

Quote of the Month
 Never give up.
 This may be
 your moment for
 a miracle.
 -Greg Anderson



April 2002



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

THE NEWSLETTER OF CYCLING VALUES! APRIL EDITION 2002

SO MANY RIDES

We had a lot of fun at the Bike Expo. Although we spent the majority of our time in our booth, we did get to take a few minutes to walk the show. What impressed us the most was just how many organized rides there are. It also appeared to us that there was much more of a presence of road bikes than mountain bikes.

When R+E Cycles first opened in 1973 there were 4 basic riding styles. Some "crazies" loaded all their gear on their bikes (mostly all on the rear) and toured from one place to another. "Racers" were usually young and rode on "sew up" tires and then there were the college students and a few others who "commuted". And of course, there were "kids" of all ages who rode their bikes for fun.

In 1973, there weren't very many organized rides. Certainly there weren't enough to fill half an exhibition hall. We think it's exciting the way cycling has grown in Seattle and we'd like to help you enjoy what ever kind of cycling it is that you are doing.

R+E Cycles has always placed its emphasis on road bikes. When mountain bikes took over in the mid eighties and then double suspension appeared in the 90's we hung tight to our roots and continued to concentrate and believe in road bikes. We put a lot of time, money and energy to help support rides such as the Tri Island Trek, STP and

the Chilly Hilly. You might notice our more recent connection with some of the newer events such as the Danskin Triathlon, the Aids Vaccine Ride and our own RODRIGUEZ Women's Cycling Camp.

We certainly have a lot of expertise in bike fitting but we're also a great resource if you want help planning a trip or finding a route. We can offer advice and recommend the best gear for what you are doing. We can help you select tools and show you how to use them.

Before you head out on an important ride stop by and chat with us. We'll help you to be sure that you have everything you need and nothing you don't. Enjoy the spring riding!

"We'd like to help you enjoy what ever kind of cycling it is that you are doing."

WHAT'S INSIDE THIS ISSUE

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

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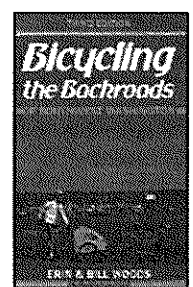


GET LOST

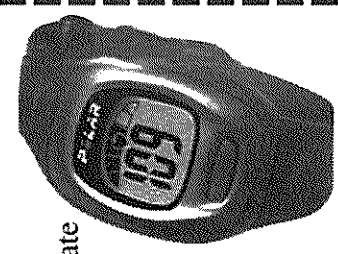
Better yet, pick up a copy of *Bicycling the Back Roads of Southwest Washington* and you'll find lots of fun routes and cue sheets. Getting lost can be exciting but it's often more fun to know where you are going. Reg: \$13

Coupon Price: \$9.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



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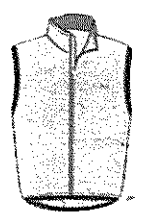
The Polar A1 heart rate monitor offers two features for the price that you'd normally pay for just one. It gives you a constant read of your heart rate and also calculates your average heart rate for your workout. Polar incorporates the most accurate technology on the market. Reg: \$55
Coupon Price: \$44.99

Limited to stock on hand. Expires 5/5/02

GREAT FOR YOUR UPPER BODY

This is the perfect time of year for a very lightweight windproof vest. Our Hind vests come in brilliant yellow or bright red for extra visibility. They roll up to about the size of a baseball so they easily fit in a jersey pocket or large seat bag.

Reg: \$50 **Coupon Price: \$42.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

ESTELLE'S BIKE CAMP FOR WOMEN

ESTELLE GRAY AND RODRIGUEZ BICYCLES ARE CONDUCTING WOMEN'S CYCLING CAMPS!

The Stellar Women's Cycling Camp is designed for women of all ages and abilities. We teach skills, drills, and techniques. It does not matter how fast or fit you are, or what kind of bike you have. Everyone has fun and learns a lot. Most of the women are in their 40's and 50's with a handful of 60 year olds and some 30 year olds. (But we would love to include some older teenagers!)

The material is designed for the woman who wants to gain a better understanding of her bike and learn how to use it most efficiently.

We work indoors on trainers helping you achieve the best fit, positioning and form. We do skills drills in a parking lot, practice gear shifting and cadence on a beautiful, quiet road next to the river, and we climb and descend a hill that will earn you bragging rights.

The food is spectacular. Imagine: Thirty five women gathered in a beautiful setting (no kids, no house chores, no phones ringing), all with the common thread of enjoying riding their bikes... It is bound to be a weekend you'll not want to miss.

JUNE 7-9, JULY 26-28

Cost of the camp is \$499 and includes: 2 nights lodging (single beds, 4 to a room) • 6 meals (Fri dinner thru Sun lunch) • Snacks and soft drinks • Instruction and all materials • Use of a cycling computer with cadence function or heart rate monitor.

To sign up:

Name _____ Phone(s) _____

Address _____ e-mail _____

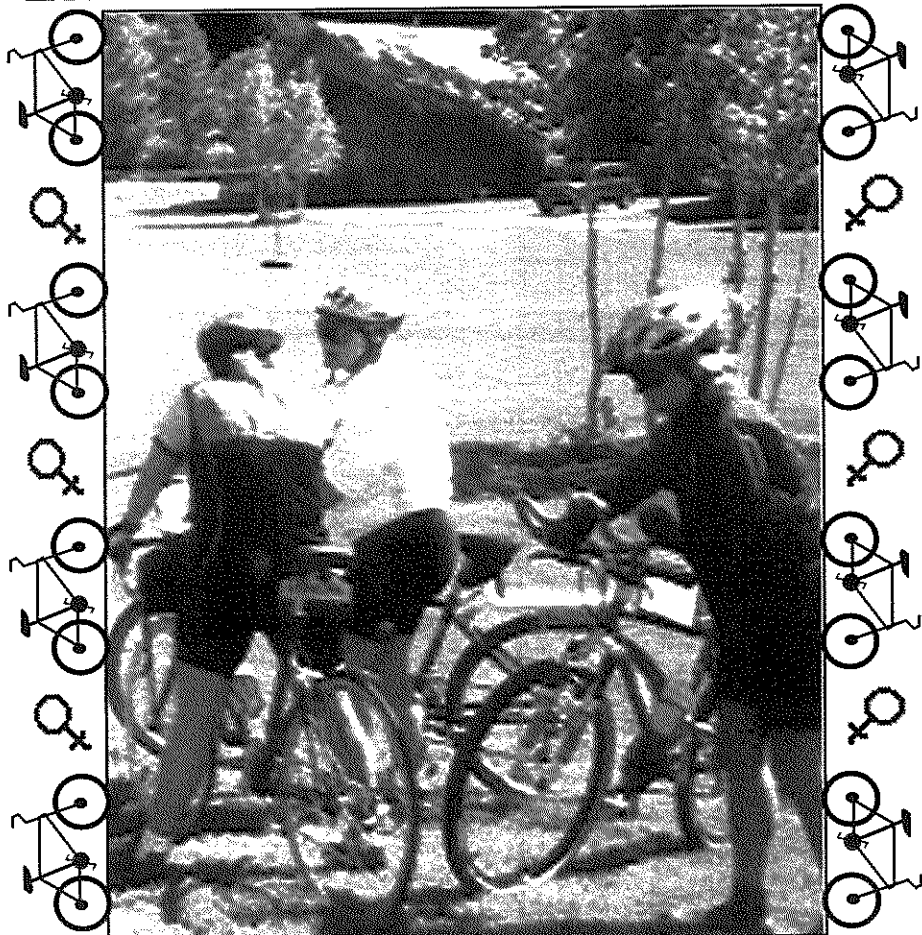
City, St. Zip _____ Date of camp _____

Form of Payment: Check enclosed

Credit Card # _____ exp. _____

Typ of card Visa MC Discover

We will send follow up confirmation with detailed information



HOW SHOULD I CARRY MY GEAR?

Have you ever stood in line at the counter at the airport and looked at all of the different kinds of luggage passengers have? You'll see garment bags, duffel bags, hard suitcases, rollers etc. If you look around at the rest stops of bike rides you'll see lots of variation in the way cyclists carry their gear. There is no right or wrong way, everyone travels differently. I just spoke to a couple who are riding to San Francisco and they are each carrying a large seat bag with about 8 pounds of gear. I would need 2 small panniers and would carry about 20 pounds!!

Some folks don't want a rack at all and prefer to have a large bag mounted to their seat or seatpost. This is a fine way to carry 5 to 10 pounds of gear. This is usually a great way to go if you are doing just a day ride or there is a sag wagon to carry some other gear for you. We stock a large bag that attaches your saddle (made by Overland) and a little larger one (made by Vaude) that attaches to your seatpost.



If you like the versatility that a rack offers but don't always want one mounted to your frame, a seatpost rack is a great way to go. These racks usually attach with a quick release clamp or easy to use Allen bolts. A rack like this lets you use a larger "trunk rack" or allows you to attach a small bag of almost any kind. You can also strap on a rolled up jacket. The rack will also act as somewhat of a fender, protecting you a bit, if it happens to rain. They usually have the ability to carry up to 25 pounds. This is a great way to go if you are anticipating multiple weather conditions or want to carry a little bit more than the bare minimum.

A conventional rack attaches to the frame with 4 Allen bolts. They really don't weigh much and they allow you to carry a "rack trunk", full panniers, or to strap nearly anything on to it. They usually have a carrying capacity of about 50 pounds. These racks are all purpose and will work well for a day ride or a trip across the country.



Handlebar bags are often ignored but they are a great way to carry things. As long as you don't overload them. They provide easy access to your "stuff" so you can easily grab a food bar, camera, sunglasses, etc. They work best with less than 10 pounds of gear. They go well with another bag and are exceptional when you are fully loaded with touring gear.



How should you decide what is best for you? You can always purchase 2 or 3 bags, and take them home. Practice putting your gear into each of them and see which you like best. Keep the one you like and bring back the rest! Everyone's idea of "I'm not taking much" can be quite different. Have fun!!

WIRELESS WITHOUT THE MONTHLY BILL

Go wireless. Hook up one of our Cateye Wireless Computers and you'll have all the info you want (speed, time, distance, average speed, max speed, etc.) without all the mess and hassle of wires. It's the way to go! Reg: \$70

Coupon Price : \$59.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

SNEAK A PEEK

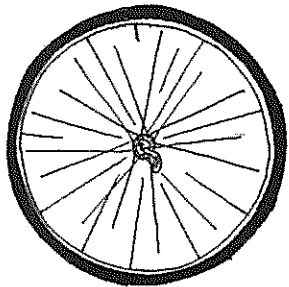
If you want a small unobtrusive mirror, this is the ticket. The Viewpoint® sticks to the inside of your glasses and is just big enough to let you see your competitors sneaking up behind you. It might look sketchy but it does work! Great for triathlons. Reg: \$11

Coupon Price : \$8.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

BIG WHEELS=FAST WHEELS??



Mountain bike technology has introduced the bike world to a lot of new ideas. One of them being the acceptance of smaller (26" or 650c) wheels. This size is becoming common on smaller bikes because it allows the top tube to be very short without the pedal overlapping the front wheel. In the last few years, we have been building more and more road bikes and tandems with 26 inch (often referred to as 650) wheels.

A 26 inch wheel is about 2 inches smaller in diameter than the common size 700c wheel. On smaller bikes, that 2 inches sometimes allows us to build the bicycle to the perfect size for the customer without sacrificing performance. However, 26 inch wheels are not only used on small bikes. I am 6 feet tall and I ride both a racing bike and a tandem with 26 inch wheels. It is also the choice of triathletes who's main concern is about "going fast".

Often, a customer will ask for the larger size wheels, even if the smaller wheels would allow us to build the bicycle to a more optimum geometry. It seems that some people believe that larger wheels = faster wheels. They think that because 700c wheels are the 'standard' for road bikes, 'they must be better'. I think their logic goes something like this: "Mountain bikes are slower than road bikes, and mountain bikes have smaller wheels. Therefore, 'smaller' wheels equal 'slower' bikes, at least on the road."

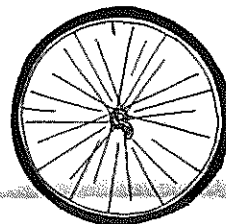
Using that same logic, we can assume that a monster truck is faster than a Porsche, or a School bus is capable of higher speed than a Jaguar e-type. Do these assumptions sound ridiculous to you? If not, I've got a swamp I'd like to sell you.

The engine in the monster truck is more powerful than the Porsche's engine. The wheels are certainly larger (2 to 3 times larger). What makes the Porsche faster than a monster truck? For one thing the Porsche is lighter. It is designed with more responsive handling.



But most of all, it has gears that will accelerate the car to higher speeds even with the smaller wheels. Can the same be true with a bicycle? The answer is yes. Road bicycles, regardless of their wheel size, are designed lighter, more responsive, and they are geared for the road.

A road bike, or tandem bike with 26 inch wheels is geared to travel at the same speed as a bike with 700c wheels. The answer lies in gear inches. 'Gear inches' is a means of measuring the relative number of inches travelled forward per crank revolution. The higher the 'gear inches' the more distance travelled per crank revolution. A road racing bicycle in its fastest gear, is usually geared to about 110 'gear inches'. This is true no matter what size the wheels are. My road bicycle has 26 inch wheels, and my top gear is 112 inches. If I have a 112 inch gear, and I'm pedaling at a cadence of 90 revolutions per minute, I will be travelling forward at about 30 miles per hour no matter how big my wheels are....same cadence, same effort, same calories burned, same panting and wheezing, no more or no less fun.



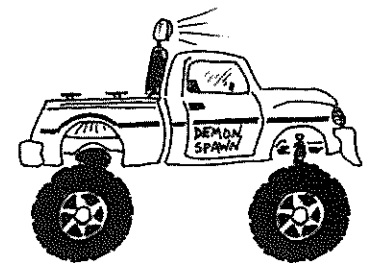
Below are a few standard gearing patterns that are used for 700c and 26 inch road wheels.

	Front Gears	Rear Gears	Gear inches	
			High	Low
700c wheel	52/39	12-24	116"	43"
26 inch wheel	54/40	11-23	122"	43"

To calculate your gear inches, you'll need to measure your wheel diameter from the ground to the top of the tire in inches. Then you can use this formula:

Front chain ring cog X wheel diameter gear inches
 m.p.h. = (gear inch X cadence) 336

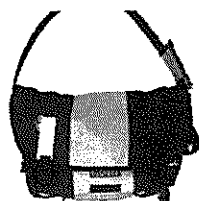
I hope this article helps clear up the confusion about what makes a bike go fast.



DON'T SHOOT THE MESSENGER

You never know what the messengers have in their bags. These Timbuktu bags are ballistic enough to carry just about anything from school books to carpenter's tools. They are fairly waterproof, extremely durable and way cool. We have three sizes in stock. Buy one today and

SAVE 10% reg:\$40-\$85



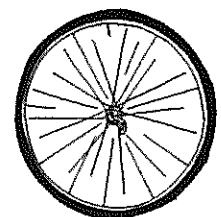
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650 WHEELS?

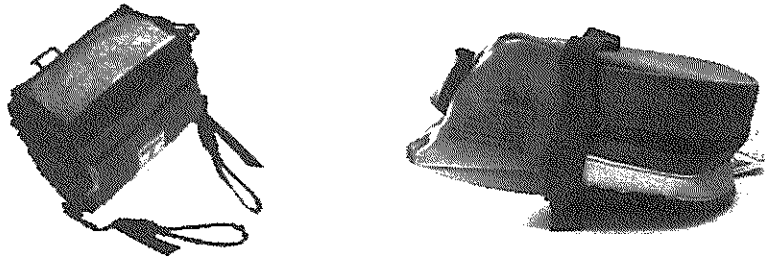
Spring is the best time to install new tires. Start the season off with a pair of fresh Vittoria Courier tires and you'll be doing your best to beat the odds of a flat tires. These kevlar beaded tires fit 650 wheels.

Reg:\$25.00

Coupon Price: \$18.99

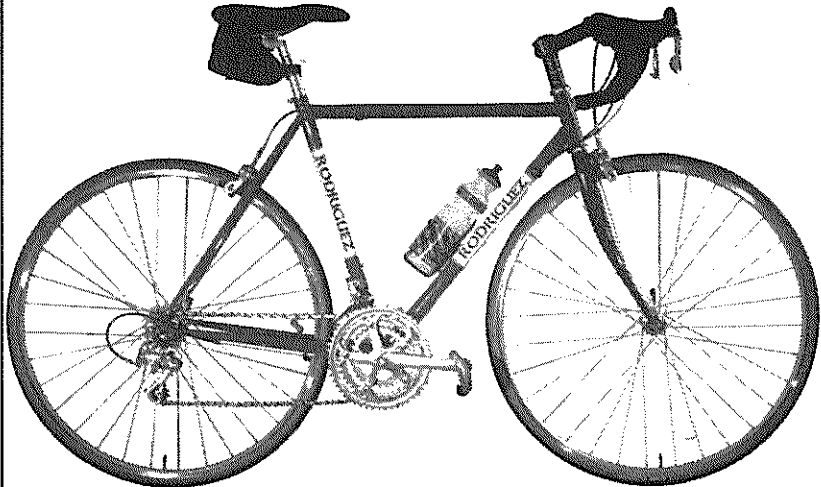


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ANY WAY Y

EXTRA LIGHT, EXTRA FAST

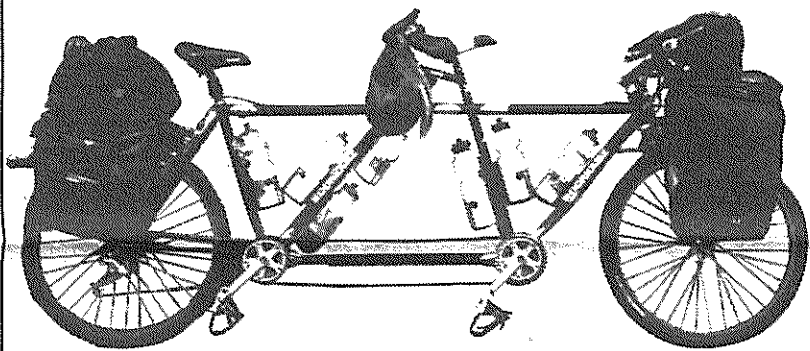


Going fast? If you are out for a quick fast spin or day ride and all you need is your tools, some money and ID, then this is the ticket. A small seat bag tucked under your saddle will handle what you need. We even carry some that are water-proof.



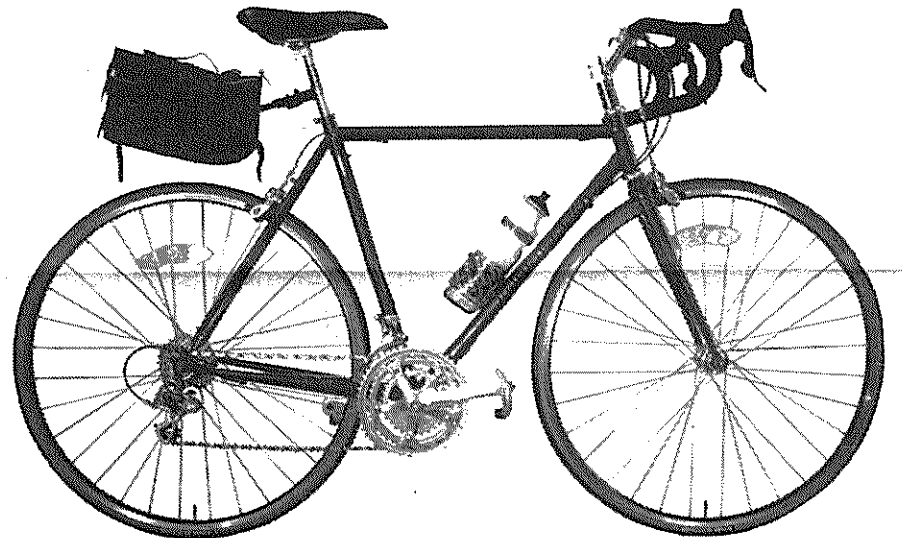
When it comes to touring, no one knows more about it than Willie Weir. Author, actor and NPR contributor, not only does Willie ride but he shares his stories with the world. Willie uses panniers when he is riding his RODRIGUEZ single bike or a trailer when he is riding his RODRIGUEZ 8 BALL TANDEM. His tandem comes apart and converts into a single bike!

SO MANY THINGS, SO LITTLE SPACE



Have you ever thought about carrying gear for two on just one bike? It can be done. You get great big panniers and a handlebar bag and you pack real light. Another option is to tow a trailer. This keeps your load low to the ground and your bike handles as if it were unloaded. Lots of folks on single bikes, as well are considering this style. It works great and if you'd like to test ride our BOB trailer, just let us know.

LOOK MA, NO RACK



Do you want to carry a little more than just tools, some money and ID, but don't want the addition of a rack? A seatpost bag has an integral frame and easily clips on and off your post. You can carry the bare essentials as well as some food and spare clothing, camera, etc. We recommend these if you are doing a supported ride. The Vaude bag has its own raincover!

TAKE A LOAD OFF YOUR BACK

This Potenza rack trunk bag easily mounts on any rack. Expands to hold lots of gear and comes off quickly so you can carry it with you. Great for single or multiple day rides. Its a favorite piece of equipment for many riders and works better than a fanny pack or stuffing your pockets. Reg:\$50

Coupon Price:\$42.99



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

THE FASTEST PUMP AROUND

C02 cartridges are a great alternative to carrying a pump. They are fast, easy and light. The second wind system is cartridge with an integral pump in the handle. It works great for C02, and if you need an emergency pump as a back up, you've got it. Purchase the system and we'll throw in 2 extra cartridges, free. FREE IS A VERY GOOD PRICE.

\$31 value- with coupon only \$25

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

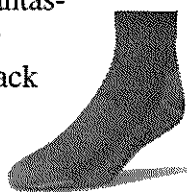


TOASTY TOES

Wet days or chilly mornings can be miserable for your feet. Stay warm with these great Smartwool socks. They are made of a soft, washable wool. You'll find them fantastic for riding, as well as for running, skiing or standing in line at the movies. Available in black or white. Reg:\$10

Coupon Price :\$6.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



MOLD IN YOU BLADDER?

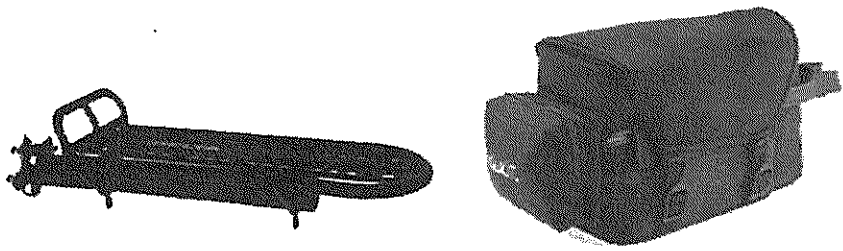
Whoever invented the hydration bladders didn't live in the northwest. Have you found an easy way to dry and store yours without little specks of black mold growing? We have! The Hangdry® easily slides in the water opening and holds it open for a sanitary drying. Get one this season. Reg:\$11

Coupon Price :\$8.99

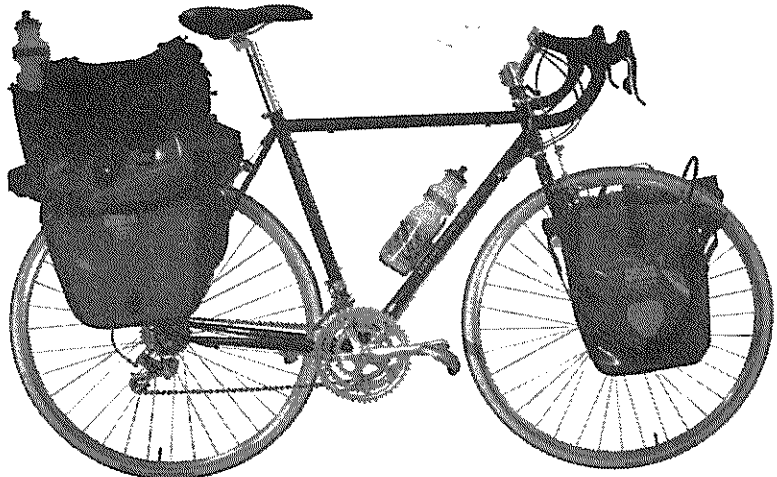
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



DO YOU LIKE IT



EVERYTHING BUT THE KITCHEN SINK



Self contained touring is a wonderful experience. You can carry everything you need on your own two wheels. You are no longer concerned about the price of gas, it's the price of pastries that you care about. Your bike will feel well balanced if you distribute the weight over both wheels.

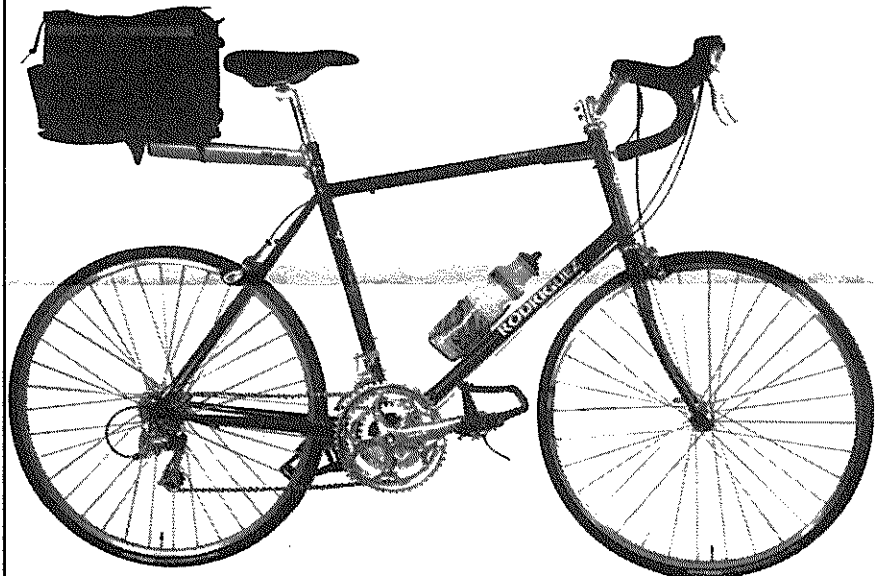


In 1997, Jim Lupori and his wife Virginia upgraded to a Rodriguez custom tandem. In 1998, they made a dream come true and took off on a self supported tour from Seattle to Bar Harbor Maine. All you've got to do is talk with them for a few minutes to realize they had the time of their lives! They carried their gear in a BOB trailer.



One week before leaving on her cross country trip, Diane Mewes purchased her Rodriguez Stellar. She had been fussing with an uncomfortable fit on her existing bike and decided it was the bike not her body that needed replacing. 3000 miles later Diane is still smiling.

EASY ON, EASY OFF



If you like the convenience of a rack but don't want one permanently mounted on your bike, here's the answer. A seatpost rack quickly clamps on or off and allows you to use a rack bag or just to bungy on your own small duffel, fanny pack etc. These are great for sagged or supported rides.

INLINE SEAT POST RACK

If you need a rack, but you don't want a rack this is a simple solution. Bolt in on when you need it, unbolt it when you don't. Put a trunk bag on top and you can go almost anywhere.

Reg:\$28

Coupon Price: \$23.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



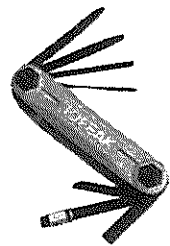
THE BEST FOLDING TOOL ON THE MARKET

The Topeak Supreme folding deal is aptly named. Its metal construction and the quality of the wrenches makes it better than all the rest. 2-8mm allen keys and 2 screwdrivers are most everything you need for everyday cycling.

Reg:\$13

Coupon Price: \$8.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



HOW TO GET AHEAD

Get a head start on your triathlon training. Read Sally Edwards' Triathlons for Women and you'll be yards ahead to start with. A must if you are doing your first tri! Sally has been a professional triathlete for over 20 years and is the spokes-woman for the Danskin Women's Triathlon series. Reg:\$15 **Coupon Price: \$12.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

IT'S COOL TO BE CLIPLESS

The Shimano T091 cycling shoes have been a favorite of ours for years. They look like a road shoe but take a recessed cleat. This gives you efficiency and allows you to walk with ease. Fits Speedplay Frog pedals and Shimano SPDs (as well as most other recessed pedals). Don't wait to make this upgrade! Try them on our demo trainer...Reg:\$100

Coupon Price: \$79.99

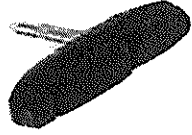
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



STOP!!!!!!!!!!!!!!

If you've got a mountain, hybrid or touring bike we have some great brake pads for you. Purchase and have us install 2 pair of pads for you and not only will you stop better, we'll give you one of the pairs for free!!

\$9 value

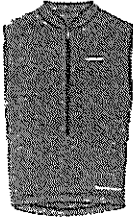


*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*

THE BEST COUPON IN THE NEWSLETTER

Hind sleeveless jerseys. This high tech drylete fabric wicks sweat away for efficiency and comfort. Red or blue with three back pockets. Reg:\$ 40

Coupon Price :\$16.99



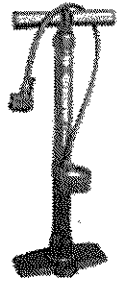
*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*

FILL 'ER UP

Under inflated tires cause flats and wear out quickly. Be sure your tires are properly inflated with this easy to use floor pump. Includes a gauge, steel barrel, and works with either valve type.

Planet Bike Ozone Pump Reg:\$30

Coupon Price: \$24.99



*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*

BETTER THAN DISH SOAP

Customers are constantly asking us what to clean their bikes with. Finishline Citrus Degreaser has been specially formulated to clean the dirt and road grime from bikes. It's environmentally friendly and easy on your skin, too. A clean bike is a fast bike.

20 oz Citrus Degreaser Reg:\$11

Coupon Price: \$9.99

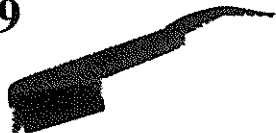
*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*



GOT DIRT

If you've got dirt gumming up your gears this brush is the perfect tool for cleaning your cogs. It's just the right width and shape. Clean gears will last longer, shift better and make you more efficient.Reg:\$5

Coupon Price: \$3.99



*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*

EXTRA LEVERAGE

This 3 way Allen key, made by Park Tools, has the three most common size wrenches you'll need for your bike. The Y configuration gives you more leverage to help with hard to loosen bolts. It's also a compact way to carry 3 wrenches! Great for road, hybrid or mountain bikes.Reg:\$10

Coupon Price: \$8.49



*Offer good with coupon only. No cash value.
Limited to stock on hand. Expires 5/5/02*

PRESTA v.s. SCHRAEDER

Has this happened to you? You bought a new bike and the first time you went to pump up your tires you were surprised to find a skinny little valve that you were not familiar with. This is called a presta valve, as opposed to the standard schraeder valve like you find on a car. Why do bicycles have presta valves and how do you use them?

Theoretically, it is easier to pump bicycle tires up to high pressure with presta valves. Being narrower, they are also more aerodynamic (joke!). In reality I don't know why they have become the norm, but none the less they have, so it is important to know how to use them.

It is actually quite simple to use a presta valve. If there is a small round nut on the outside of the valve, go ahead and tighten it down. This will keep the valve from pushing in or moving around, while you are using your pump. Be careful not to tighten it too tight or it may be hard to remove it, if you have a flat. Remove the valve cap if you have one. It is OK if you don't have one. You'll see a small nipple-like piece, unscrew (but do not remove) it and gently push down on it to let a little bit of air escape. This just assures you that the valve is clear and there is no dirt blocking the passage. Attach your pump to the valve, pump it up and then rescrew the tip down. Done. You must be sure that your pump is set up for presta valves.

If for some reason you don't want presta valves (all your pumps are for schraeder, for example), you can either screw on a little adapter that transforms your valve into a schraeder valve or you can have us drill out your rims to accommodate schraeder valves.

The 2 most important things about valves are: 1- Make sure your pump is set up to match your valve style and 2-If you have a spare tube, make sure it is the proper valve.

Happy Pumping!



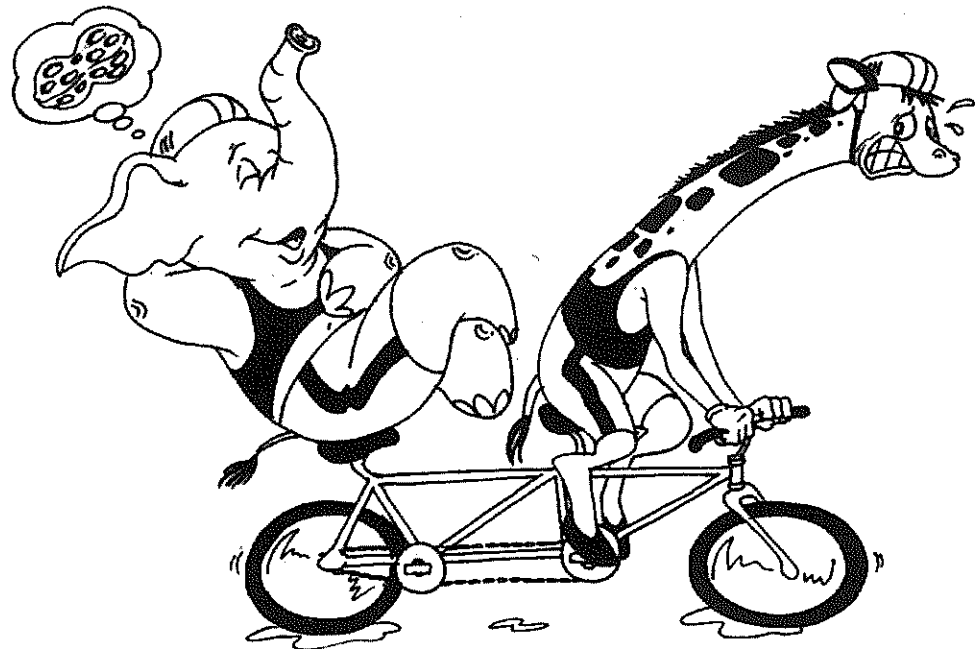
PRESTA



SCHRAEDER

LEARN TO RIDE A TANDEM

If you are interested in learning more about tandem riding, and would like to take a lesson in how to ride, sign up for one of our Tandem Riding 101 classes. They are held through the summer once a month. They take place at R+E Cycles starting at 9:00 AM, and last for about 2 hours. The price is \$50 per couple, and we provide a tandem for you to ride. The dates for the classes are April 27, May 18, June 15, July 20, August 17 and September 21. If you are interested, give us a call us at 527-4822 or email to Sales@rodcycle.com.



LUGS v4. WELDING

Lugs vs welding

What the heck is a lug, anyway?

Have you ever been confused by bicycle or wished that you could sling some of those terms around yourself? Here are some of the most common terms explained in English.

Lugs- This refers to a construction technique in which the tubes have an exterior sleeve where the tubes are joined. Sometimes these sleeves are quite fancy. A torch flame is used to melt brass or silver into a lug, thus joining the tubes. This technique was used up until the early 80's. It limits the size of the tubes and the angles at which they can be joined. As bicycle geometry began to change dramatically with the addition of the mountain bike, this traditional design began to disappear. However, we build a few custom "lugged" bikes each year. custom "lugged" bikes each year.



Tig Welded- Tig welding uses a highly concentrated arc of electricity to melt both tubes being joined. As well a filler rod of similar material which forms the weld bead. In addition to allowing greater flexibility in tubing diameters and angles, the tig welding process is less labor intensive and therefore less expensive.



Double Butted- Bicycle tubes need to be thicker at the ends where they are joined to other tubes. This is done internally in the tube. You can't see it externally, but if you were to look inside a tube you could see where the wall thickness changed. Usually a tube is the same thickness at both ends and thinner in the middle, thus the double butt. It increases the tube's strength to weight ratio. We've got plenty of bike tubes on hand, so just ask and we'll show you one.

Cro-moly- This refers to a high quality, light weight steel. It comes in many brands, (eg: True Temper, Reynolds, Columbus) and is available in many gauges and can be of various compositions with different properties. Not all cro-moly is the same, although it is our favorite material for bicycle construction. In many cases, it is as light as aluminum.

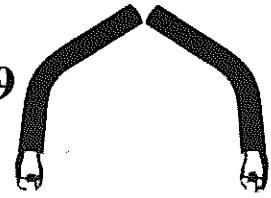
Braze-on- The little fittings that let you attach things to your frame without using clamps. Your waterbottle is attached to a set and you may have some for your rack, pump, fenders, etc.

GOT BAR ENDS

Mountain bike handlebars only offer one position. If you want to move your hands around a bit, this is the ticket. They fit all mountain and cross bikes and can prevent sore hands.

Reg: \$19.99

Coupon Price: \$14.99

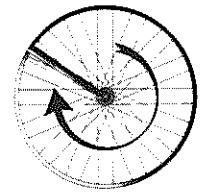


Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

THE MAGICAL TIRE LEVER

The Speed Lever is our favorite tool for changing tires. Use it to remove your tire and SHAZAM! it also installs the tire for you. Makes fixing a flat a breeze. Purchase a Speed Lever and we'll throw in a set of glueless patches for free!!

\$2.99 value



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

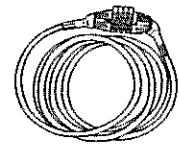
THE LATTE LOCK

Don't leave your bike unlocked when you stop for a quick latte or any other short stop. This tiny lock fits in your tool bag or jersey pocket and keeps someone from easily wheeling or riding your bike away.

Reg: \$9

Coupon Price: \$6.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



SHOES YOU CAN WALK IN

These Lake shoes are compatible with all recessed clipless pedals.

They lace up and look like a normal casual shoe. They are perfect for sport riding or commuting.

Hurry while we still have lots of sizes. Reg: \$85

Coupon Price: \$63.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



HIDDEN OASIS

Put 2 waterbottle under your seat for aerodynamics or extra storage.

This handy little bracket attaches to your seat rails and accepts 2

standard cages. Reg: \$15

Coupon Price: \$8.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



SAFER AND FASTER

The Smart Release Quick Release takes all the guess work out of adjusting your skewer. This unique design lets you pre-set the tension once and then you merely open or close the handle to remove or install your wheel. It's safer and quicker than the traditional design. Reg: \$15

Coupon Price: \$8.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



HOW MUCH DO YOU TRUST YOUR CHILD?

Many parents are eager to put their children on the add-on bikes or the back of a tandem but they are leery about the safety of such. Check out this cool seat back. It fits on the seatpost of the standard add-on bikes or we can modify it to fit your tandem. Now you can relax (but you still have to pedal hard!) with your child riding behind you.

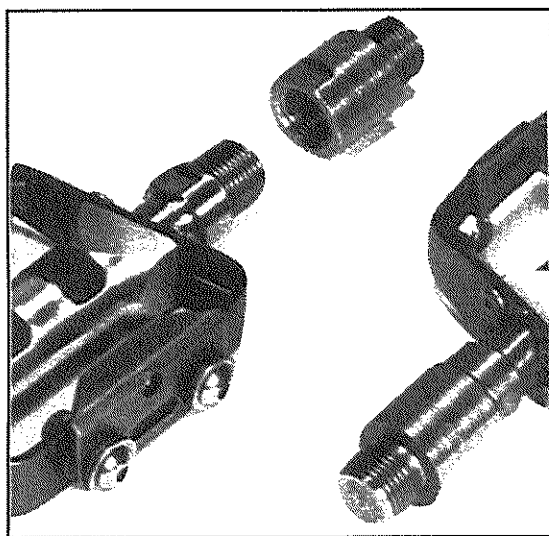
\$39.99



KNEE SAVERS

Have you ever wished you could move your feet out, for a little wider "stance" on your bike. If you have wide feet, or you ride with your heels pointed out, or you are bowlegged or have a wide pelvis, you are a candidate for "Kneesavers". This simple adapter threads into your crank, in place of your pedals. You then thread the pedal into the Kneesaver and you have essentially moved the pedal outboard about an inch. This is not an item that we sell a lot of, but the riders who need them are extremely enthusiastic about them. They can provide the comfort you've been wishing for.

\$59.99



IT'S OK TO HAVE A KICKSTAND

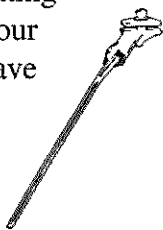
Kickstands are light, they keep your paint from getting scratched and they make it easy for you to stand your bike up. Purchase a kickstand from us and you'll save

\$2 and we'll install it for free!! Reg: \$10

Coupon Price: \$7.99

FREE INSTALLATION

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

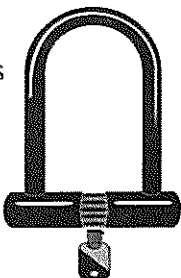


THIEVES DON'T LIKE THIS LOCK

The Folsom U-lock features a 16mm shackle, instead of the standard 12mm. It's about as strong as they get! The key has a little light built into it to help you at night. It includes a mount and has a key slot protector to keep dirt and grime out.

Reg: \$50 **Coupon Price: \$32.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



EGG BEATERS

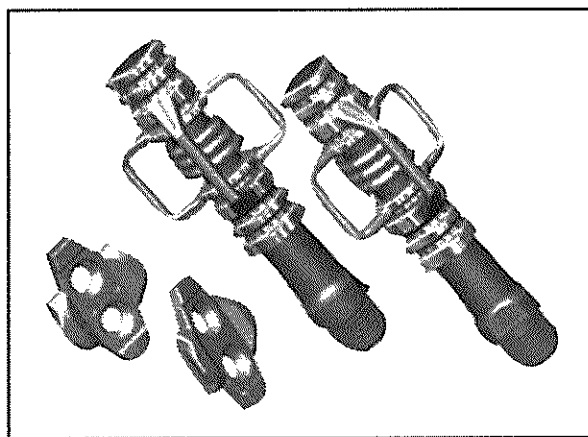
No, these aren't for breakfast. They are the latest and I must add, most interesting pedal on the market. The magazines are raving about them and we are pretty impressed as well.

The initial attraction to this pedal is that you can enter it from 4 sides. Of all the pedals we've tried, it's probably the easiest to clip in to. The Eggbeater offers 6 degrees of rotational float and the rider can choose from two release angles. It's an extremely light pedal and it offers quite a bit of shoe to pedal contact.

We've installed an Eggbeater pedal on a bike on a trainer.

Check it out. There is nothing else like it.

\$119.99

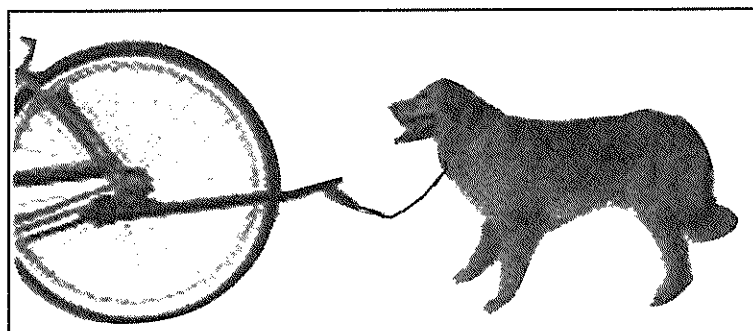


DOG LEASH

Does the thought of someone riding their bike and holding their dog scare you? I watch lots of people riding one handed with their dog in the other and I hold my breath for them. It looks like an accident waiting to happen. But I understand the desire to run your dog while you pedal along. Check out the canine cruiser. It mounts on your rear quick release skewer (no tools necessary) and keeps your dog safely out of the way while you hold on to your handlebars with both hands. My dog likes it as much as I do!

We've even got a demo one if you want to try it out (dog not included).

\$22.99



GET INTO OUR SHORTS

We think our Rodriguez shorts are the best value. They are made of a very high quality lycra and have a generous fit. Available in men's and women's sizes. Many of our customers have told us that these are their favorite shorts. Reg: \$40

Coupon Price: \$29.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02



HANG UP AND RIDE

This cool cell phone holder looks like an ordinary cover that clips on to a belt. It does, but it also clips on to this little mount that attaches to your handlebars. If you want to be able to grab your phone it rings, this is the ticket. Reg: \$20

Coupon Price: \$17.99

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 5/5/02

