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05/12/87

The Quick Release

R+E CYCLES
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SOUND CYCLING

Going on a vacation to the Olympics this summer? Maybe to the San Juans? If you are going anywhere within the Puget Sound area, R+E Cycles wants to help you have a great time while you're there, especially if you'll be cycling during any part of it. We have all experienced the heavy traffic on Seattle's streets and trails, and have yearned for a stretch of road where we can be virtually alone for long periods of time. Many roads on the Olympic Peninsula and in the Gulf Islands offer this escape. Whether you are a recreational cyclist or are in training for a cross-country trip, the region around the Puget Sound offers some of

the finest cycling in the country. If you plan to stay overnight, you may also consider the options open to you. Aside from motels, one option for an overnight stay is a bed and breakfast. This type of accommodation has been rapidly growing in the Northwest and several dozen b&b's exist within easy biking range. Long popular in England, a bed and breakfast offers a great place to relax after a day on the road. Comfortable lodging, excellent food, and occasionally a hot tub, or other similar amenities await. Call the local Chamber of Commerce for information on b&b's in the area you'll be travelling through. Another way to spend your

evening is in a state or county campground. Many have special areas set aside specifically for hikers and cyclists. The rates are usually lower and the sites are a bit more rustic. And you will have an advantage over car campers - there will almost always be space in the hiker/biker areas. And for the more adventuresome, possibilities may exist down just off any side road. Respect private property and signs. The best way to get from here to there is often by the ferry system. Some options exist here. Either put your bike in your car, and take both to your destination, or just take your bike, hope for good weather, and sail off into the

sunset. And what's there once you arrive? That's where a good set of maps comes in handy. R+E Cycles carries Eagle Eye Maps and The Seattle Bicycle Atlas. Eagle Eye Maps feature extensive topographical descriptions of many areas around the Puget Sound. They show bed and breakfasts, campgrounds, grades, such things as exceptional views, bike shops, water, and even spas. These maps will represent \$3.00 well spent. The Seattle Bicycle Atlas offers rides closer to Seattle. It provides 33 ways not to get lost in and around Seattle. But it also gives you 33 ideas of ways to spend an afternoon, or a day on your bike.

THE NEWSLETTER OF R+E CYCLES AND MOUNTAIN BIKE SPECIALISTS

JULY 1987

IN THIS ISSUE

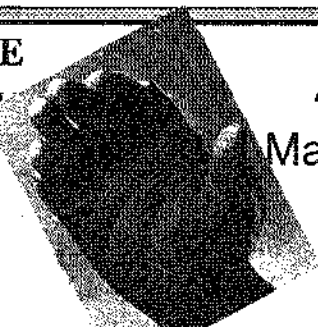
Seattle To Portland is over. It was quite a crunch at R+E during the last week before the ride, but we all came out of it and are ready to resume our regular summer activities. So, to do that, we have included a potpourri of information

intended to appeal to the generalist. We have included an article on travel around the San Juan Islands, two articles on What's Hot, one entire page about Rodriguez and Erickson custom bicycles, a page about how bicycles are looked at by

R+E's buyers with you in mind. We also divulge the facts about the new manager of Mountain Bike Specialists. Also, information about custom built mountain bikes that are being built right here at R+E. The 3rd Annual Fat Tire Weekend, at Crystal Mountain Resort is coming up in July and a registration form is inside. Angel on

Wheels explores the myth and roadside philosophy of the psi rating on tires - some folks are just not satisfied unless it's at "max press". One final note: Come into R+E Cycles for a hot deal on summer items. Don't miss this opportunity to save big bucks with more than 50 coupons, including some we had to dust off. All in twelve pages!!

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CYCLES



ALL GLOVES

Many brands and varieties to choose from.

Crochet or lycra

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A great way to find yourself

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OFFER EXPIRES 7/31/87

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R+E's Old Day's Sale

That's right, we've hung on to much of this stuff way too long, so now it's your chance to own it for next to nothing. We are not obliging you to use it - owning it is sometimes enough. Come on in and take a look at these items. You may never see any of them again, anywhere, especially at these low prices. Please come on in and check it out, information about this page not given on the phone. Most of our help still used training wheels when this stuff was new and they just don't know a whole lot about it. Thanks

MARK PRINGLE (remember him?) R+E

He used to make the very best car rack around, way before Yakima. We have three of his 2-bike racks for VW bugs. Were \$39.99 Now \$8.95.

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

Ambrosio Montreal Gold Rims R+E

36 holes and we have 2 1/2 prs left
WERE 21.50 EACH, NOW \$8.95 EACH

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

ONE CLEMENT NORMALE 24 IN TIRE R+E

Don't ask why we have it, we don't know.

NOW \$5.00

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

SPECIALIZED HT S20 TUBULAR RIM R+E

36° ultimate all-around sewup rim
We have 18 1/2 pairs, if you can believe it.
Were \$19.95 ea NOW \$19.95 a pair, pairs only.

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

STRONGLIGHT CRANK DUST CAPS R+E

5¢ EACH

Limit 4 per customer

They must have been popular at one time

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

ARAYA AERO II SEW UP R+E

Yesterday's rim of the future
Were \$76.50 per pair; yours for \$24.95 for the pair
one pair only

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

CLEMENT GRIFO 61 CYCLOCROSS TIRE R+E

WE DON'T NEED NO STINKIN' MOUNTAIN BIKE
These two tires are dinosaurs, but they're only
\$7.95 each

WITH THIS COUPON AND LIMITED TO TWO ON HAND

RIGIDA CLINCHER RIMS, NOT QUITE THE PAST R+E
BUT WE HAVE LOTS

Both 27 and 700, were \$16.50 each
NOW \$19.99 PER PAIR, PAIRS ONLY

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

FIAMI ERGAL remember those? R+E

We have three of the "great rims from the past"

At one time \$27.50 NOW \$14.95

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

MAVIC OR7 R+E

INCREDIBLY LIGHT

THESE WERE \$32.50 EACH, NOW \$14.95

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

VERY OLD CLEMENT SETA R+E

This tire is so old it should be in an old folks home.

ONE ONLY AND ONLY \$7.00

WITH THIS COUPON AND LIMITED ONE OLD TIRE

195 GRAM CLEMENT WITH RED LABEL R+E

WHO KNOWS WHAT IT IS?

BUT IT'S ONLY \$11.95 - ONE ONLY

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

REGINA GS 16 - 22 STRAIGHT BLOCK R+E

If you're in your early 20's you might not know what this is. We have 8 left and they're only \$2.95

one per customer

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

MAFAC CANTILEVER CALIPERS W/O LEVERS R+E

"Worth it just for the spring, no dealers please.

Were 20.00 now only \$3.95

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

OLD STYLE CAMPY PISTA CRANKS 170MM R+E

ONE PR ONLY \$50.00

Do you know what "old style" means?

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

OLD STYLE CAMPY 1/8 TRACK RINGS R+E

These things are a work of art. Worth owning for what they mean to cycling. We have 1-48; 2-50's; and 1-51. A steal at \$19.95; they listed at about \$60.00

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

Sugino Mighty Compe 42 tooth chainring R+E

Fits Campy and similar cranks

We have 57 of these beauties left, don't ask me how.

They were \$13.95, but you can get one for \$3.95

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

CLEMENT SETA EXTRA R+E

We have 3 of these "KING OF THE TRACK" tires left
They were \$52.95, but these three are \$18.95 each
one per customer

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

TA and TA compatible rings R+E

Regularly about \$13.95

\$3.95 < 36 teeth > \$5.95

Still one of the most versatile cranks ever made.

WITH THIS COUPON AND LIMITED TO STOCK ON HAND

A BOX OF MISC. CLINCHER RIMS FROM THE PAST R+E

GREAT VALUES, SOME SOLD ONLY IN PAIRS
COME BY AND TAKE A LOOK AT THE PAST

AVOCET TOURING CRANK ARMS R+E

ONE OF THE FIRST GOOD LOOKING TOURING CRANKS

In their hay day \$74.95 today \$37.95

Yes, common rings will work

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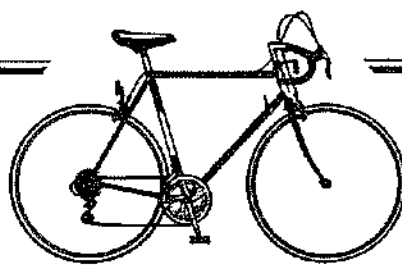
TA SEALED PEDALS R+E

TA was making these pedals in the 60's. TA pedals are still considered the best by some. Used to retail for over \$100.00, yours for \$49.95

WITH THIS COUPON AND LIMITED TO TWO ON HAND

Take your bike and a ferry

The San Juan Islands



Few places in the Northwest have as much draw as the San Juan Islands. Even fewer places live up to such expectations as those evoked by the thought of a visit to one or more of the several hundred islands in that group.

Some of the islands are no larger than a house, however the ones that allow for it are excellent for cycling, offering everything a cyclist could hope for with their small towns, good roads, miles of rolling hills, and plenty of magnificent views. Though most island cycling is relatively easy, there are some fairly stiff hills available such as 2408 foot Mount Constitution, in Orcas Island's Moran State Park. This is the highest point on the islands and is well worth the struggle to reach the top. From this peak, you can see most of the San Juan Islands group, and well into Vancouver Island and Washington. Be sure to take your binoculars, occasionally Orcas are sighted, and a

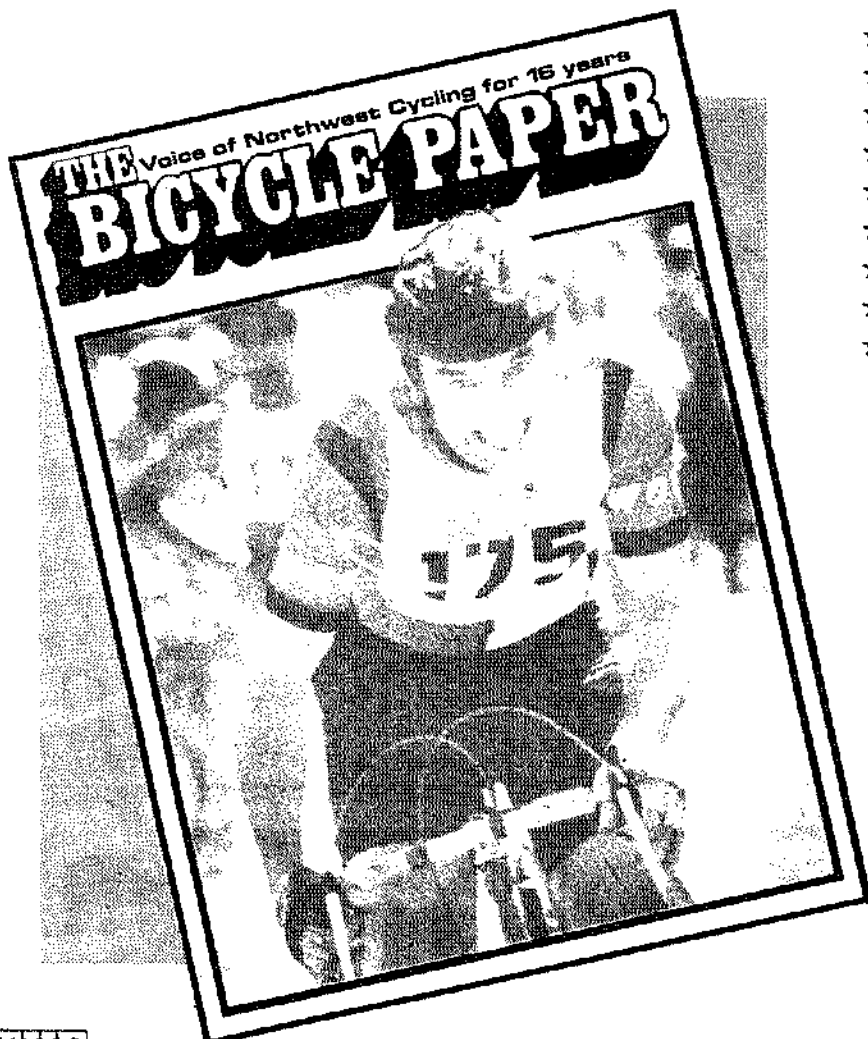
bald eagle may glide past. There are six campgrounds on Orcas Island, most in or near Moran State Park. Another campground is located at West Beach. Also, several bed and breakfasts are available in East Sound, West Sound, and in between. Reservations should be made far in advance for this type of accommodation as they are usually booked solid through the summer months. Fall in the San Juans is beautiful, and with fewer tourists, lodging in bed and breakfasts can be easier to arrange.

San Juan Island itself is not so travelled as the others, and offers more open roads. It has three campgrounds and a few bed and breakfasts. This island is the site of the famous Pig War between the United States and Great Britain during the last century, and has two parks, English Camp and American Camp to designate the spots where each side held claim to the Island for its own country.

Lime Kiln State Park is also a popular spot to watch for orcas which come in close to feed. San Juan Island is mostly rolling with a few grades, but none are difficult. And Friday Harbor has a bike shop. Lopez Island also has three campgrounds, two bed and breakfasts, and a bike shop, and is the first stop on the ferry from Anacortes. Shaw and Guemes Islands are the other two major islands in the group which are serviced by the Washington State Ferry System. Shaw is the only one with a campground. The campgrounds on the San Juan Islands are run by the county, by the state, or privately. The amenities of each campground will vary from primitive to relatively luxurious with showers and grocery stores. The average cost for a tent site is about \$10.00, which seems high, particularly when the cost for a fully outfitted RV with water, sewage and electrical hookups is only a few dollars more. But, unless you

have it in mind to find your own site, this is the cost. Bed and breakfasts are a great alternative to camping though. Cyclists have a good reputation among the owners of these establishments for being model guests and often times find themselves drawn into conversations about their travels which may lead them to otherwise unknown destinations. The rates at bed and breakfasts, though not cheap, are reasonable when you consider what they offer, and their alternatives. This is rapidly becoming a very popular form of accommodation for cyclists who prefer to travel light and let someone else take care of food and lodging. For more information about bed and breakfasts, contact the local Chamber of Commerce. For more about camping, contact the state or county parks office, or the Chamber of Commerce. And for all your cycle touring needs, come in to R+E Cycles.

Have you been missing out!



THE BICYCLE PAPER

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WASHINGTON MUTUAL Grand Prix '87

Last summer, the Marymoor Velodrome hosted the U.S. National Track Cycling Championships, and over 17,000 spectators thrilled to the high-speed riding skills and fierce determination of America's Olympic heroes Mark Gorski, Nelson Valls, Rebecca Twigg Whitehead, Steve Hegg and Leonard Nitz, along with the up-and-coming stars of tomorrow like Scott Berryman and Frank Andreu.

Marymoor's best news of 1987 is that America's elite track racers will return to Marymoor for the inaugural Washington Mutual Grand Prix, a four-day, five-session celebration of speed.

Special invitational sprints and pursuits will test the U.S. team bound for the Pan-American Games in August. Add in unique crowd-pleasing races like Madisons, Keirins, and Points Races. The result? Non-stop thrills.

Single-session tickets are priced from \$3 to \$5. Or buy a money-saving full-week pass—\$31 of racing action for just \$20. The Friday and Saturday night sessions could both be sell-outs. Order your tickets early.



TICKET ORDER FORM

1987 MARYMOOR ALL-EVENT SEASON PASS

Includes admission to 16 Friday Night races and all sessions of Washington Mutual Grand Prix—\$63 of racing action!

\$30

WASHINGTON MUTUAL GRAND PRIX FULL-WEEK PASS

Includes admission to all 5 racing sessions & parking for 4 days—\$31 of racing action

\$20

WASHINGTON MUTUAL GRAND PRIX INDIVIDUAL SESSION TICKETS

Thursday, July 9, 7:00 p.m.

Featuring tandem sprints & pro points race

\$5

Friday, July 10, 7:00 p.m.

Featuring invitational pursuit, sprints, and pro miss and out

\$5

Saturday, July 11, 10:00 a.m.

Featuring pro kilometer, invitational sprints and pro keirin

\$3

Saturday, July 11, 7:00 p.m.

Featuring invitational sprint final, pro keirin final and pro madison heats

\$5

Sunday, July 12, 6:00 p.m.

Featuring pro madison final

\$5

Postage and handling

\$2.00

GRAND TOTAL

- Payment by check or money order only
- Make checks payable to "Washington State Bicycling Association"
- Order confirmation or tickets will be mailed within 14 days
- No refunds; all sales are final

- All seats sold in a non-reserved basis
- Mail ticket order to:
Marymoor Velodrome
7901 - 168th Ave. N.E., Suite 103
Redmond, WA 98052

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chocolate flavored

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Exceed
Fluid Replacement and
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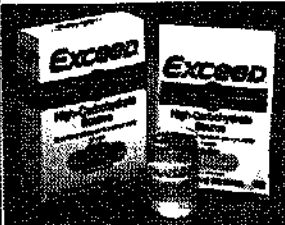
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Replaces essential
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- increase muscle glycogen up to 46% -
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Regular \$4.99

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NOW \$4.50

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LOOK
the pedals,
are in.

AND WE HAVE LOTS!



the pedals
everyone is raving about.

ONLY \$ 84.95

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ARAYA

ALUMALITE DISC REAR WHEEL

FLANGE IS 1-PIECE HONEYCOMB CONSTRUCTION

ALL RUNNING PARTS ARE NEW DURA-ACE

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CYCLES

NITTO

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Cateye Solar II Cycle computer

Regular \$99.95

\$25.00 OFF

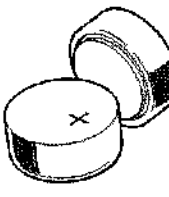
NOW \$74.99

See *What's Hot!!* In this issue only 8 in stock

OFFER EXPIRES 7/31/87 Stock #66219 WITH THIS COUPON

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CYCLES

For Gateye Computers Batteries



Regular \$10.99

SAVE \$3.00

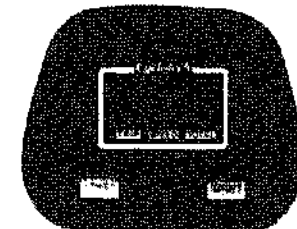
NOW \$7.99

WITH THIS COUPON STOCK #66214 limited to stock on hand OFFER EXPIRES 7/31/87

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Cyclotech

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Regular \$24.99

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R+E
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SPECIALIZED

TURBO Tires



Regular \$19.99

SAVE \$4.00

NOW \$15.99

w/o boxes - Once they come out, we can't get them back in. Our loss.

applies only to the ones already out of their boxes!!


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NISHIKI ALTRON 7000

When the employees at R+E Cycles were offered a bicycle of thier choice, which is regularly sold by R+E, the overwhelming choice was the Altron 7000 from Nishiki.

A Brilliant Decision

The Altron 7000 is , without question, one of the finest aluminum bicycles in the world. The frame is lighter and more than three times stronger than cro-moly. The joints are hand-filed and buffed to a flawless finish. Componentry includes the famed Suntour Sprint 9000 Accushift indexing. Combine the frame and componentry with the 319gr super hard anodized high-performance 700C wheels and the Cycle Pro Linear ultra-light 220gr smooth tread tires, and this bike is at the top the list for sophistication, yet is very affordable for the demanding cyclist.



"I can tell you why Nishiki bicycles are the best in the world in one word... VALUE"

Sid Dunofsky - President
West Coast Cycle

Bike Beat

WHAT'S HOT!!

R+E Cycles has several new items which you should check out. The first is a sports nutritional system called Exceed. Three different formulas offering three kinds of benefits round out the system. One is for replenishing lost fluids due to strenuous exercise. One helps add lean muscle and weight, and the third provides for more endurance while training. Exceed comes in two flavors, and either powder or liquid. Computers are not just for playing games anymore, especially when they are cycle computers. Remember the kind of speedometer that had the huge dial that never really worked below 10 mph or above 20 mph? Now, there are computers. R+E has ten different models to choose from. These range from the Cyclotech, with three functions - speed, trip distance, and total distance - to the Cateye Solar which has those functions plus cadence, highest speed, average speed, a clock, and even a pulse reading (with a special acces-

sory sensor). In addition, its solar cell recharges its batteries. Other computers to consider are from Avocet, Rhode Gear, a couple others by Cateye, and Vetta. And we do have the old standby mechanical kind for the purist. Rhode Gear has a handlebar bag which is worth close attention. It's called the Universal H/B Pack and features quick release Velcro straps for the bar and elastic tensioners. This is a lightweight bag which holds a lot in its main compartment and three smaller pockets. Finally, Blackburn, the maker of many fine cycling accessories has introduced two new workstands. The floor model is made of fat tubular steel and is extremely sturdy and stable. The benchtop version is the same thing, only sawed off, with a plate attached to the bottom to bolt it down. The workstands will hold *any* bike, even upside down. We have one set up on the floor. Come in and look.

Rodriguez and Erickson Custom Frames

R+E Cycles is a custom frame specialist with a strong emphasis on tandems and small frames. We have implemented an "a la carte" system. You choose the style of frame you want and then you choose from a menu of parts. You can

create anything you want. This system allows our customers to know their choices and what they will cost. The result is a custom frame designed for the individual.

Rodriguez

We've built up the best frames in the nation for a long time. You've seen us on the cover of *Bicycling* magazine (December, 1982) and in a multi-page spread on top tandems in the same magazine (March, 1984). Reynolds Tubing has awarded us the prestigious 753 Master Framebuilder license. Now we're putting together a set of great bicycles, one for everyday use and one for all out touring. You start with our handcrafted Reynolds 531 frameset topped off with a multi-layer baked DuPont Imron paint finish, add sealed components like Specialized and Suntour, use industry standards like Cinelli, DT, and Sugino, and top it off with a custom assembly. You get a 2-year warrantee on the wheels we build for your bicycle on top of the lifetime warrantee on the frame.

**THE RODRIGUEZ SPORT BICYCLE FRAME IS ONLY \$630.00!
A RODRIGUEZ TOURING FRAME IS \$675.00!**

Let's start with the frame. It's available in sizes every centimeter from 46cm to 66cm (18" - 26"). Each Rodriguez Sport frame has the following features

- + Reynolds 531 double butted tubing throughout
- + down tube water bottle cage braze-on
- + top tube brake cable guides
- + down tube shift lever bosses
- + under bottom bracket gear cable guides
- + Campagnolo 621 chainstay cable stop
- + Metric 5 X .8 fender mounts on stay bridges
- + Shimano SFR vertical dropouts

If you choose the Rodriguez Touring bicycle, you'll receive all of the above features as well as a longer wheelbase, a softer, less upright frame geometry, and the following additional amenities:

- + 3 total water bottle cage braze-ons
- + low rider rack fittings on fork
- + top tube pump peg
- + Zefal pump painted to match
- + seatstay rack mounts
- + shift bosses easily set for bar end shifters

The Rodriguez Sport and Touring frames are a part of a full family of top quality frames which we'll be telling you about in the next few months. We build the Erickson Racing, Rodriguez tandem and mixte, and do custom lugged and lugless framework here in the shop. You don't have to travel to Europe to get a top quality bicycle. It's right here in Seattle and it's now - state of the art handbuilt frames with state of the art sealed bearing components.

The Sport geometry is designed to accommodate the rider looking for responsive handling AND comfort — this means 73 degree parallel angles and a 40 inch wheelbase for most sizes. This is our most popular frame, and with good reason — it's versatile enough for all your cycling needs.

The Touring is a frame for the "long haul" — or for the rider who prefers a more comfortable frame for daily riding. The Touring comes with a full complement of braze-ons and relaxed geometry. From the 18 inch chainstays to reduce chain deflection with the triple chainrings to the additional fork rake, the Rodriguez Touring is designed to handle the rigors of cycle touring here or abroad.

Erickson

Erickson bikes and frames are a product of Glenn Erickson's commitment to cycling excellence. Glenn has raced for years, winning the 1982 Washington State Road Championships and holding the Seattle To Portland tandem record. He tours, rides off-road, and hauls his children in a trailer. He knows how a frame should work and has the skill of an artist to make Erickson frames some of the most valued in the country. In addition to the stock Erickson racing frames, he does custom lugless frames for all styles of riding. Each one is a work of art.

The base of an Erickson frame is a fully butted Reynolds 531 tubeset. Joined under Glenn's expert torch and hand-finished, each frame does what it's designed to do, whether it's on a tight criterium course or touring where and how you've always wanted to go.

The stock Erickson racing frame is available in sizes every centimeter from 46 cm to 66 cm (that's 18" to 26"). Each racing frame includes the following features:

- + Reynolds 531 double butted tubing
- + top tube brake cable guides
- + under bottom bracket gear cable guides
- + down tube shift lever bosses
- + Campagnolo 1010B dropouts
- + double water bottle bosses (seat & down tubes)
- + front derailleur mount (optional)
- + frame-fit top tube Silca pump painted to match

Each frame is finished after its multi-coat DuPont Imron paint has the decals topped with a clear coat and is baked in a temperature controlled oven. Standard frames feature the metallic Imrons which positively sparkle under the sunlight. Optional paint finishes are flat colors, fades, panels and, of course, chroming.

The care that goes into a stock frame is that of a custom job. At R+E Cycles, we make no second-line frames or bikes. The frame you may buy off the rack has the same attributes as the finest custom frames you can find in the country. And at only \$630.00 for the stock Erickson, you're bound to be a winner. We offer a full line of stock frames and bikes, and the only thing stopping you from getting the frame of your dreams is your imagination. Stop by and give one a ride.

STANDARD COMPONENT PACKAGES

	<u>ERICKSON</u>	<u>RODRIGUEZ</u>
HEADSET	Tange	Falcon
HANDLEBARS	Nitto #55*	Nitto #55*
STEM	Nitto*	Nitto*
TAPE	Benotto	Benotto
SADDLE	Choice**	Choice**
SEAT PILLAR	Strong	Strong
PEDALS	Suntour Sprint	Suntour SR SP 155
CLIPS	SR*	SR*
STRAPS	SR	SR
CRANKSET	Suntour Sprint 42/52*	SR FX 28/38/48*
FREEWHEEL	Suntour Winner Pro 13-21	Suntour Winner Pro 13-28
CHAIN	Suntour	Suntour
FRONT DER.	Suntour Sprint	Suntour Cyclone
REAR DER.	Suntour Sprint Accushift	Suntour Cyclone Long Arm Accushift
CONTROLS	Suntour Superbe Pro	Suntour Superbe Pro
HUBSET	Suntour Sprint 32°	Suntour Cyclone 36°
SPOKES	DT stainless steel	DT stainless steel
RIMS	Your Choice**	Your Choice**
TIRES	Specialized Turbos	Specialized Touring II
TUBES	Specialized	Specialized
BRAKES	Suntour Sprint	Suntour Cyclone
BRAKE LEVERS	Suntour Sprint Aero*	Suntour Superbe Pro*
PRICE	\$1099.95	\$999.95

* These items are sized proportionally to your frame

** Your choice of saddle and rims — \$20 and \$40 value respectively. You may choose your own selections or upgrade.

R+E CYCLES

5627 University Way NE Seattle

527-4822

Hours: M-F 9-8 Sat 9-6 Sun 11-5

Before you buy, take a look at this

R+E's Ride Price Matrix

Before we order any bikes at R+E Cycles we make a ride/price matrix to see where the bike will fit in our scheme. You can use this to help determine what sort of bike (and maybe what price level) you'll buy.

The matrix is very simple. The vertical component is price; the horizontal is the type of ride. The type of ride is a continuum from touring to sport to racing. Right now we haven't yet figured a good way to factor in mountain bikes, so we've simply left them off the matrix.

The horizontal range from touring to racing goes the full spectrum. A long wheelbase 18-speed fully racked bike will be all the way to the left. Such bikes are the Nishiki Cresta GT's and the Rodriguez

Touring. A full bore racing machine will be on the right; here you'll find the Erickson Racing and the upper level of the Bianchi and Nishiki line. In between are the vast majority of stock bicycles.

We draw a line right down the middle and call this the Sport line. Neither full out touring or racing, these are the bikes which you can use for all your cycling needs. As you can see from the matrix, most bikes under \$300 are close to the Sport line. As bikes get more specialized, they become more expensive.

The V shape seen on the matrix is found in most bicycle brands. The high end bicycle in the middle is the Rodriguez Sport which is unique in that it

is a true quality sport bike.

From the \$300 dollar level to the \$600 level the bikes tend to be more or less racing or touring. We sit down and figure out the specs, ride the bikes if we can, and determine how far from a true sport or how close to a true racing bike they are. Then we place them on the matrix to see how they fit. If the bike is obviously way off (can you imagine a full bore racing bike for example?) it stands out and we try to figure out if it is OK or if it is junk. Once we have filled our V curve, we order those bikes. Each bike brand may have 20 or 30 models but not all would suit our needs.

If you look closely at the specifications and ride the various models offered by one bike manufacturer, you may find some bikes which have the same basic frame and different

trappings. In some lines, for example, the sport bikes share the same basic frame but the components improve dramatically as you pay more money. Bianchi, as another example, makes a model called the Volpe which has a touring look on a sport frame. It's a rugged bike with 18 speed gearing and a rack that's proven to be very popular in the Northwest and especially in Seattle.

Think carefully about your riding needs and then look at the matrix. Maybe you'll be commuting 50%, day riding 40%, and light touring for 10% - that's sport or light touring. If you are tri training and day riding, you'll be on the right hand side of the matrix.

Take some time and compare bikes. We've included a do-it-yourself bike comparison chart to help you compare bikes - see where the models fit in your matrix and buy with years of pleasure in mind.

R+E CYCLES

KINDS OF BIKES: A simple comparison

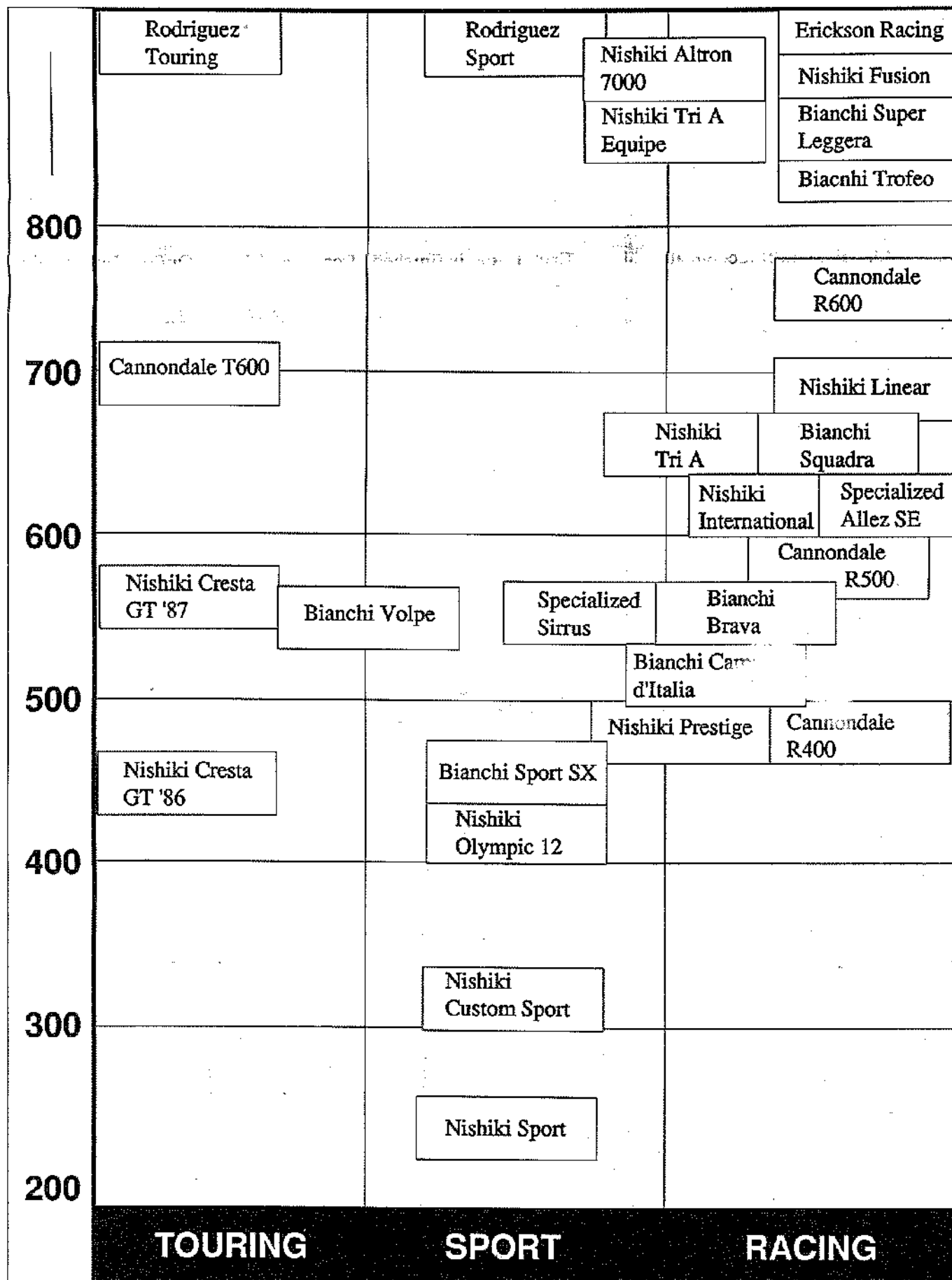
SPORT — These bikes are probably the most popular of all bikes, a mix between racing and touring. Sometimes called fast-touring, they are great for general use: for day rides, short tours, and even occasional racing.

TOURING — They have a larger gear spread, a good comfortable seat, racks, and toe clips and straps. A touring bike can easily be used for commuting and most other utility trips making it also a very popular bike.

COMMUTING — This bike has a narrower gear range designed for just a few routes. It can have upright bars, has fenders and lights.

MOUNTAIN BIKE — This bike has "fat tires" 26 X 2.125, upright bars and a very wide gear range. Used for off road riding, makes a good commuting bike since it is almost indestructible.

RACING — These bikes are lightweight efficient machines built for speed. A very good choice for triathletes and those who love performance.



R+E
CYCLES



QUIK STIK
LIGHTWEIGHT, EASY-OFF
TIRE TOOL

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\$.80 OFF
NOW \$2.50

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Complete with T-Wrench and Sockets

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Visit your local bicycle shop for details.

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SPECIALIZED

Handlebar Water Bottle Cage Hanger



Regular \$3.99
NOW \$1.99

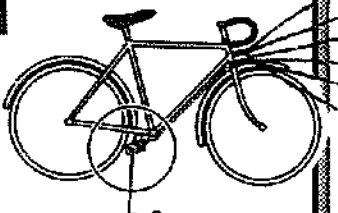
NOW, get a FREE R+E water bottle when you buy one of these cages.

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CYCLES



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BIKE ELIXIR WASH-OUT DEGREASER

NON-FLAMMABLE,
NON-TOXIC, AND
BIODEGRADABLE

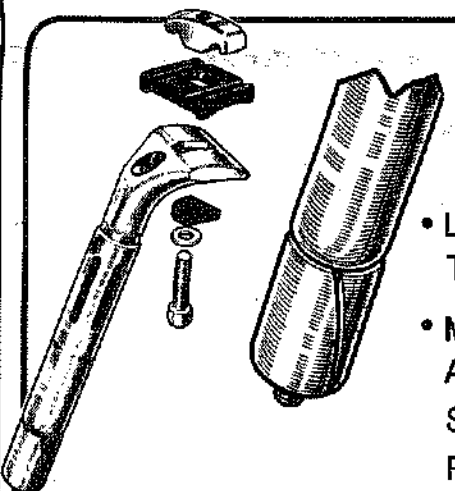
GIVE YOUR BIKE A
DEGREASING BATH
32 OZ. BOTTLE

NOW \$5.49

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READY FOR YOU TO TEST RIDE.**

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- EASY 1 BOLT SADDLE CLAMP, ADJUSTABLE TO THE MILLIMETER AND A SHOCK-ABSORBING PAD

CLEANER FRAME LINES...
WITH PERFECT SECURITY

ATAX

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HANDLEBARS, STEMS AND SEATPOSTS

White Pass Mountain Bike Race

The second annual White Pass Mountain Bike Race was held on June 28. This event uses the extensive crosscountry trail system of the White Pass Ski Area. This is truly a mountain bike event, which traverses inclines, creeks, footbridges, and the lush

meadows and the alpine reaches of the Central Cascades. The race schedule included a single 10k run consisting of 5 divisions for men and women and another 10k for beginners. The advanced mountain bike race was a 30k. The top finishers are listed below.

Women

1. Mary Kay Aufrance.....	2:09:09
2. Jodi Sadecki	2:13:59
3. Angel Inouye	2:18:40
4. Jeanna Wogan.....	2:29:12
5. Susan Lloyd	2:46:38

Men

1. Tony Stark	1:31:39
2. Mike Dahlem	1:38:35
3. Lars Onsrud	1:39:17
4. Carl Boker	1:40:25
5. Duane Stone	1:42:35
6. Glenn Erickson.....	1:43:50
7. Doug Hafsos	1:44:05
8. Greg Gonzoles.....	1:45:18
9. Paul Gibbons	1:47:22
10. Eric Eaton	1:48:32

CUSTOM MOUNTAIN BIKES

Has the mountain bike bug grabbed a hold of you yet? Are you tired of your 35 pound clunker that feels like your driving a semi? Maybe you're interested in a bike that's exactly what you want. Then the folks at Mountain Bike Specialists can help you decide on and design a custom-built mountain bike made in the Rodriguez and

Erickson frame shop. With the cost of high-end production line mountain bikes skyrocketing into the thousands, the idea of owning a custom-built mountain bike may not be as expensive as you think. In fact, a basic hand-made complete bicycle is actually less than many of the top-of-the-line imports; and you get to design it!

R+E offers the latest in frame materials, from the standard butted tubing to the strong, ultra-light, Prestige tubing. Frames can be constructed with lugs or by a lugless method of fillet brazing. Both methods yield a beautifully finished bicycle. In addition to having your choice of materials, you have an unlimited selection of components

that we will special order to complete your dream bike. Now it's time to let your imagination run wild - The Paint Job. There is no limit to color possibilities. With the help of an extensive color chart, we can assist you in deciding on a paint scheme from mild to wild! Stop in at Mountain Bike Specialists - we'll show you the finest and most exotic mountain bikes anywhere.

MOUNTAIN BIKE SPECIALISTS



"WE SPEAK ONLY MOUNTAIN BIKE"



5625 University Way NE Seattle

527-4310

Hours: M - F 10 - 8 Sat. 9 - 6 Sun. 12 - 5

Mountain Bike Beat

WHAT'S HOT

Mountain Bike Specialists has a few hot items which are becoming hotter. First is the Tioga T-Bone Stem. This inexpensive, flat stem upgrade will give you a more racy feel without the expense for top end

equipment. Multi-colored tool pouches are also new. These are designed to complement rather than hide your custom paint job. Also, look in the near future for other multi-colored bags, panniers, and other acces-

sories. *SPECIALIZED* fat tire bikes are hot. The *RockHopper*, *HardRock*, and *StreetStomper* are the leading models. All have index shifting, quick release front wheels, and cro-moly frames. The *StreetStomper* is built for the commuter and is plenty rugged for bouncing off curbs and riding over irregular

pavement and railroad tracks. Both *HardRocks* and *RockHoppers* are tough enough for off-road adventures. *HardRocks* feature Suntour components and *RockHoppers* feature Shimano with Biopace chainwheels.



VALUABLE COUPON



Lightest Available
Knobby

GROUND CONTROL'S

Folding Tire

Regular \$25.99
SAVE \$6.00
NOW \$19.99

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HITE RITE
Seat Adjuster

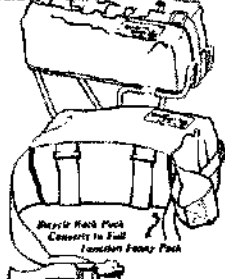
Regular \$21.99 - 27.99

Change seat height while riding \$3.00 OFF
- Regular and Long -
- Silver and Black - **NOW \$18.99 - 24.99**

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Brake Levers

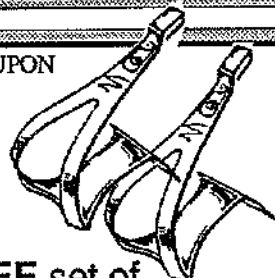
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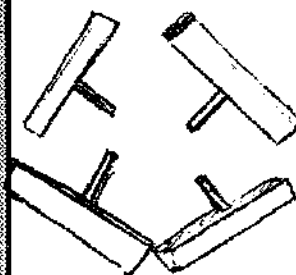
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Toe Clips

One FREE set of **lapize** nylon straps with purchase of toeclips
ONLY \$3.99

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UPGRADE YOUR MT. BIKE FOR IMPROVED PERFORMANCE

Mountain Bike Specialists carries the latest in upgrade components for your bike.

- Complete SIS Shifting conversion kits—Shimano
- Tioga "T-Bone" Stems - *in stock!!*
- X-long lightweight seatposts—Suntour, Strong, & SR
- "Fat Boy" city tires—Specialized
- Alloy flat bars & custom stems—Salsa, Specialized, Tioga, & Cook Bros.
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MOUNTAIN BIKE SPECIALISTS

MOUNTAIN BIKE SPECIALISTS

EMPLOYEE PROFILE

STEVE MITCHELL

Steve Mitchell is the new manager of Mountain Bike Specialists. He came to Seattle by way of Chico, California, where he lived for several years, working for both Caribou Mountaineering and Overland Equipment Company. He also designed custom bike accessories, including one popular item, a cam cover for brake sets. An avid mountain biker, Steve has competed in NORBA sanctioned races and admits that he enjoys playing in the mud. He has had little time to relax since arriving in Seattle, but would appreciate hearing from you about authentic Mexican restaurants in the area. If they make a good Marguerita, all the better. Come in and see Steve; bring him a taco. He'll give back a wealth of mountain biking information.

Mountain Bike Specialists

For a great adventure.

5625 University Way NE
Seattle **527-4310**

Hours: M - F 10 - 8
Saturday 9 - 6
Sunday 12 - 5



3rd Annual

FAT TIRE WEEKEND



July 18 & 19, 1987 Crystal Mountain Resort

Schedule of Events:

Saturday, July 18, 1987

- All Day **FUN RIDES** - Bring the family, stop at race headquarters and pick up a map. Explore the trails at Crystal Mountain. For your safety and the protection of the plants and wildlife... please stay on marked trails.
- 10:00am **POKER RUN** - Open to all levels of bicyclists... beginners welcomed! Ride is about 6 miles, mostly dirt, moderate terrain. 5 checkpoints where you draw a card. Judges determine best hand. Time is not a factor - but fun is!
- 2:00pm **TRIALS COMPETITION** - Open to all levels of bicyclists. Course is set by NBTCA. A fun event for both participants and spectators!
- 5-6:00pm **SPAGHETTI FEED** - No experience necessary... just bring your appetite.

Sunday, July 19, 1987

- 11:00am **MOUNTAIN BIKE RACE** - Open to all. Men's and Women's divisions. Course is approximately 15 miles, 3500' vertical.

DAY OF RACE REGISTRATION AND PACKET PICK-UP
One hour before each event. Awards immediately following each event.

CRYSTAL MOUNTAIN RESORT INFO:
For additional information on lodging and activities, please call (206) 663-2265.

CO-SPONSORS:

- Alki Bikes • Corky Anderson • Angle Lake Cyclery • Bicycle Center • The Bike Factory • The Bike Shop • Bikes N' Boats • Bikes N' Trikes • Burien Bicycles West • Capitol Schwinn • Continental Cyclery • Elliott Bay Bicycle (Greenlake) • Enumclaw Cyclery • Fairwood Cycle Center • Federal Way Schwinn • Foot Power Sports • Gnu Snowboards • Gregg's Greenlake Cycle • Hackenbushes' Bicycle Emporium • Kent Schwinn • Klein Bikes • Kochevar & Sons Distributing • Mercer Island Cycle • Mountain Bike Specialists • Moxie Powder House • Northwest Bicycle • Puyallup Schwinn • R+E Cycles • Singleton's Cyclery • Skiers' Edge & Cyclery • Southwell's Schwinn Cyclery • Specialized • Vailey Cyclery • Wright Brothers Bicycle •

WAIVER

In consideration of the acceptance of my application for entry in the 3rd ANNUAL CRYSTAL MOUNTAIN RESORT FAT TIRE WEEKEND, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said event. This release is intended to discharge in advance the promoters, sponsors, CRYSTAL MOUNTAIN, INC., promoting clubs, officials and any involved municipalities or their public entities, their respective agents and employees from and against any and all liabilities arising out of or connected in any way with my participation in said event even though that liability may arise out of negligence or carelessness on the part of said persons or entities mentioned above. I further understand that serious accidents occasionally occur during bicycle racing, and that participants in bicycle racing occasionally sustain mortal or serious personal injuries and/or property damage as a consequence thereof. Knowing the risks of bicycle racing, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature of participant (parent or legal guardian if participant is under 18 years of age) _____ Date _____

Please print or type **1987 Fat Tire Weekend ENTRY FORM**

BIB # _____

Name _____ NORBA # _____ Age (dor) _____ Sex _____

Address _____ USCF # _____ T-shirt size: M L X (circle one)

City/State _____ Zip _____ Phone _____

I will be entering the following events: [please check appropriate item(s)]

- | | | |
|----------------------------|------------------------|------------------------------|
| (A) Poker Run _____ (\$10) | (A) + (B) _____ (\$18) | (A) + (B) + (C) _____ (\$33) |
| (B) Trials _____ (\$10) | (A) + (C) _____ (\$23) | |
| (C) Race _____ (\$15) | (B) + (C) _____ (\$23) | Spaghetti Feed _____ (\$7) |

Enclosed is my check or money order for \$ _____ made payable to: Crystal Mountain, Inc.
Mail entry to: FAT TIRE WEEKEND - Crystal Mountain Resort - Box 1 - Crystal Mountain, WA 98022
(Pre-entries must be postmarked by JULY 12th, 1987)

ANSI-APPROVED HELMETS REQUIRED

Angel on Wheels

EDITORIAL

125 PSI, PLEASE

STP was great! Everyone had a good time in spite of the wind and rain on Saturday. And did it rain and blow. For the second year in a row, I went along and did free repairs to help get folks down to Portland. I honestly have to say that it is the highlight of my year. I must remind most of you that Estelle and the crew keep me around just to sign the checks and the only time I have to get chain grime under my fingernail is on STP. Dan Lund, good friend of the shop, our computer programmer and my dentist came along and helped wrench all day. Carla and Kari helped sell inner tubes, gloves, jackets, tires, and everything you can imagine. We all had a good time. Several folks asked me what kinds of repairs were most common or what surprised me most during two non-stop days of repairs. The most common repair was a broken spoke in the rear wheel which must have been every second repair. But we had our custom spoke-making machine and were able to fix all the different spokes we encountered. What surprised me the most? Well, we took three pumps with us so that folks could fill or refill their tires. It

just so happened that none of the gauges worked on any of the three pumps. Eventually, we covered them with duct tape so that we didn't have to explain that this one was not accurate and that one only went up to 85 and the last one didn't even budge off zero. Bad gauges didn't surprise me. What did surprise me was the number of people that would not use the pumps or let us pump up their tires because we didn't have an accurate gauge. Mid-way into the second day I decided to try to find out what was so important about a gauge and discovered something amazing. Almost everyone was very concerned that if the tire said 125 psi by golly that was how much air was going to go into it not a pound more or less. I asked some of the riders if they thought that the 200 pound rider should have the same amount of air in his tire as the 105 pound, fit as a whistle, female triathlete. Or if one should put the same amount of air on a dry hot day as on a cold wet day. The answers varied but in the end they asked if I had a gauge and when I said I didn't they almost always decided that they didn't need air after all. That was the biggest surprise of the ride. Just to wrap up this subject, all I want to say is that the

125 psi on the side of the tire (and I called Specialized just to confirm my hunch) doesn't mean much. The pressure is different for each rider and each riding condition and the 125 psi on the side wall is just the max that a max person would want to put in it. I encourage every one of you who do this to let a little air out and then try your bike, you might find that is not only more comfortable, but holds the road better which, in reality, might mean faster.

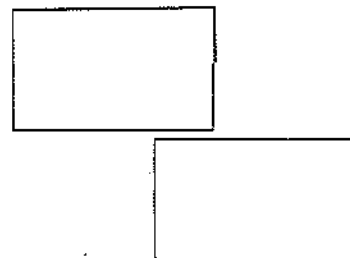
sure, but he looked like my grandfather. I passed him anyway. Shortly after that, I passed a guy by the side of the road fixing his rear derailleur and around the next corner I passed 10 riders who were at the first checkpoint drinking water and laughing about something and having a good time. Then we came to the big hill (not too big) and Carla just rode past me, I said something I about I'll talk to you tonight, but she just kept on going. Some of the guys who were laughing came by and then the ride was over. I had a great time and I encourage all of you to get on you bikes and have fun. I'll take some of that advice myself.



A. Podwuz

I haven't raced a bike in I don't know how long, not since 1972 to be sure. But recently I went to White Pass for their Fat Tire Weekend. After the Novice group left, I asked the organizer if it might be ok if Carla and I when around the course leisurely and checked it out and he said sure. So after the initial dust settled, off we went, and just around the third turn I passed the first of the competitors, a mom and her 11 year old. Boy, was I feeling hot now. Somehow my pace picked up a little and a bit later I passed another competitor. I'm not

To end this column for this issue I would like to apologize for the errors in the last newsletter, there were many. I think because of STP we had a much bigger demand for some items than we had anticipated and ran out of them within hours of the newsletter coming out. Some items were special purchases which we could not get more of, so in some of our coupons you will see "limited to stock on hand". We hope to have enough for the duration of the newsletter, but when we run out, we're out. We also had some pictures that did not represent the items we were talking about and that got us into some trouble. And it was, thanks to all of you, the best month we have ever had. Thank you all for shopping.



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EAGLE EYE MAPS



Going on a cycling trip this summer?
Get an Eagle Eye map of the area.

If you have cycled, following state highway maps, you've probably come away from your trip feeling less than enthused. Next time, try Eagle Eye Maps. Eagle Eye Maps are made specifically for cyclists. They offer information about roads, grade, accommodations, viewpoints, and other points of interest on the following maps: • Stevens Pass Highway • North Cascades Highway • Whidbey Island • Northeast Olympic Peninsula • San Juan Islands • Gulf Islands • Victoria and vicinity •

AND THEY'RE ONLY \$2.99

R+E CYCLES HAS ALL THE EAGLE EYE MAPS

MAILING LIST INFORMATION

How did you get on this mailing list? How do you get off this mailing list? It took us some time to figure out how to do it and we think we've developed a method. We take names off checks, repair tags, special orders, or you were asked if you wanted to be on, or a friend put you on. In any case, your label has two numbers on it. One is a reference number we use which changes every time we sort the list, and the other is the date you get purged off the list, one year from the last time your name was added to the list.

If you came into the store and paid with a check six times last month, you got on the list six times, which probably seems excessive, but just before we mail, we sort and purge and keep the latest dated entry for your name. If you do not get back on the list somehow within a year, when we sort and purge, your name will be purged. So, you might say that your subscription ends with the date on your label unless you come back in and get back on in one of the ways mentioned above.