



"Courage is the quality which guarantees all others"
- Winston Churchill

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R+E NEWS

THE NEWSLETTER OF CYCLING VALUES! September 1997

GOOD THINGS COME IN TWOS!

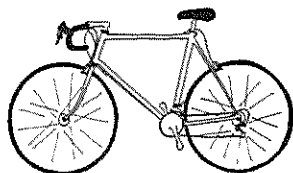
They say that good things happen in twos.

If you are familiar with our shop you might think that this story is going to be about tandems. That too, (no pun intended) but it's really about all of the good things that will be appearing as pairs this next season.

Most immediately, and very exciting as well, 2 new books have been published and the authors are kin of our shop. Angel Rodriguez's new guide to tandems, "The Tandem Book" is fresh on our shelves as well as "Spokesongs" by Willie Weir. The great news is that on **THURSDAY SEPT. 12th** both Willie and Angel will be here, at R+E Cycles signing copies for you. As always we'll have cake and coffee so stop by to meet these guys in person. They are both remarkable people. (See pg. 4 for more details)

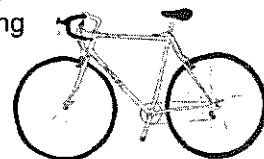
The October Surprise!

His and hers bikes? That's right, the RODRIGUEZ Stellar has been such a hit that we will be building a comparable production bike for men!!! We'll be hand building them in our frame shop and outfitting them with Campagnolo Veloce components. You'll have a choice of a double or triple. Come on by in October, and test ride the samples. The RODRIGUEZ Stellar will be offered in 2 models next year. To complement

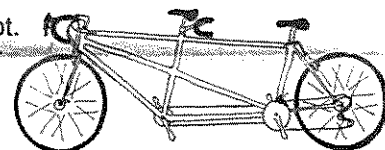


**Class Schedule
PAGE 7**

our sport frame, we'll be introducing another frame that is truly a race geometry. The sizing will be the same as our current bikes, however the design will be oriented to strictly going fast. We'll be offering two Campagnolo groups with Ergo shifters, one with a double crankset and one with a triple, as well as our Shimano group which features bar end shifters and compact brake levers or RSX STI. Stay tuned for more...



Our pairs would not be complete without 2 tandems. Currently, the RODRIGUEZ Toucan sports 26" wheels. To accommodate those riders who prefer 700C wheels we'll be adding the "Parrot" which will feature our same, "smart size design" concept. They'll be available in November and we invite you to come on in for a free test ride on either of these models. We'll set you up with our competent tandem riders and give you top notch instruction to assure you the best tandem experience possible!



1998 bike models are around the corner, both ours, and national manufacturers'. New products will be coming in starting in September. Be sure to come by and check out what's new. When you stop in, we'll pair you up with a terrific salesperson!

<http://www.rodycycle.com>

WHAT'S INSIDE

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VISIT US ON THE
WORLD WIDE WEB!

Fall Hours Begin Oct. 1st

Closed Monday • 12 - 6 Tues. through Fri.

10 - 6 Sat. • 12 - 4 Sunday

By appointment anytime
call or e-mail for an appointment

U.P.S. STRIKE TRAINERS!

During our Circus Sale, one of the biggest sellers was a magnetic resistance trainer on sale for **just \$79.99!** Well, in this case, even if you snoozed, you didn't lose. There were a number of these trainers that were not delivered to us because of the UPS strike. Now they're here, and still on sale! Lucky you! Reg. \$129.99

STILL ONLY \$79.99

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

**U-LOCK IT OR
U-LOSE IT!!**

Use this coupon to
SAVE 50%
On a Gary Fisher
U-LOCK
With mount
Regular \$24.99
ONLY \$12.99 with coupon

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

Offer good with coupon that has mailing label attached only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

BLINDED BY THE LIGHT!

Our favorite lighting system of all time!

Every year at R+E Cycles, we sell lots & lots of lighting systems to cyclists who ride in the dark. In the winter, it is dark at 5:00 P.M., and some people like to have the finest lighting system available.

There are several things that make a lighting system great:

- Brightness (will it light up the road, or is it just a safety precaution?)
- Burn time of the battery (will it give you good light for your full ride?)
- Reliability (what experiences have others had with the system?)
- Warranty (how long will you be without your lights if they break?)
- Value (does it fit your budget?)

Over the years, we have found that several of the lighting systems on the market measure up in some or most of these qualities, but not until now have we found one that meets all of them. The CYGOLITE™ Night explorer is the light that we have chosen to be our featured light system. It features:

- 20 Watts of halogen power (bright enough to see the road well)
- 3 beam patterns (10W wide, 10W narrow, 20W dual)
- Quick release mount (for quick removal & reinstallation)
- Weatherproof aluminum alloy casing (extremely durable)
- 2 1/2 hour battery burn time (1 1/4 at 20W)
- 1-year warranty on the lights, 3-month on the battery
- Reg. price of \$109.99 (compare to others at over \$200)

One of our favorite features of this system is not something that one can not see immediately in the product. It's the quality of the product, & CYGOLITE's willingness to stand behind that product.

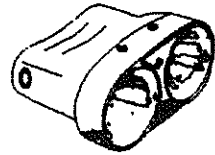
IF YOUR LIGHT FAILS UNDER WARRANTY, WHAT HAPPENS?

OTHER BRANDS-

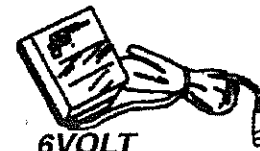
Our policy, when possible, is to give the customer a new light if theirs fails under warranty, instead of sending it in for repair while the customer waits (sometimes a week or more). In the past, we have had a hard time with lighting companies standing behind their product, even on a very expensive light. We found a high number of failures in almost every brand that we carried, and no willingness on their part to send us a replacement light.

CYGOLITE-

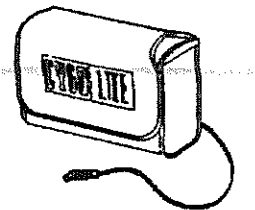
We have sold CYGOLITE product for over a year now, and had the lowest failure rate that we have ever experienced in a lighting system. On the rare occasion that there is a warranty failure, the customer has left the store with a new part....no waiting, and CYGOLITE took care of sending us a new product pronto!



DUAL HEADLIGHT



6VOLT CHARGER




RECHARGEABLE 6VOLT BATTERY



QUICK RELEASE MOUNT

**COME IN TO R+E CYCLES TODAY, AND SEE THE CYGOLITE NIGHT-EXPLORER!
OUR FAVORITE LIGHT OF ALL TIME!**




HARD TO FILL YOUR SHOES?

PICK UP A PAIR OF SCOTT CYCLING SHOES, AND SAVE A BUNDLE!

Reg. \$80~90

Sale \$34.99



Limited to stock on hand
Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



YO! KICK IT!

Common belief: Your friends will laugh at you if you have a kickstand on your bike. Well, you can have a great time laughing at the scratches on their bikes later. Go ahead and install a kickstand....you know you want one!

Use this coupon to receive free installation labor when you purchase a Greenfield kickstand for just \$9.99



SAVE \$5

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



BLINDED BY THE LIGHT!

This is our favorite commuter headlight system! Use this coupon to set your bike up for winter commuting. When you buy a Cygolite Night-Explorer at \$109.99, we'll throw in a pair of clip on fenders for FREE!



\$20 value!

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.





ALL LIT UP!

Buy a Cateye Halogen HL-500 light at the regular price of \$16.99, and receive an LED flashing tail light for FREE.

that's a \$13 savings!

Buy this one
Get them both!

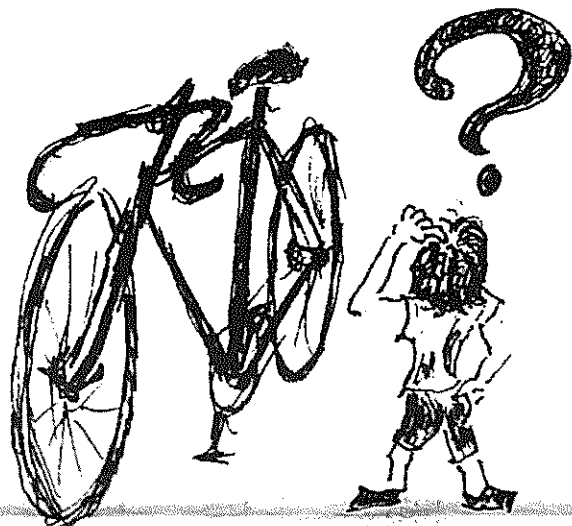



Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

WHAT SIZE IS YOUR TOP TUBE?

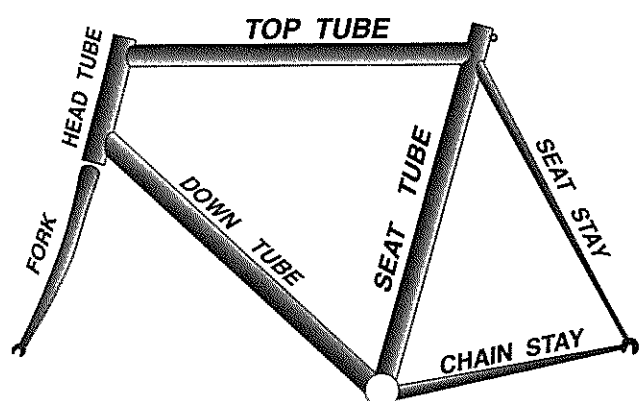
When you go into the store to buy jeans do you start off looking at the leg length or the waist? I believe most people put more priority on the waist. If the leg length is an inch too long you might hem them, hope they shrink or deal with it. If the waist is an inch too small you are probably not going to want to wear them all day long.

When most people buy bikes they usually start by considering their leg length. At R+E, we consider this to be backwards. You can raise or lower a seatpost 5 or 6 inches, but if the reach to the handlebars is an inch too long or an inch too short it's akin to having a pair of jeans with the wrong size waist.

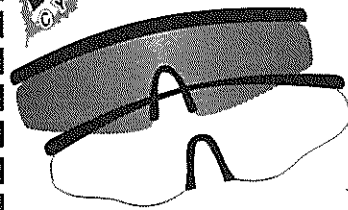


If you purchased your bike by standing over the top tube and seeing how much room you had under you, you may find that you have some discomfort while cycling. If the reach to the bars is not proper, you'll stretch, bend and contort your body in ways that will cause any level of discomfort. It may appear in your neck, shoulders, hands or butt. You may think that your saddle is uncomfortable, when really it is your reach to the bars that is the culprit. At R+E, we start off by measuring you to determine what will be a comfortable reach to the handlebars. Then determine the appropriate seat tube length from there.

If you would like a pamphlet regarding proper bicycle fit or you would like to schedule an appointment for one of our fit specialists to work with you, please call us at 206-527-4822 or e-mail us at Rodtandem@aol.com.



R+E CYCLES DOUBLE VISION



Be prepared for anything! Buy a pair of clear sun glasses (\$19.99), and receive a pair of dark sun glasses for FREE.

SAVE \$20!!

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

R+E CYCLES IF THE SHOE FITS, BUY IT!

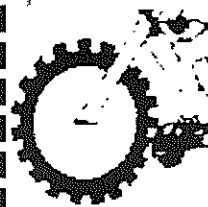
Save 70%

on selected '97 model shoes. Selection includes Carnac, Diadora, & Vittoria. Hurry, supply is limited.



Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

R+E CYCLES KNOBBY TIRE MANIA

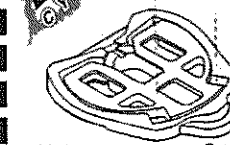


Use this coupon to receive a 25% discount off the regular price when you buy any pair of knobby tires that we have in stock!

\$20 value!

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

R+E CYCLES LOOK COMPATIBLE BIOCLEAT



Biocleat is a LOOK compatible cleat with non-restricted float built into the cleat (as opposed to the restricted float achieved with the 'red cleats'). If you own LOOK pedals, here's your chance to enjoy the same type of float that TIME, & SPEEDPLAY owners enjoy for just \$1.38. Reg. \$10

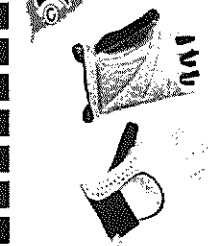
ONLY \$1.38

Not a typo!

Mode	Rotation
Free floating	+5°
Gentle recentering	+5°
Moderate recentering	+5°
Strong recentering	+3°

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

R+E CYCLES REMEMBER THE OLD DAYS?



Remember those Crochet gloves that were so durable you lost them before you wore them out? Well, here they are again, and on sale too!

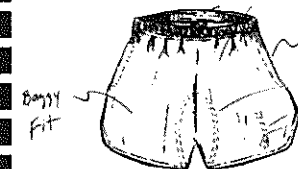
Reg. \$15

With Coupon Just \$6.99

Limit - 2 pair per customer

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

R+E CYCLES IN THE BAG!



Save in a big way when you buy a pair of Bellwether Baggie shorts at R+E Cycles. Reg. \$50

With coupon only

\$24.99

SAVE 50%

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

2 GREAT BOOKS ONE GREAT NIGHT!

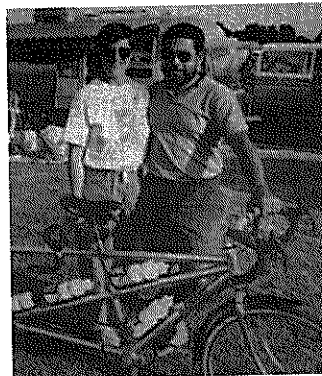
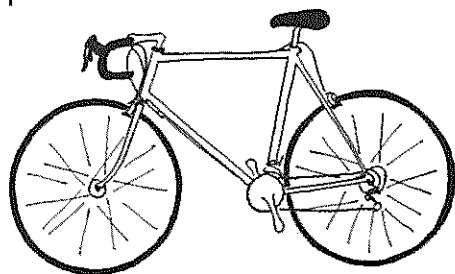
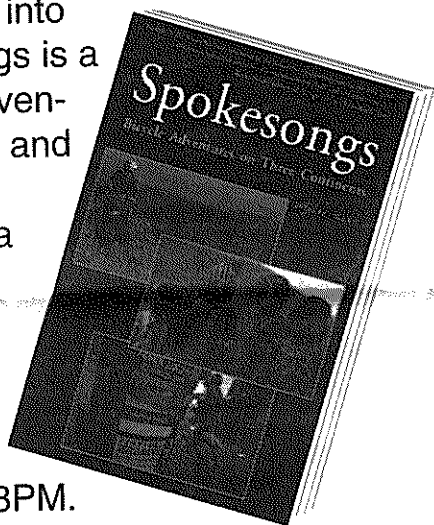
Come and meet the authors, and pick up a signed copy of their new books! Please join us for a book signing evening on Thursday Sept 11 from 6-8PM. See the coupon below for a 20% savings!



WHERE'S WILLIE?

If you've never met Willie Weir, you are in for a treat when you do. You may have heard his stories on KUOW, or seen his articles in the Seattle Times but when you meet him in person it

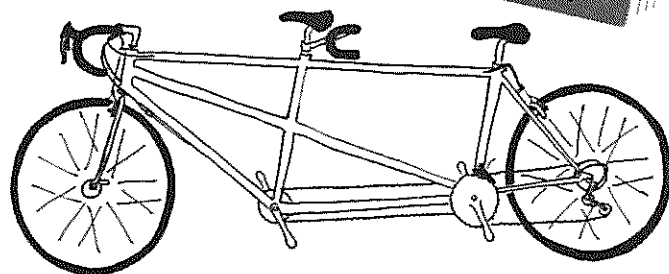
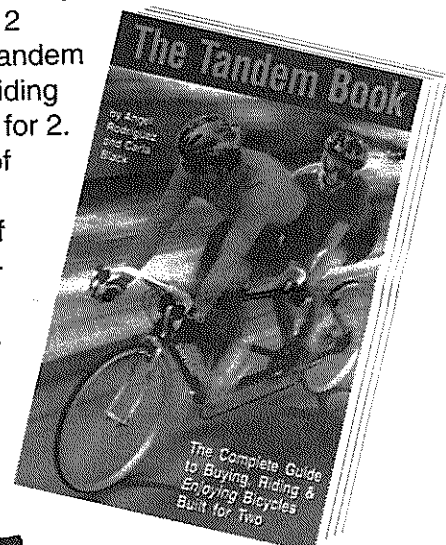
will breathe even more life into his adventures. Spokesongs is a collection of his bicycle adventures in India, South Africa and the Balkans. Willie is an amazing writer as well as a Guinness Book Record holder (look him up in the Ping Pong section). Please join us for a book signing evening on Thursday Sept 11 from 6-8PM.



HERE'S ANGEL!

Many customers ask about Angel & Carla, and what they're up to. Here's your chance to ask them yourself.

R+E Cycles and Tandems have often been considered synonymous. RODRIGUEZ tandems have been handbuilt here, at R+E since 1977. Angel Rodriguez, the founder of the shop has been away from retail for nearly 10 years but that doesn't mean he has been away from 2 seaters. His new book, The Tandem Book, is a complete guide to riding and purchasing a bicycle built for 2. We are celebrating 20 years of RODRIGUEZ tandems with a book signing by Angel. Even if you are not a tandem enthusiast, we welcome you to come by and meet Angel in person. You'll understand why he is becoming a legend. Angel will be at R+E on Thursday Sept 11 from 6-8PM.



RE CYCLES **COVER TO COVER!**

Save big when you purchase both books, Spoke Songs (reg. \$12) by Willie Weir, and The Tandem Book (reg. \$15), by Angel Rodriguez & Carla Black.

Get both for just \$21.00
SAVE OVER 20%

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

RE CYCLES **FREE CHAIN LUBE!**

What a screamin' deal! When you buy any mirror that we have in stock, you'll not only be able to see behind you, you'll get a 2 oz. bottle of tri-flow chain lube **FREE**. Mirrors start at \$5.99.

\$4.00 VALUE!!

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

RE CYCLES **CUPID'S AERO??**

You're gonna love this deal! Buy any pair of aero bars, or clip on aero bars that we have in stock, and **get a Kirtland Aeropak bag for FREE!**

Free is a very good price
Reg: \$20

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

RE CYCLES **GROCERY BUDGET**

One of our most popular accessories is the 'grocery bag' basket from Jandd. It is the perfect size to fit a bag of groceries, & folds up & out of the way when you are not using it. Reg. price is \$43 each.

BUY ONE & GET THE SECOND FOR 1/2 PRICE!

Save \$21
LIMITED TO STOCK ON HAND

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

WE'RE TRYING SOMETHING NEW THIS WINTER!

IMPORTANT INFORMATION

You probably know us as that shop that does all of those fun cycling events during the winter. Things like, book signings, fashion shows for bicycle clothing, slide shows of people's tours, bicycle repair classes, etc....the list goes on and on. Because of its size, we almost always use the Mountain Bike Specialists shop for these events.

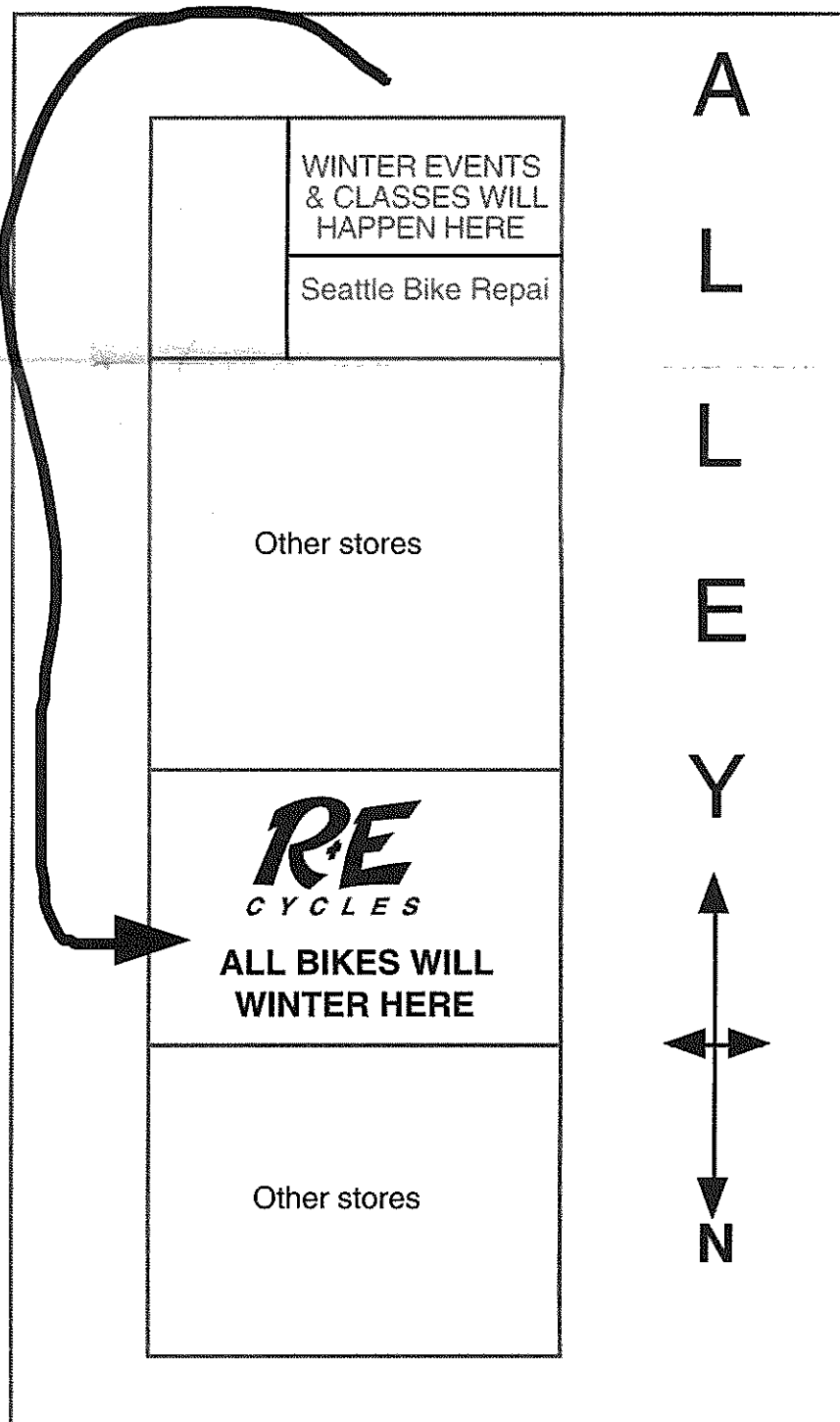
This year, we want to bring you even more winter time cycling events.

This winter, from the 1st of October, through the 1st of February, we will have the mountain bikes at the road bike shop. This will leave the Mountain Shop clear for use for these winter events. Nothing will change for Seattle Bike Repair, it will remain in its usual place. R+E will be a little fuller with merchandise through the winter, and we think it's going to be more fun than a barrel full of monkeys! So, remember, if you want to look at mountain bikes, or mountain bike accessories, they will be wintering at R+E.

ALL BIKES UNDER ONE ROOF FOR THE WINTER!!



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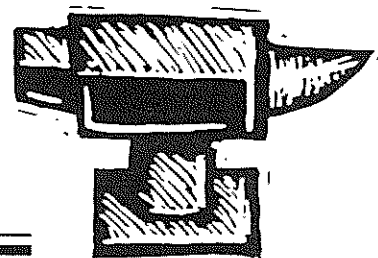


R+E CYCLES

CAN WINTER GET ANYMORE FUN?



NEWS FROM THE REPAIR BENCH



5601 University Way NE • Seattle WA • 98105 • 206-527-0360

ESTELLE'S NEW SHIFTERS!

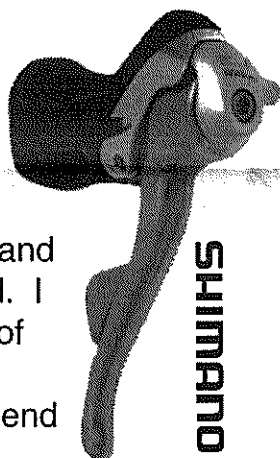


- Estelle Gray -

For several years now, since the invention of STI & Ergo shifting (the shifters that are combined in the brake lever), I have not joined the trend. Oh, I have tried a couple of times, but until now, never found the right combination.

Both types of these shifters were designed to fit an average sized man's hand. I found that my hand was smaller than the average man's hand, and I had a hard time with both types.

My first try was a couple of years ago, when I tried a set of **Shimano STI shifters**. My thought was that the motion was lighter and easier on the Shimano STI vs. the Campagnolo Ergo. The problem was that the swing, or distance the lever must travel, was very long, especially on the front shifter. The hood, or part of the lever that your hand rests on, was very large for my hand. I also found that I lost the advantage of being able to use my body weight to help me shift like I could on my bar-end shifters. The Shimano required a strong fingered push for any shift I had to complete, and I had to do all my shifting with the same two fingers. After several shifts on a long ride, my hands got tired... real tired.



SHIMANO

I also like to ride with a triple chainring up front. The Shimano triple shifters did not prove as reliable as I would have liked. I found myself having to adjust the cable quite often. I also found that I had a hard

time adjusting the cable to the perfect tension without having to make a trip to the repair shop. I ride my bike a lot, so I decided that the Shimano STI was not for me.

Next, I installed the **Campagnolo Ergo Shifters** on my bike. The Campagnolo let me use my thumb for half of my shifting, but still required a strong finger push for the other half of the shifting. I found that my hands got tired just as quickly as they did on the Shimano, but did fit the hood a little better.



The reliability was good. I did not have to have them adjusted anymore than my standard shifters. When they did need adjusting, I found it easy to do myself. But, all in all, I want to be comfortable on my bike, so I went back to the bar-end shifters that I knew and loved.

Now, here comes the fun part. Recently, the service department assembled a new Rodriguez Stellar for me. I was initially disappointed to see that they had put Campagnolo Ergo levers on it, but they told me they were new and improved. I had my doubts, but I was in a hurry and just jumped on it and rode.

I didn't think much about it for 10 miles or so, but then I realized that my hands were not getting tired, even after several shifts. I later learned that these new Ergo shifters were spring assisted and now were as light and easy to push as the Shimano had been, and I got to use my thumb for half the shifting. The swing is still as short, and the hood is just as comfortable. I have now ridden a few hundred miles on them, and I find the reliability is great! All of my objections to the Campagnolo Ergo had been solved. I have a new favorite shifter, and it's a great one!

AND THE WINNER IS....

Campagnolo

Campagnolo

Campagnolo

Campagnolo



THAT'S A WRAP!

You pay us \$8 to install it, and you pick from any handle bar tape that we have in stock for 1/2 price!

Reg: \$5-\$17



Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



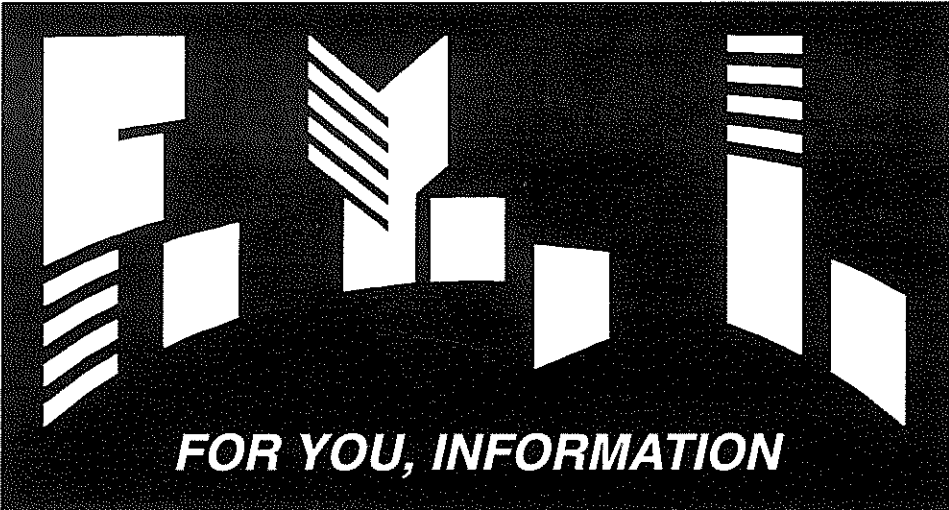
ESTELLE'S FAVORITE COMPONENT GROUP

Special Arrangement!

Buy a custom Rodriguez frame/fork (they start at \$799), and get Estelle's favorite group for just \$799!! That's a complete Campagnolo Veloce kit with rims, spokes, tires, bars...everything except pedals! That's right! You can own a complete, ready to ride, custom built for you, Rodriguez with complete Campagnolo Veloce for \$1598. 90 Day Same as cash O.A.C.

JUST \$1598 complete custom bike!

Must be ordered before October Starts!



FOR YOU, INFORMATION

DRIVETRAIN DICTION

One of the most commonly asked questions at S.B.R. is... "what kind of lube should I use for my chain?" This invariably produces a 5 minute discourse on the merits of each of the lubricants that we carry, without one standing above the other. In fact, when shop employees were polled recently on their lube of choice, a spirited debate occurred, with no side the clear victor.

With that in mind, let's lay out the advantages of the few that we use, and let you decide for yourself. One other thing: the drivetrain includes your chain, chain rings up front, cogs in back, front and rear derailleurs and your shifting cables. Each lube below can be used on all parts of the drivetrain.

-Finish Line Cross Country- Designed as a "wet-style" lube for "high torque, long distances, and wet weather riding." Comes in 2 or 4 oz. bottles.



-Finish Line Teflon- Created for "dusty and dry conditions" and for those hard-to-reach places like derailleur pivots. Comes in 2 or 4 oz. bottles.

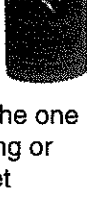


-Finish Line KryTech- Similar to White Lightning in that it is said to "shed dirt, water and other debris." **Caution-** Highly Flammable! Comes in 2 oz. bottle.



-Tri-Flow- Similar to Finish Line Teflon in that it uses a Teflon base, providing "a lighter viscosity oil" for those hard-to-reach places. Comes in 2 oz. bottles.

-White Lightning - This is billed as "The Self Cleaning Chain Lube" because of its said ability to shed dirt, water and other debris that speeds the wear process on your drivetrain. **Caution-** Highly Flammable! Comes in 4 oz. bottle.



As you can see, each offers its own little selling point. If you ride mainly in dry, dusty conditions, Finish Line's Teflon lube claims to be the one for you. If the cleanliness of your drivetrain is the issue, White Lightning or Finish Line's KryTech tout their lube as the one. For those riding in wet conditions, Finish Line's Cross Country espouses it's validity.

By the looks of your furrowed brow, I see we haven't provided a clear answer to the age old question "which one is the best?". Well, there isn't one. Riding conditions change everyday around here. The important thing is to keep the drivetrain clean & lubed, even if you have to use vegetable oil. Most of all, just ride it! As for me, I like Tri-Flow because it smells good.

REPAIR CLASSES

ROADSIDE REPAIR:

(1 SESSION; 2 HOURS; \$15)
SEPT.2;OCT. 17;NOV.21;DEC.9

WOMEN'S BIKE REPAIR:

TAUGHT BY ESTELLE GRAY
(1 SESSIONS; 2 HOURS; \$15)
WEDNESDAY; SEPT 17, OCT 22, NOV12

WELL-TUNED BIKE:

(3 SESSIONS @ COURSE; 3 HOURS @; \$55)
SEPT. 7/13/14; OCT. 5/11/12;
NOV. 9/15/16; DEC. 14/20/21

OVERHAUL COURSE:

(3 SESSIONS @ COURSE; 3 HOURS @; \$45)
OCT. 19/25/26; NOV. 23/29/30

WHEELBUILDING:

(1 SESSION; 4 HOURS; \$45)
SEPT. 28; NOV. 2; DEC. 7

TANDEM MECHANICS:

(1 SESSION; 2 HOURS; \$15)
SEPT. 19; OCT. 3; NOV. 1; DEC. 5

STARTING TIMES FOR ALL CLASSES:

MONDAY-FRIDAY 7PM;
SATURDAY 6PM; SUNDAY 5PM

CALL 527-0360 TO ENROLL

SEE OUR FLYER FOR MORE COURSE INFO

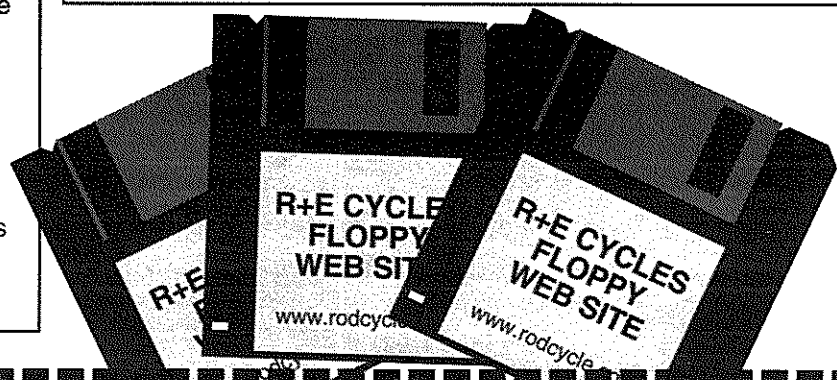


Learn how to ride a tandem



Tandem 101:

Saturday; Sept 20, Oct 11, Nov 8
\$25 per couple. We provide the tandem & the FUN!
Call 206-368-5490 ext. NUT (688) or e-mail us at
RodTandem@aol.com to sign up for this one






CHAIN CHECK

Bring in your bike, and this coupon,
and we'll check your chain
for wear & stretch for

FREE



Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



SUPER SOX

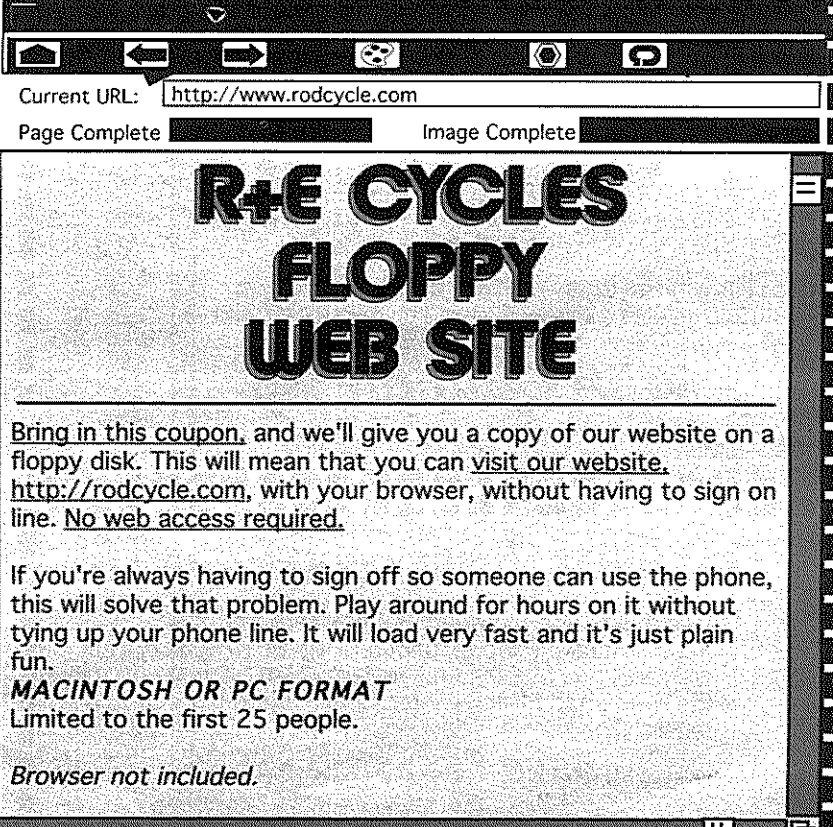
FREE PEARL IZUMI SOX

The Superfeet insole is a fantastic way to improve your comfort on your bicycle. Buy a pair of Superfeet insoles for just \$27.95, and we'll throw in a pair of Pearl Izumi Attack sox for FREE

\$7 value (hurry, limited supply)

FREE IS A VERY GOOD PRICE

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



Current URL: <http://www.rodcycle.com>

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R+E CYCLES FLOPPY WEB SITE

Bring in this coupon, and we'll give you a copy of our website on a floppy disk. This will mean that you can visit our website, <http://rodcycle.com>, with your browser, without having to sign on line. No web access required.

If you're always having to sign off so someone can use the phone, this will solve that problem. Play around for hours on it without tying up your phone line. It will load very fast and it's just plain fun.

MACINTOSH OR PC FORMAT
Limited to the first 25 people.

Browser not included.

DID YOU RIDE THE DANSKIN TRIATHLON ON A MOUNTAIN BIKE??

I think I saw you. I probably passed you.

I just participated in another Danskin Triathlon and continue to be amazed at the dedication and perseverance that Seattle women demonstrate. This is an all women event that attracts women of all ages, sizes, and athletic abilities. For some women it is one of the hardest physical events they will accomplish. For others it is a chance to compete against their own goals or a chance to race against others. Whatever the reason, it is an event that will be remembered by the participants for a long time to come.

The Danskin Triathlon raises money to benefit cancer research. There is a large contingency of entrants that are "survivors" and they wear special pins or ribbons to signify so. It can be an emotional event as well as a physical challenge.

But speaking of physical challenges...For those of you that participated riding mountain bikes, you get extra points. If you are thinking about doing this event again, (or like me, you got hooked and want to do other triathlons) I encourage you to consider a road bike. You'll shave mega minutes off your time as well as save some precious energy that you could use on the run. I passed many women on mountain bikes and I looked at them thinking "if she were on a road bike, I wouldn't be passing her". I'd like to invite you to come in and try a road bike; we'll make sure that it is a comfortable fit and suits your riding style. It's going to change how you feel at the end of the ride as well as how you place. And when you pass me next year, please be sure to wave....

BIKES & DOCS!

"My doctor, physical therapist, chiropractor, etc. recommended that I come talk to you." We hear that often but it wasn't until recently that I realized how much many medical folks know about the body and how little they know about bicycle fit. That's how come we teamed up with The Sports Medicine Clinic to share our knowledge. We did an extensive clinic with the doctors there to help them better identify just what it is about your bike that may be causing you pain. They've always known the medical cure but now they are even better equipped to make sure your bike is body friendly. If you are experiencing any pain that is going to send you in search of a medical professional it is with great confidence that we can recommend The Sports Medicine Clinic.



THE SPORTS MEDICINE CLINIC



The Sports Medicine Clinic

Physicians in the Field for You

- sports medicine
- orthopaedic surgery
- physical medicine & rehabilitation
- industrial medicine
- podiatry
- family practice

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RAIN READY

Stay dry this winter!

Buy a Burley rain jacket & a pair of Burley Rain pants
for just \$152

Reg. \$190
It's almost like getting the pants for free

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

What size is your top tube?

Use this coupon to save 66% on a basic fit kit. Call to schedule an appt. We will measure you & your bike, and make some recommendations for you. Reg. \$15

With Coupon: \$5

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.

MAKE YOUR OWN COUPON

Use this coupon to purchase any item from our mountain bike shop (except a bike) for 10% OFF. This will save you money, and save us from moving it to the road shop for the winter. One coupon per customer. One item per coupon.

Save \$\$\$\$\$\$\$\$\$\$\$\$\$

Offer good with coupon only. No cash value. Expires Sept. 28 1997. Limited to stock on hand.



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