

August 2000



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

THE NEWSLETTER OF CYCLING VALUES! AUGUST EDITION 2000

BUY A BIKE AND WE'LL BUY YOUR COFFEE FOR A WEEK

It's that time of year when bike shops are wanting to thin out their inventory to make room for the next year's models. It's a great time for you to get a great deal on a bike.



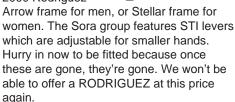
We'd like to move out our Y2K models quickly so this newsletter is filled with great deals to entice you to buy a bike this week! All of our bikes are on sale and no matter which of these values you grab, we'll make it even better by giving you a coupon book for a week's worth (\$15) of lattes at Starbucks.

LIMITED OFFER

A handbuilt Rodriguez with Shimano components for just \$999!!

That's a \$300 savings! We scored a deal on 10 Shimano Sora groups and we are offering you a special.

This is current year 2000 equipment and we are pairing it with our 2000 Rodriguez



COMFORT!	Pg.	1
TANDEM CORNER		
SHOPPING FOR A NEW BIKE		
FITTING SERVICES	Pg.	2
CYCLING SHORTS		

HOURS

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

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





BIKES MAKE

Why do so many people like mountain bikes on the streets? We think it's because mountain bikes offer low gears for easy hill climbing, more puncture proof tires and the upright handlebars.

Why do so many people dislike riding mountain bikes on the road? We think it's because of the big heavy tires that slow you down, the frame's off-road geometry and the heavy shock forks and frame tubing.

Why do so many people like riding road bikes? We think it's because the quickness of the frame's geometry is fun and the light frame and light wheels are fast

Why do so many people dislike riding road bikes? We think it's because they don't

like the skinny wheels or the bent over riding position. Road bikes often don't have low . enough gears for climbing hills

Wouldn't it be nice if there was a bike with the best of both? Check out the Kona Yee Ha. This hybrid bike offers low gears and has tires wider than a road bike and smaller than a mountain bike. It has upright riser bars for a comfortable position and a shock seatpost for a comfort-able ride. It is designed for riding on pavement but can certainly handle a gravel road.

The Yee Ya is a great value at \$379 and at our sale price of \$325 you can't find another bike that even gets close!!



If you find yourself taking off pedals it's nice to have a wrench of the right size with lots of leverage. Now's the time to get a real pedal wrench at a real savings. Reg:\$15

SALE \$7.99

Rack trunks sits on top, go on easily and come off easily. This great pack has enough room for everything you need for a supported ride or a long day trip. You can carry some food, camera, tools and clothing. Fits on any rack.
Avenir Rack Trunk Reg:\$42

With Coupon:\$29.99

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be seen. Reflective vests stand Your first defense again cars it <u>.s</u> out day or night. Cautious good. Be safe, be seen. Reg:\$16 \$9.99

hand. No

BOOK SIGNING WITH SALLY EDWARDS AND REBECCA YAO

Sally Edwards' new edition of *Triathlons for Women*, edited by Rebecca Yao and Kaari Busik, has just been released along with her new Training Log. Sally and Rebecca will be at R+E on *Friday August 18th from 6-8PM* to autograph their new books. All proceeds from the books that are sold that evening will go to *Team Survivor USA*. This national organization provides exercise and fitness training for women who are



cancer survivors. It will be a fun filled evening with door prizes, raffle tickets, snacks and a chance to meet with Sally in a small setting.

Sally Edwards is the national spokesperson for the Danskin Women's Triathlon. She is also a leading expert on training with a heart rate monitor, an adventure racer, world class triathlete, and has authored numerous other books. Her extensive knowledge and quick wit assure us that this will be a lively evening.

Rebecca Yao is a cyclist and triathlete. She is also the coordinator for the mentor/mentee program, which pairs first time Danskin participants with experienced women for training, motivation and fun. Rebecca will leave you psyched and confident for any triathlon!

WEIGH SMART

There is more to your weight than the number that

appears on the scale. Your ratio of muscle and fat is an important number that doesn't show itself on a common scale. The Tanita body fat scale is a totally awesome scale that measures your body fat as well as your overall weight. It records in 1/2 pounds and 1/2 point percentages. You can set the scale accord-



ing to your gender and level of activity and it is programmable to accommodate 2 people. It's the intelligent way

THE TANDEM - CORNER -

Here's the schedule for the rides that we have currently scheduled.





- August 5 Dennis and Louise Fugier will lead a San Juan Island ride.
- August 26 Jim and Ann Jensen will lead a ride around Snohomish.
 - Sept 1-4 Sleeping Lady Rally in Leavenworth. sign up now!!
- Sept 16 An evening/dinner ride leaving from R+E. More info to follow.
 If you would like to lead a ride or be added to our tandem e-mail list, please contact us at estelle@rodcvcle.com.

BICYCLE REPAIR CLASSES

Road Side Repair \$35

This one-evening, 2-3 hour class covers the basics of repairing your bike on the road.

We will cover most of the basic repairs that

strand people along the road. Learn how to:

- Fix a flat tire
- Fix a broken chain
- Make a minor adjustment to your shifting & brakes
- Know what tools and parts to carry with you on your bike

Next Dates are: July 27, August 10, August 24, September 14, September 28 (7:30 pm)

Call 206-527-0360 to sign up (This class is limited to 8 people)

ALL CLOTHING* WILL BE 25% OFF FOR 3 DAYS.











Choose from shorts and tights, jerseys and jackets, wind vests and gloves. We've also got socks and caps. We have clothing from Pearl Izumi, Shebeest, Bellwether, and Hind. Treat yourself to a nice piece of cycling gear.

3 DAYS ONLY

FRI, SAT AND SUNDAY AUG 11,12, 13

*The only exception is Burley rain jackets and pants.

NTASTIC BIKE SALE!

HERE IT IS!

The bike sale you've been wating for!

Every bike in our inventory will be on sale at least 10% OFF! If you don't need a bike, tell a freind! Below is the list of bikes in our inventory. Sale is limited to the stock on hand. Hurry in before the one you want is gone!

This list is current at time of printing.						
HYBRIDS (CROSS BIKES)						
	Make	Model		Reg.	Sale	
394403 2000		Advantage	16.5	459	413	
394412 2000		Advantage	18.5	459	413	
394399 2000		Advantage	21	459	413	
394402 2000		Advantage	21	459	413	
394359 2000		Avenue	16	319		10%
394368 2000		Avenue	16	319	287	
394371 2000		Avenue	16.5	319		10%
758554 2000 394409 2000		Boardwalk Boardwalk	16 18.5	519 519	467 467	10% 10%
758629 2000		Boardwalk	18.5	519	467	10%
758540 2000		autoMilano	18.5	729	656	10%
394487 2000		Zebrano	LG	429	386	10%
394483 2000		Zebrano	ĹĠ	429		10%
394496 2000		Zebrano	M	429	386	10%
394492 2000		Zebrano	m	429		10%
394488 2000		Zebrano	S	429		10%
394491 2000		Zebrano	S	429		10%
394498 2000	FISHER	Zebrano	XL	429	386	10%
758804 2000	Kona	НооНа	16	469	422	10%
758807 2000		hooha	16	469		10%
758578 2000	Kona	hooha	18	469	422	10%
758584 2000		HooHA	20	469		10%
758575 2000		HooHA	20	469		10%
758583 2000		hooha	20	469		10%
758518 2000		Yee Ha	16	379	341	10%
758513 2000		Yee Ha	16	379	341	10%
758533 2000		Yee Ha	18	379	341	10%
215104 98	BIANCHI	Avenue	18.5	319		30%
394329 99	Mongoose	Crossway 450	21	439	351	
394274 99	Mongoose	Crossway 850	19	599	4/9	20%
MOUNTAIN	_	841 - 1	0:		0-1-	0
	Make	Model		Reg.	Sale	
394350 2000		Aquila	L	649	584	10%
394346 2000 394353 2000		Aquila	LG L	649 989	890	10% 10%
394338 2000		Big Sur KaiTai	Ĺ	869		10%
394340 2000		KaiTai	Ĺ	869	782 782	
394347 2000		Kaitai	Med	869		10%
394341 2000		KaiTai	XL	869	782	
758753 2000		Sugar 2		1899	1709	
394495 2000		Tassajara	LG	569	512	10%
394485 2000		Tassajara	Lg	569		10%
394489 2000		Tassajara	ΧĽ	569	512	10%
394345 2000		Tassajara	XS	569	512	10%
394393 2000	Kona	Blast	16	479	431	10%
758817 2000	Kona	Blast	16	479	431	10%
758709 2000		blast	19	479	431	10%
758707 2000		blast	20	479	431	10%
758524 2000	KONA	Fire Mtn	14	399	359	
758624 2000		Fire Mtn	16	399	359	
394481 2000		Fire Mtn	18	399	359	
394436 2000		Fire Mtn.	19	399	359	
394479 2000		Fire Mtn.	19	399	359	
394421 2000		Hahanna	14	299		10%
30//3/ 2000	IZ CANTA	Hahanna	1/1	200	260	10%

Hahanna

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Lava Dome

Lava Dome Lava Dome

ManoMano Muni Mula

MUNI MULA

Muni Mula

Pahoehoe Pahoehoe

pahoehoe yeeha

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yeeha yeeha Aquila Wahoo

Wahoo

Fire Mtn

Fire Mtn

Mtn.

394434 2000 KONA 758793 2000 KONA

758791 2000 KONA 758792 2000 KONA

758789 2000 Kona 758521 2000 Kona

758530 2000 Kona 394386 2000 Kona 394388 2000 Kona

758586 2000 Kona 758815 2000 Kona

758808 2000 Kona 758809 2000 Kona

758806 2000 Kona 758810 2000 Kona

758748 2000 Kona 758585 2000 Kona 758577 2000 Kona

758582 2000 Kona 758580 2000 Kona

FISHER

Fisher

Fisher

KONA

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Rodriguez

215361 99 215276 99

847869 99

394108 99

394124 99

394007 99

394255 99

386 386 386 386 386 422 422 422 422 422 422 341 341 341 223 351 479	10% 10% 10% 10% 10% 10% 10% 10% 10% 10%	75 75 75 75 75 75 75 75 75 75 75 75 75 7
Sale	Save	44 71
584 584	10% 10%	44 84
890	10%	21
782 782	10% 10%	21 84
782	10%	39
782 1709	10% 10%	39
512	10%	39
512 512	10% 10%	21 21
512 431	10%	21
431	10% 10%	21 21
431 431	10% 10%	75
359	10%	75 75
359 359	10% 10%	75
359	10%	75 21
359 269	10% 10%	21
269	10%	21 39
269 269	10% 10%	21
269	10%	
314 494	10% 10%	
494	10%	14
494 494	10% 10%	M (99
1070	10%	99
881 881	10% 10%	99
881	10%	99 99
1142 1142	10% 10%	99 H \
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341	10%	R O
341 484	10% 20%	99
199	43%	97
199 374	43% 20%	97
374 303	20% 20%	98 99
1889	30%	97

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ROAD	BIK	ES					
Tag#		Make	Model		Reg.	Sale	Save
394461		Bianchi	Brava	58	699	629	10%
394461		Bianchi BIANCHI	Brava Eros	58 49	699 1149	629 1034	10% 10%
		BIANCHI	Eros	57	1149	1034	10%
		BIANCHI	volpe	49	849	764	10%
		BIANCHI	volpe	49	849	764	10%
758742	2000	BIANCHI	volpe	49	849	764	10%
		BIANCHI	Volpe	52	849	764	10%
		BIANCHI	volpe	52	849	764	10%
		BIANCHI BIANCHI	volpe	52 52	849 849	764 764	10% 10%
		BIANCHI	volpe volpe	52	849	764	10%
		BIANCHI	volpe	58	849	764	10%
758816			Jake the Snake	55	1099	989	10%
758801	2000	Rodriguez	adventure		1349	1214	10%
758800	2000	Rodriguez	adventure	53	1349	1214	10%
		Rodriguez	Adventure	55	1349	1214	10%
		Rodriguez	adventure	57	1349	1214	10%
		Rodriguez	adventure	59	1349	1214 1169	10% 10%
		Rodriguez Rodriguez	arrow Arrow	57 59	1299 1299	1169	10%
		Rodriguez	arrow	59	1299	1169	10%
		Rodriguez	arrow		1299	1169	10%
758811		Rodriguez	arrow	٠.	1299	1169	10%
758813	2000	Rodriguez	arrow	sm	1299	1169	10%
		Rodriguez	arrow	XS	1299	1169	10%
		Rodriguez	Stellar	S	1199	1079	10%
		Rodriguez Rodriguez	stellar	xs LG	1199	1079 1214	10% 10%
		Rodriguez	Stellar adv Stellar Adv	Med	1349 1349	1214	10%
		Rodriguez	Stellar sport	XS	1199	1079	10%
		Rodriguez	stellar tour	XS	1349	1214	10%
		Rodriguez	Stellar-Rd	S	1199	1079	10%
		Rodriguez	Stellar-sport	S	1199	1079	10%
		Rodriguez	Stellar-sport	S	1199	1079	10%
		Rodriguez Rodriguez	Stellar-sport	XS	1199	1079 1079	10% 10%
758771		Rodriguez	Stellar-sport stellar-tour	xs m	1199 1349	1214	10%
		Rodriguez	Stellar-tour		13499	1214	10%
444820		Bianchi	Alloro	57	1799	1169	30%
71277	97	BIANCHI	Trofeo	59	829	539	30%
444989		BIANCHI	Veloce	59	1449	942	30%
847710		BIANCHI	San Remo	58	1159	811	30%
215034		BIANCHI	San Remo	58	1159	811	30%
215156 847605		BIANCHI Rodriguez	Veloce Tri Bike	57	1479 12999	1035 1949	30% 30%
394336		BIANCHI	Eros	49	1189	951	20%
	99	BIANCHI	eros	51	1189	951	20%
215465	99	BIANCHI	Giro	59	1329	1049	20%
394135	99	Bianchi	Sanremo	52	1189	951	20%
215278		Mongoose	RX 10.9	50	3599	2519	
215352		Mongoose	RX 10.9	52	3599	2519	
215279		Mongoose	RX 10.9	54	3599	2519	30%
215490 215405		Mongoose Rodriguez	RX97 Ti Adventure	54 51	2599 1300	2079 1040	20%
		Rodriguez	Toucan		2799	2519	10%
		Rodriguez	toucan		2799	2519	10%
		Rodriguez	Toucan	sm	2799	2519	10%
		Rodriguez	Toucan Softride	M	3299	2969	10%
		Rodriguez	Toucan Softride	М	3299	2969	10%
215235			25th Anniv Tandem	L	5150	4120 4120	20%
215238 215244		Rodriguez	25th Anniversary Softride Tandem	M	5150 4200	3360	20%
394257		Rodriguez	8-Ball	48	6250		20%
215407		Rodriguez	Testpilot	L	1899	1519	
		-					

SUPER SPECI

	MOUNTAIN					
	99 aquila	XS, LG	\$650	\$ <i>485</i>		
	99 WAHOO	xs,m,xl	\$360	\$199		
	99 lava dome	14,17	\$550	\$ <i>389</i>		
	99 Fire Mtn/susp.	18	\$480	\$ <i>374</i>		
	99 fire mtn rigid	19,20	\$400	\$316		
	HYBRID					
	Crossway 450	21"	\$439	\$ <i>272</i>		
	Crossway 850	19	\$600	\$416		
	ROAD					
Mongoose Titanium Road Bikes						
	99 Eros	49, 51	\$1190	\$ <i>949</i>		
	97 Bianchi Alloro	57	\$1800	\$1000		
	97 Bianchi Trofeo	59	\$830	\$ 540		
	98 Bianchi San Remo	52,58	\$1170	\$ <i>899</i>		
	99 Bianchi Giro	53,59	\$1330	\$1 049		
	97 Veloce	59	\$1450	\$ <i>943</i>		

U-LOCK IT OR U-L

Check out this deal. A U lock with a bracket for only \$9.99. We bought a bunch on close out and we are passing the good deal on to you. At this price you can afford to keep one in the car, just in case. Reg:\$20

■Coupon Special:\$9.99

Dan't feed your pants to your chain.

These leg straps will keep your pant legs away from the chain and they are highly reflective, too!! Buy 2 for the price of one!

SALE 2 for \$3



3 tubes for \$10 With Coupon



Laaks be can

The Vitesse saddle is making many women happy. It's comfortable in all the right places. Try it

Reg:\$65 Limited Offer



Just \$49.99

Soften up

Get yourself a nice cushy gel saddle and you'll be amazed at how comfortable a bicycle seat can be. Reg: \$17



A big pump in a little package

This looks like an ordinary mini pump but it expands to give you faster pumping. Dual headed for either SV or PV.A pivoting handle and a handy clamp make this pump great for commuting or mountain bike riding. Innovations Chubbie Pump reg: \$20

coupon: \$14.99



How much air is in your tires?

Unless you have calibrated fingers, we suggest using a pressure gauge. Properly inflated tires are more puncture resistant, ride better and last longer. The Topeak Smart Gauge has a digital readout and works on either PV or SV tubes.
Reg:\$21

Coupon:\$16.99

LOOK WHERE YOU'RE GOII

If you are looking for some ideas on new places to ride we have lots of guide books. We've got local books for both road and off road riding.



All books 20% off.

Offer good with com

■ These are top of the line road riding tires. Made with natural rubber, they handle and feel better than other tires. Made with 5 ply casing, they are supple and puncture resistant. They are very light and long wearing. You can inflate them from 130-160 lbs for a fast smooth ride. Available in 700x20 and 23. Reg. \$37 each

Pick up a pair for only \$59.

Ride and train efficiently and intelligently with a heart rate monitor. Buy the monitor on sale and and we'll even throw in the Heart Rate Monitor book by Sally Edwards. Sigma PC6 Reg:100





use but still want top notch security. We highly recommend cobra links. Hardened vertebrae like links cover a tough steel cable making this locks easy to use and hard to get through. Protect your investment. Reg:\$20



Scare

Lots of folks just don't want to be strapped on to their pedals but would enjoy the benefits of toe clips. That's why we have "city clips". Toe clips without straps hold your foot in place so you pedal with the balls of your feet, not your arches.

Coupon:\$3.99



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