raining.

The tights that offer a rain panel in front (Pearl Izumi AmFib) are our favorites. Burley makes a pair of cycling rain pants that have a reflective cuff and large enough ankle opening so that you don't have to take your shoes off to get in or out of them.

Give it a try...you might find that you like it. And if all else fails, there's always the always the stationary trainer!



R+E CYCLES 206-527-4822
FREE SHIPPING FOR ORDERS OVER \$15

RE CYCLES *This is the best coupon in the newsletter.*

Every now and then we buy too many of an item and now it is time to say good by to the too many water packs that we bought this summer. Now you can buy a 72 ounce "Oasis" bladder with pack for only \$15.99. It's almost too good to be true... Reg:\$40
Holiday Special: \$15.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



RE CYCLES *Rainlasses*

Since we sell sunglasses in the summer, shouldn't we sell rain glasses in the winter? These clear or amber lenses are perfect for cloudy weather. Keep the rain and gunk out of your eyes for a safer and more comfortable ride. Reg \$:20
Holiday Special:\$12.99


Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



RE CYCLES *Liberate Yourself!*

Which do you like better, your derailleur or your saddle? If your derailleur works fine but you are not particularly fond of your saddle, get a new one. A Terry Liberator! A saddle with the front cut out can be awful comfy. (If you try it and don't like it, you can exchange or return it!) Choose from men's or women's Reg:\$45
Holiday Special: \$39.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



RE CYCLES *Don't wash your hair on the way to work.*

Want to keep your head dry on rainy days? The Burley helmet cover fits all helmets. Waterproof and breathable, it's as useful as a hood on a parka. It's a pretty nice thing to have. Available in yellow or blue. Reg:\$10
Holiday Special: \$8.49

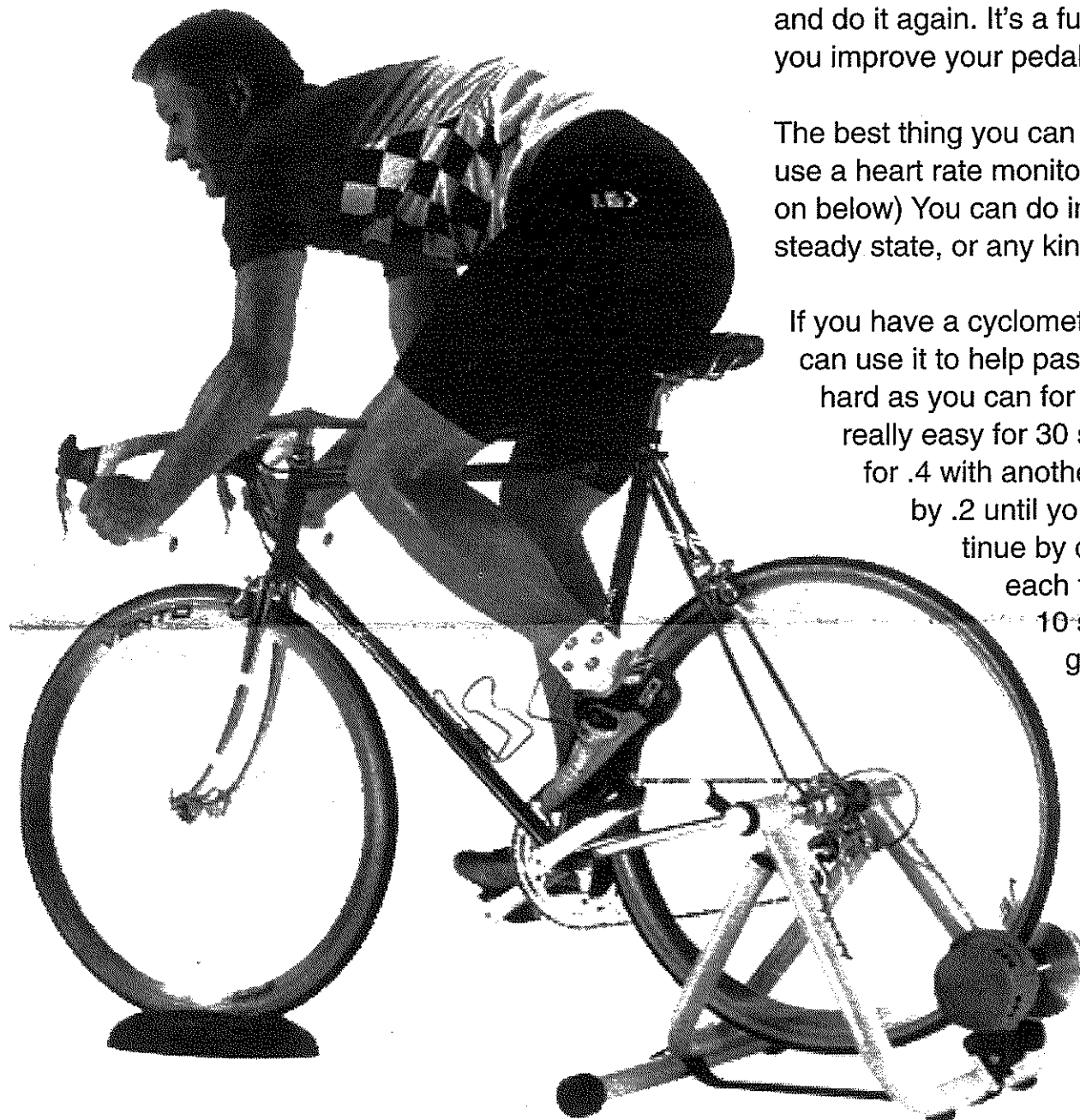
Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



TIPS FOR RIDING INDOORS

Lots of people opt for indoor workouts this time of the year. It's a great way to stay in shape as well as ensure comfort on your bike this spring.

Putting your bike on a trainer instead of using an "exercise bike" has the advantage that it lets you use the same position, saddle and muscles, that you'll be using on the road. You can use it any hour you choose, in the comfort of your home. The only downside is that sometimes boredom sets in. But that is easy to conquer.



Have you ever tried pedaling with just one leg? Pull a chair up to a comfortable position alongside your bike and remove one of your feet from the pedal. Rest it on the chair and try pedaling for a minute or two with just one leg. Swap legs and do it again. It's a fun exercise and it will help you improve your pedaling technique.



The best thing you can do with your trainer is to use a heart rate monitor with it. (see the coupon on below) You can do intervals, ladders, ride at a steady state, or any kind of workout you choose.

If you have a cyclometer on your bike then you can use it to help pass the time. Try riding as hard as you can for .2 mile and then pedal really easy for 30 seconds. Then pedal hard for .4 with another 30 second rest. Increase by .2 until you hit a mile and then continue by decreasing the distance .2 each time until you have done 10 segments. You'll find you get a good workout in and hopefully the time will pass quickly. Ask us for other workouts and we'll be glad to help you.

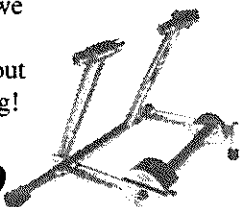
I think you'll find that if you use your trainer twice a week through the winter, that when spring rolls around, you'll be at the front of the pack!

RE The Simplest Trainer in the World

You may have seen the easy to use trainers that we are constantly using on our shop floor. The Quikstand is simple, durable and lets you work out in your living room! Stay in shape all winter long!

Reg: \$190

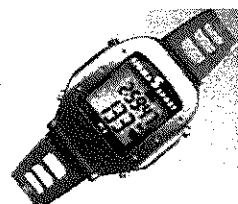
Holiday Special: \$149.99



Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE Is your heart in your workout?

The Sigma heart rate monitor gives you a constant heart rate reading as well as allows you to set a zone alarm and has all the features of a watch. Purchase a Sigma monitor at 10% off and we'll even give you Sally Edwards' Heart Rate Monitor Book, for **FREE**, which will tell you how to use it effectively.



Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE Attention Soccer Moms

How about a cute little soccer ball bell for your favorite player's stocking? We also have realistic "hamburgers" to let the fans know to get out of the way! Reg: \$5

Stocking special: \$3.99



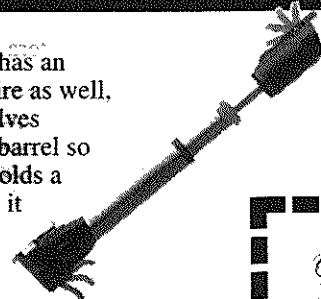
Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE A lot of Bang for Your Buck

Finally a minipump with multi functions. It has an integral tire lever that lets you reinstall the tire as well, a head that works on Presta or Schraeder Valves (without switching anything), a telescoping barrel so you get a lot of air with each stroke, and it holds a glueless patch kit! There's a reason they call it the Einstein! Reg: \$30

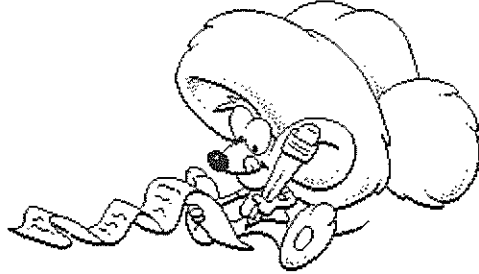
Holiday Special: \$25.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



WHY IS AN R+E WATERBOTTLE SUCH A GREAT GIFT??

Most people expect to put water in their waterbottles. We have another idea. How about a great R+E GIFT CERTIFICATE?! Lots of stores wrap their gift certificates in a recyclable paper envelope but we really dress ours up. Watch your friends face go from "oh, boy, I got a waterbottle, just what I wanted", to one of true appreciation when they discover a little piece of paper that lets them get just what they wanted. Available in any amount that you would like to give. It is easy, fun and sure to be appreciated.



SALLY EDWARDS IS INAUGURATED TO THE TRIATHLON HALL OF FAME

It's not every day that someone who rides a RODRIGUEZ receives such an honor. I was sitting at my desk when I received the phone call from Sally. She was to be the third woman to receive this honor and she wanted to invite some of her friends and supporters to attend the event. It was to be held in San Diego on a Sunday night. It sounded kind of benign and fun so along with 2 of her other friends from Seattle, I naively accepted the invitation. I figured that the worst that could happen would be that I might have to buy some new dress up clothes.

A week before the gala event Sally informed me that the celebration was happening in conjunction with the National Pro Race Championship and that as her guests, we would get to compete too! Oh boy, maybe I should enter the Indianapolis 500, as well. Finally she told me that there was a "splash and dash" that we could enter. It sounded harmless.

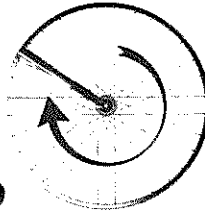
I'll make a very long story short. Swimming in a lake is quite different than swimming in a pool. Swimming in the ocean is equally different from a lake. Add 6 - 10 foot waves and it adds a whole new dimension if you are a "recreational" triathlete. Throw in a rip tide and a strong current pulling you to the pier that is awfully close to the finish and you have a swim that gave me nightmares for the next three nights.

I watch hundreds of women face their fears when they enter the Danskin as their first triathlon. It was humbling for me to be in those shoes again. I extend another warm congratulations to Sally as she continues to inspire people of all abilities and I applaud Rebecca and Paul Yao from Bellevue, who kicked my butt in the toughest race I've ever done!!

When you see Sally this summer, give her an extra high five.

WORKS LIKE MAGIC

It may seem like we are always talking about the Speed Lever. We are. It really makes flat tire changing a cinch. It takes the tires off quickly and even lets you re-install it with ease. There is nothing else like it. Reg:\$8

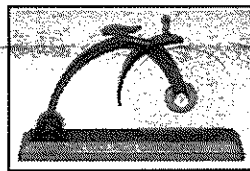


Stocking Stuffer Special: \$6.49

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

DO YOU KNOW ANYONE WHO LIKES PIZZA?

The Park Pizza cutter in the shape of a bike is the perfect gift. The sharp wheels cut thru any crust and you don't ever have to worry about getting a flat! Reg:\$20

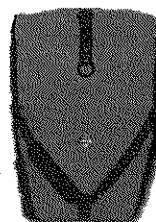


Holiday Special:\$15.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

IS WATERPROOF IMPORTANT TO YOU?

If you or someone you care about are riding around with porous panniers, now is the time to indulge in some Ortlieb waterproof panniers. Not only are they waterproof, they have the easiest to use mounting system. Pick up a pair today for 20% off.



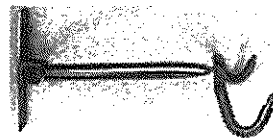
Fronts: Reg: \$130 Holiday Special: \$104

Rear: \$140 Holiday Special:\$112

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

Where is Your Bike?

If it is leaning against a wall or you are tripping over it in the middle of your room, we have the perfect solution. This wall mounted rack folds flat when it is not in use. It is nice looking and protective so it will not scratch your bike. Reg:\$15

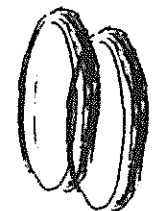


Holiday Special: 9.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RETIRE TOMORROW!

Install a PAIR of Vittoria tires for only \$15. Winter can be hard on tires, so start off with a fresh pair or put away a pair for a fresh start next summer. They'll never go out of style and they don't have an expiration date. Y2K compatible. Vittoria Romas size 700x25 Reg:15



Holiday Special: 2 for \$14.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

The Perfect Combination

That's because you get to pick it. Did you ever forget the combination to a lock? Fear not. The Delta bike lock is a coiled cable with an integral resettable combination lock. One less thing to memorize. Perfect for kids or adults. Reg:\$17

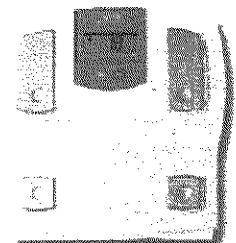


Holiday Special:\$9.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

It's all muscle!

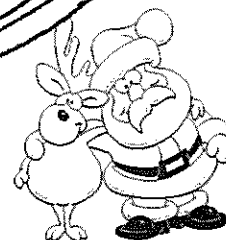
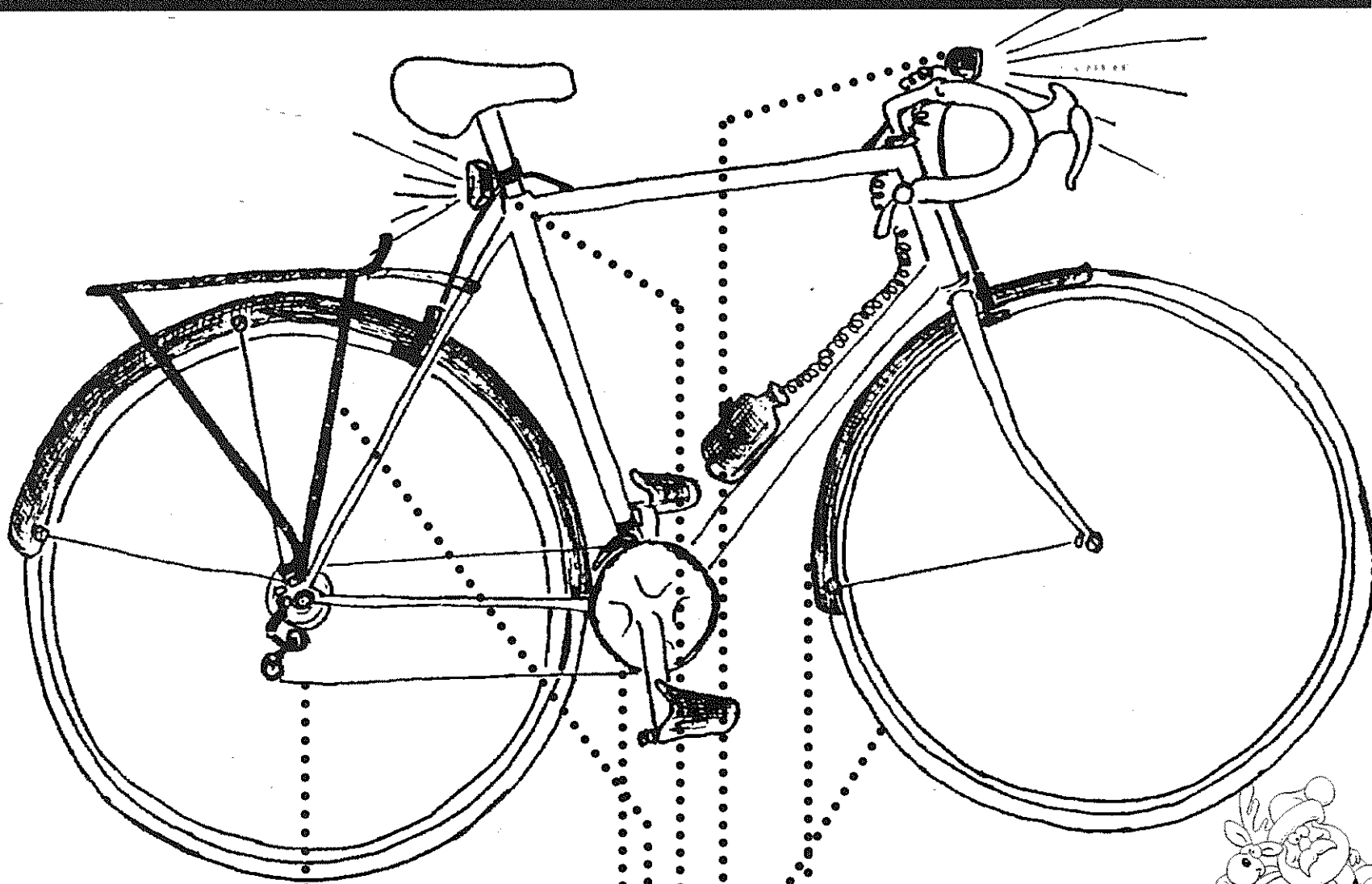
They say muscle weighs more than fat. Find out how much of each you have (or don't have). The Tanita Body fat scale gives you your weight in tenths of a pound as well as your body fat. It has 4 settings so everyone in the house can play. It can be motivating and rewarding. Reg: \$160



Special: \$134.99

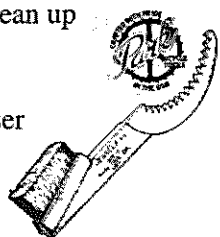
Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

TIME TO WINTERIZE!



RE GRUNGE IS OUT

So why do you have a dirty freewheel? Clean up your gears and derailleurs with Finishline Degreaser and a Park Gearbrush. It's the cleanest way to get clean. Buy the degreaser (\$9.99) and then the brush is only \$2.



Save 20%!!

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE Struck by Lightning

That can be a good thing if you are a chain and the lightning is White Lightning. White Lightning is our favorite chain lube. A well lubed chain will last longer and perform better. If you live in the Northwest you need to lube your chain often. Reg:\$6

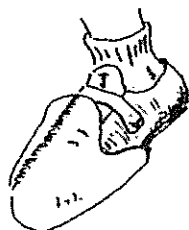


Stocking Stuffer:\$4.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE This little piggy went to market

And cried "frozen, frozen", all the way home. Mount these handy neoprene covers right on to your toe clips and you'll have them with you all the time. We love them! Reg:\$19.99

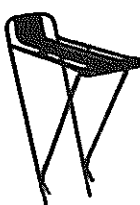


Holiday Special:\$14.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE HOI HOI and Haul it Away

Imagine Santa without a sleigh! Whether you want to carry a small day pack or full panniers you'll need a rack. Our basic rack fits all bikes and holds all gear!



Reg:\$30

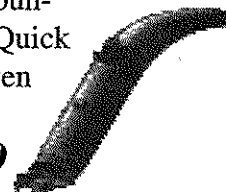
Holiday Special:\$19.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE PROTEST THE RAIN!

Shield yourself from that evil dirt. These Zefal quick release fenders fit on mountain bikes and even clear V brakes. Quick and easy installation that you can even do yourself! Reg:\$15

Holiday Special:\$11.99



Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE Light up the Holiday Season

We've got a great set of front and rear lights. A halogen front light and 5 LED rear light are perfect for winter or spring riding. This set even includes all the batteries!



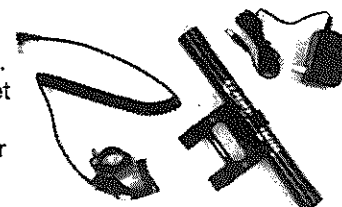
Serfas light set reg: \$25

Holiday Special: \$18.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

RE HOW BRIGHT ARE YOU?

VistaLite is a reliable veteran in the cycling industry. This year they have introduced the "Night stick". They have a myriad of systems for you to choose from but the heart of the system is a battery the size of a frame pump. It even mounts in a pump bracket on your downtube, leaving your water bottle cage free for a water bottle!



You can choose from a NiCad or Nickel Metal Hydride battery and you can choose from 5,10,15 or 20 watts. These lights are amazingly light and extremely well made. Once you've seen these you'll be trying to pawn your old lights off on your buddy. For the person looking for a lighting system that is versatile, and very reasonably priced, we suggest the Nightstick. These lights will make your ride home, to work or the bowling alley a treat. Reg. starts at \$69.00

Use this coupon for a 10% discount on any Nightstick system in stock!

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

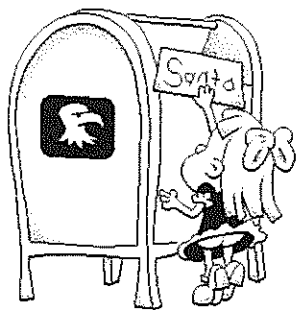


ESTELLE GRAY & RODRIGUEZ BICYCLES ARE CONDUCTING A WOMEN'S CYCLING CAMP!!!!



And the timing is perfect...you can buy it for your favorite woman (women??) for the holidays, tell all of your friends to chip in and buy it for you, or get a \$25 discount if you sign up before Y2K!

We'll be offering 3 weekend camps. Pick the date that works best for you. They will be held June 9-10, July 28-29, Aug. 4-5 at Mountain Springs Lodge outside of Leavenworth, WA. The seminars and instruction will be geared towards 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, injury prevention, proper bicycle fitting, training, basic roadside repairs, equipment and clothing. You'll have an opportunity to try clipless pedals and work with a cadence computer.



We welcome riders of all ages and abilities. The material is designed for the woman who wants to get a better understanding of her bike as well as those who are going to ride from Seattle to Portland and want to do it more easily and efficiently.

Instructors will include:

Estelle Gray, owner of R+E Cycles, world record holder
Julie Johnson, physical therapist and ultra marathon cyclist.
Dr. Anna Schwartz, women's 24 hour record holder, ultramarathon cyclist
Betsy King, (ex) professional racer (Tour de France), LPN, ultramarathon cyclist

Cost of the camp is \$399 and includes
2 nights lodging (single beds, four to a room)
6 meals (Fri dinner thru Sun lunch)
Instruction and all materials
Use of a cycling computer with a cadence function

To sign up:

Name _____ phone(s) _____

Address _____ city, st. zip _____

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



R+E CYCLES

**5627 UNIVERSITY WAY NE
SEATTLE, WA 98105
206-527-4822**



**SEATTLE
BIKE REPAIR**

**5619 UNIVERSITY WAY NE
SEATTLE, WA 98105
206-527-0360**

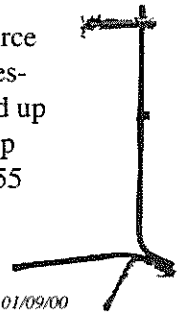
FOR THE CYCLIST WHO HAS EVERYTHING



Do they have a workstand? Our Wrenchforce workstand is functional enough for a professional mechanic to use but compact enough to fold up and stick in a corner. Holds the bike in a firm clamp and spins 360 degrees, just like you need. Reg:\$ 155

Holiday Special:\$129.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



Wetsuit With a Motor

It's raining enough this winter you might want to wear this wetsuit while you are riding! Get a jump on the triathlon season and save 20%. We have a few Ironman® wetsuits left, and if we have your size, you are in luck. Reg:\$400

Wet Weather Special: \$319.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

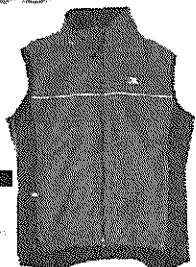


The Best Vest in the West

It's your chance to be the best dressed. The Pearl Izumi Kodiak Barrier Vest is perfect for cycling, running or winter sports. It is fleece on the inside and windproof on the outside, with a rear zippered pocket. It's hard to decide if its best asset is its functionality or its good looks. Reg:\$75

Holiday Special: \$62.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00



Save a Seat

These Avocet saddle covers are waterproof to protect your nice saddle. Perfect if you live in a place where it rains a lot. Reg:\$6

Stocking Stuffer:\$4.99

Offer good with coupon only. No cash value. Limited to supply on hand. Expires 01/09/00

