

# R+E CYCLES



'Whether you  
think you  
can or you  
can't...  
you're right!'

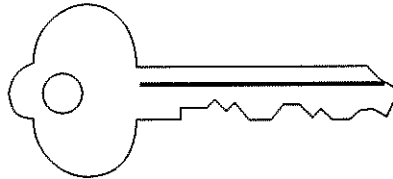
-Henry Ford

5627 University Way NE • Seattle • WA • 98105 • (206)-527-4822 • Fax (206)-527-8931

# R+E NEWS

THE NEWSLETTER OF CYCLING VALUES!

## Comfort is the Key on S.T.P.



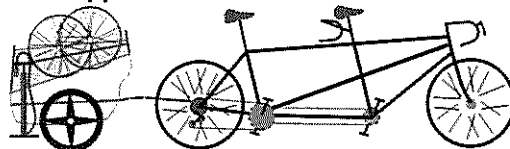
Hands. Feet. Butt. What do these have in common? You guessed it. They are the three parts of your body most likely to be sore on STP. They are also the three places your body contacts the bike. However, having ridden STP 12 times myself, and worked with literally thousands of other STP riders I can offer you some tips that will save you miles and hours of misery. There is a difference between finishing STP and enjoying STP.

The most common complaint riders have is that their "butt hurts". There are 3 major factors contributing to this. Most important is the fit of your bike and your body's position on it. If the bike is too long or short you may find you get "a sore butt", or even worse you find your "girl" or "boy" parts are sore or numb. Installing a properly fitting stem or repositioning your saddle is often all it takes to correct this discomfort. The shape and design of your saddle is the next thing to examine. If you are experiencing pain in your "boy or girl parts" a Terry @ saddle is cut out on the bottom so that as you bounce over the bumps on the road you are not banging your soft parts on the hard plastic base of a saddle. It really works. Try it for a week and if you are not satisfied with it, we'll give you your money back. If you find your bones feel bruised, look at a softer saddle or one that has the padding in a different location than your present one. Whenever you are thinking about a new saddle bring in your bike so we can help you make an informed decision. Last but not least, be sure you have a good pair of cycling shorts. Check to see that the cham-  
ois in your cycling shorts doesn't have a

seam right down the middle. Cyclists don't wear underwear... under their lycra shorts. (Cotton or nylon underwear don't breathe and they have nasty seams!) Sore hands are another symptom of long distance cycling. Again a properly fit bicycle will distribute your weight evenly to help reduce hand fatigue. A pair of gel gloves is often an easy fix. If you are riding a mountain bike be sure that you have "bar ends" on your handlebars. These will allow you to vary your hand position.

Cycling shoes are often the solution to sore feet. They have a stiff sole so that when you exert power approximately 9000 times between Seattle and Portland your foot doesn't flex downward causing aches, numbness and hot spots. It is important that you also have the proper size toe clip. Check to see that the ball of your foot is resting directly over the center of your pedal axle. An improperly positioned foot is often the cause of much foot discomfort.

Comfort, comfort, comfort. That is the key to STP. If you find you experience any discomfort in less than 50 miles of riding, come see us; we'll help you find the cause and a solution. Remember STP is supposed to be FUN!



NEW CLASS  
SCHEDULE  
PAGE 3

R+E  
5627 University Way NE Seattle  
206-527-4822  
Fax 206-527-8931

Mountain Bike Specialists  
5601 University Way NE Seattle  
206-527-4310

Seattle Bike Repair  
5601 University Way NE Seattle  
206-527-0360

### Hours

12 - 7 Mon - Thurs  
12 - 8 Friday  
10 - 6 Saturday  
12 - 5 Sunday

## WHAT'S INSIDE

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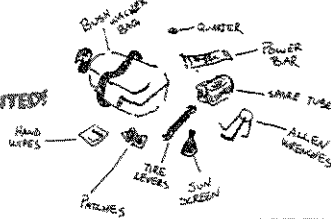


### LET US PACK YOUR BAG!

STP SURVIVAL KIT!

\$32 VALUE  
JUST \$24.99

No cash value. Offer good with coupon only. Expires June 30, 1995.



### BE PREPARED!

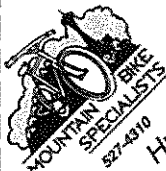
\$15.00 Value FREE

with your purchase of \$10 or more. Hurry, class sizes are limited

### STP REPAIR CLASS

How to fix a flat, what to do if your chain falls off, and few other magic tricks to ensure a problem free STP. Will be taught by Estelle Gray and Dan Towle. Monday, June 5, 7 pm & Friday, June 9, 7:30 pm. Pre registration is required.

No cash value. Offer good with coupon only. Expires June 9, 1995



STAY THE  
COURSE

With a

FREE!

Hurry, Limited to  
stock on hand!!

STP Map holder  
With your purchase of \$30.00 or more



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

R+E Cycles  
5627 University Way NE  
Seattle WA 98105

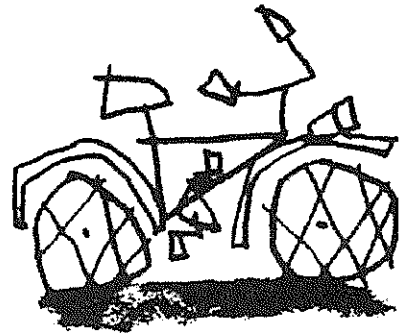
Limit one coupon per customer. Coupon must contain original mailing label. No cash value. Offer expires June 30 1995

FREE SHIPPING FOR ORDERS OVER \$15 • ORDER BY PHONE (206)-527-4822 • ORDER BY FAX (206)-527-8931

1.



# NEWS FROM THE REPAIR BENCH



Everyone knows that handbuilt bicycle wheels are the best wheels available. And everyone knows that Seattle Bike Repair wheels are the best handbuilt wheels around. But who wants to wait a week for custom wheels when your next ride or race is just a day away. **YOU DON'T HAVE TO WAIT FOR CUSTOM WHEELS.** Bring your trashed wheel to SBR before 2 p.m. and pick out a rim, spokes and lacing pattern (our experts will help you choose). Our skilled wheel builders will rebuild on your hub and you get a custom handbuilt wheel by 7 p.m. the same day.

In by 2, out by 7. Simple as that. And SBR wheels are guaranteed for three years or a million miles (whichever comes first). If you manage to knock your SBR wheel out of true in the first three years, we'll re-true and/or re-tension your wheel while you wait, free of charge. (Impact or crash damage that dents or distorts the rim are not included in this guarantee.) SBR wheels rarely need truing. That saves you time. And if your wheel does need truing, it's free of charge for 3 years. That saves you money.

The details are as follows:



## SEATTLE BIKE REPAIR WHEELBUILDING MENU

Rear wheel build	\$37.50
Front wheel build	33.00
Cut down your old wheel	add 3.00
Transfer cog, tire & tube	add 6.00
Custom lacing patterns (including 'twist')	n/c
DT Swiss stainless steel spokes	
Straight gauge	0.30/spoke
Double-buttend	0.50/spoke
Alloy spoke nipples (all colors)	add 0.25/spoke

**SAVE TIME ° SAVE MONEY  
THE BEST WHEELS AVAILABLE ANYWHERE**

## gore-tex cables FACT OR FRICTION

W.L. Gore & Assoc., Inc., maker of the breathable, waterproof fabrics that cyclists have come to love, has appeared in the bicycle equipment market in an unexpected place. Their design efforts have resulted in another excellent product.



Gore's "RideOn" cable systems are a very low friction, sealed cable system for brakes and derailleurs. The extremely low friction of these cable systems dramatically increases the ease of operation and efficiency of both braking and shifting. The greatest benefit is realized in shifting systems, where reduced friction results in faster, more accurate and easier gear changes.

This is especially true of handlebar mounted shifting systems, like Campy Ergopower, Gripshift and Shimano STI and Rapidfire, where long cable runs can result in internal friction that reduces shifting performance. Tandems benefit from the Gore cable system because of the long cable runs that reduce shifting efficiency. Any bikes with internal cable routing, like Klein mountain bikes, are excellent candidates for this upgrade.

Brake systems also benefit from the low friction, sealed system of a Gore "RideOn" cable system. The hard braking that accompanies hardcore off-road riding is enhanced by the Gore system and the corrosion and friction from wet, muddy conditions is eliminated. The increased efficiency also provides extra braking power for tandem brake systems.

The Gore "RideOn" cable system does have one downfall. Once you've tried them, you can never go back. Cable systems for either both brakes or both derailleurs is approximately \$75 installed and adjusted. \$50 if you buy the cables and install them yourself.

Of course, replacement with conventional cable and housing is also an excellent and inexpensive way to improve the performance of both brake and shifting systems. And don't forget, if you have an index shifting system, you must use index specific housing and the appropriate ferrules. See your friendly professional at Seattle Bike Repair for the parts you need and a reasonable labor rate for installation of cables and housing.



## SHIFT BETTER ° STOP FASTER

**"GORE YOUR BIKE!"**



Get your bike in ultimate condition! Have us perform a 'Seasonal Service' (\$75) or a 'Seasonal Overhaul' (\$129) and we'll 'GORE' your derailleurs for just \$60.

**Save \$15.00**

No cash value. Offer good with coupon only. Expires June 30, 1995

## "DEALS ON WHEELS"

Buy a 'Seasonal Service' or Seasonal Overhaul' and we'll knock 10 bucks off the price of a wheel build during the service.

Get your bike running great, and get a wheel(s) with a 3-year warranty!

**Save \$10 to \$20!**

No cash value. Offer good with coupon only. Expires June 30, 1995

## "WHEEL SMARTS"

**Save 25%**

off any Seattle Bike Repair class tuition when you purchase any Handbuilt wheel, or pair of wheels, from Seattle Bike Repair! (Wheels start at \$40)

No cash value. Offer good with coupon only. Expires June 30, 1995



# SEATTLE BIKE REPAIR

5601 UNIVERSITY WAY N.E. in the R & E CYCLEPLEX • 527-0360  
12-7 Mon-Thurs 12-8 Fri. 10-6 Sat. 12-5 Sun.

**FREE ESTIMATES • REASONABLE RATES**

## Unchain Your Bicycle's Potential

The drivetrain is the heart of your bicycle and your chain is the heart of your bicycle's drivetrain. The chain is the main element in transforming the effort of your legs into forward motion. Unless you like working harder or going slower, a dirty or worn chain are your enemy. Here's what to do:

**Keep your chain lubed and clean.** Lubricate your chain at least once a month and always lubricate it right after riding in the rain or wet, muddy conditions. Wipe excess lubricant off the chain to prevent build up. Remove and clean or replace your chain when it gets built up with excess lube and dirt.

**Check for chain stretch.** The chain should be replaced every 1,000 miles or sooner depending on your riding style and the conditions you ride in. To be sure, see your friendly professionals at Seattle Bike Repair to get your chain measured.

**Don't let your chain wear out.** If your chain

stretches too far other components of your drivetrain wear out. As the chain stretches, the chainrings and especially the cogs wear with it. A new or cleaned chain will not mesh properly with these worn parts and will skip severely under load. Replacing a slightly worn chain is inexpensive, while replacing worn cogs and chainrings with a extremely worn chain is not.

**Be smoother, quieter and more efficient.** A new chain runs and shifts smoothly and doesn't waste your pedalling effort. Save money and be more efficient by replacing your chain before it (and other components) wear out.

**DO IT TODAY**

**A NEW CHAIN  
SHIFTS BETTER!**

**FREE IS A VERY GOOD PRICE!**  
Use this coupon to receive a FREE chain measurement, and drive chain consultation. Just bring your bicycle in with this coupon, and we'll check it while you wait.  
No cash value. Offer good with coupon only. Expires June 30, 1995

**WHEELY GOOD DEAL**  
  
Use this coupon to receive a 10% discount on any wheel building supplies in stock when you take our wheel building course. Coupon good only during night of class.  
No cash value. Offer good with coupon only. Expires July 16, 1995

**WORKIN' ON THE CHAIN GANG**  
**Save \$6.00**  
with this coupon  
Buy a new chain from Seattle Bike Repair (from \$10), and we'll install it for free. A \$6 value.  
  
No cash value. Offer good with coupon only. Expires June 30, 1995

**"GET IT STRAIGHT"**  
**Save \$30**  
  
Use this coupon to receive a frame/fork alignment for only \$35 (reg. \$65) when you have us overhaul your bike!  
No cash value. Offer good with coupon only. Expires June 30, 1995

## BICYCLE REPAIR COURSES AT SEATTLE BIKE REPAIR

### ROADSIDE REPAIR

Learn how to give your bike a pre-ride safety check, how to lube your drivetrain and how to change the inevitable flat tire.  
Meets for one session on Sunday, 5-7:00pm, fee: \$15  
May 21, June 11, June 25, July 2, July 23, Aug. 13, Aug. 27

### WELL TUNED BICYCLE

Learn how to remove and clean your chain and crankset and adjust your hub, bottom bracket and headset bearing. Lubrication and adjustment of brakes and derailleurs will be covered.  
Three sessions on Monday and Fridays, 7-9:30pm, fee: \$55  
May 22/26/29, June 12/16/19, July 10/14/17, Aug. 7/11/14

### OVERHAUL COURSE

Remove, clean and repack the bearing surfaces of your hubs, headset and bottom bracket. The finer points of chainline, axle spacing and frame preparation will also be covered.  
Three sessions on Monday and Fridays, 7-9pm, fee: \$45  
June 23/26/30 & Aug. 21/25/28

### WHEELBUILDING

In this course you build a wheel and learn the finer points of truing, rounding, spoke tension and wheel dish. Buy materials at a 10% discount and take home a handbuilt wheel.  
Meets for one session on Sunday, 5-9pm, fee: \$45  
June 4 & July 16

### CUSTOM GEARING

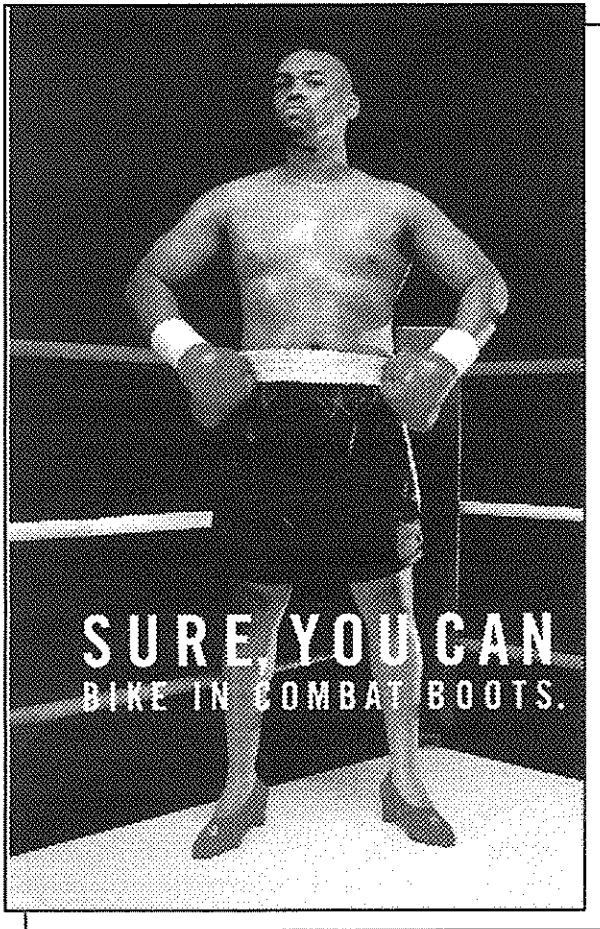
Create a gear chart for your bike and then ride for a month. Then we meet again to discuss and change your gearing to your specific needs.  
Meets on two Saturdays a month apart, 6-8pm, fee: \$30  
May 20/June 17 & July 8/Aug. 5

### TANDEM MECHANICS

Get lots of information unique to tandems. Learn to set your stoker chain and learn about drum brake systems.  
Meets for one session on Friday, 7-9pm, fee: \$15 per tandem  
June 2 & July 28

**CALL 527-0360 TO ENROLL**

FREE SHIPPING FOR ORDERS OVER \$15 • ORDER BY PHONE (206)-527-4822 • ORDER BY FAX (206)-527-8931



And you can jog in jeans! But who wants to? Cycling shoes make your ride more comfortable and efficient. Come in to R+E Cycles or Mountain Bike Specialists with the coupon below, and step up to a comfortable new pair of cycling shoes from our fantastic selection! Do it today!

**SAVE YOUR SOLE!!**  
**SAVE 10%!!**  
 Use this coupon to save 10% off any cycling shoe in stock!  
No cash value. Offer good with coupon only. Expires June 30, 1995

**SAVE YOUR BIKE!!**  
 THE CONVENIENCE OF A CABLE  
 THE SECURITY OF A U-LOCK  
 Use this coupon to receive a Titan 'link lock'  
**JUST \$20**  
**SAVE 20%**  
REG. \$24.99  
No cash value. Offer good with coupon only. Expires June 30, 1995

**SAVE YOUR BUTT!**  
**TERRY SADDLES**  
 Men's or Women's  
 Reg. \$36  
**Sale \$29.99**  
*Limited to Stock on hand*  
No cash value. Offer good with coupon only. Expires June 30, 1995

**SAVE A BUNCH OF BUCKS!**  
 On a  
**Rhode Gear**  
 Super Shuttle Car rack! Reg. \$95  
 With Coupon only  
**\$59.99**  
*Save \$35!!*  
No cash value. Offer good with coupon only. Expires June 30, 1995



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# WHAT DO BICYCLES AND T A lot more t

Think about the last time you were fitted (or watched s  
 hour? What was the process? Measurements were taken of t  
 buttons might have been moved or a cuff or sleeve length alt  
 Think about your last bike fitting? Was your inseam measure  
 When you wheeled your bike out of the store was the seat m  
 properly? Were the brake levers set properly for your hand si  
 of the things that we do at R+E CYCLES when we help you s  
 Unfortunately, a lot of people don't know that different brands  
 up on a bicycle that doesn't fit like it should. This can result in  
 worse! Fitting techniques of the past range from figuring a pe  
 top tube. These methods do not take into account all of the n

At R+E CYCLES most of our sales staff have been in the bicy  
 unmatched anywhere. We utilize the FIT KIT as a profession  
 FIT KIT is also unrivaled as we were the first shop in the Nort

## Warning signs that your bike d

1. **You are uncomfortable sitting on your saddle.** This may be due to r  
 long or too short or an improperly positioned saddle. This is an easy thing
2. **You are REALLY uncomfortable sitting on your saddle.** WOMEN dr  
 the top tube. To compensate for this, female riders tend to stretch with the  
 parts" which can be very discomfoting to say the least. Before you give u  
 pain that dare not speak its name can be cured.
3. **You get shoulder or neck pain while riding.** Another easy to fix prob  
 some more basic bicycle fitting problems such as saddle, stem or brake k  
 make recommendations as to the suggested width. We'll also examine ar
4. **You have knee or ankle pain.** Your saddle or foot position is probably  
 uncomfortable rider's problem. Using a stationary trainer and rotational pe  
 riding.
5. **It just doesn't feel right.** If it doesn't feel right, it's not right. You are th  
 you up on a stationary trainer and evaluate all aspects of your riding posit

IF DISCOMFORT PERSISTS, DRINK 2 LAT  
**527-4822 (**  
**527-4310 (M**

**SERV**  
**Basic Mea**  
**\$12.50 (free with R**

- Measure inseam, torso, arms, shoulders, hands and feet, a  
 measurements. Bring your bike in and

**Basic Bic**  
**\$40.00 (free with \$100**

- Measure inseam, torso, arms, shoulders, hands and feet, a  
 measurement.. With your bike on our stationary trainer, we'll  
 mine your proper stem height and length.



**R..**  
**\$2**

- Using our Rotation  
 adjust your cycling clea

**FIT WITH!**  
 • All of

# DOES YOUR BIKE FIT?

# DOES YOUR BIKE FIT?



## VISIT R+E AND MAKE SURE IT DOES

**FREE FIT KIT CONSULTATION**

Use this coupon to receive a FREE basic measurement fit kit and consultation. By appointment only. Limited to the first 25 callers.

No cash value. Offer good with coupon only. Expires June 30, 1995

**OVER THE HILL!**

Convert that double chainring to a triple chainring. This package includes:

- Triple crankset • Front or rear der. as necessary • Bottom bracket spindle • New chain if necessary\* • Full installation

Regular price \$280 to \$310

**WHILE SUPPLIES LAST**

**JUST \$189.99**

\*Sometimes new chain requires new free wheel (not included)  
No cash value. Offer good with coupon only. Expires June 30, 1995

**HOW FAR, HOW FAST?!**

Buy any model of Echo bike computer (\$19-\$29) and we'll install it for

**FREE!**

While they last! Reg. \$12

No cash value. Offer good with coupon only. Expires June 30, 1995

**WRAP IT UP!**

1/2 price handlebar tape with purchase of any new stem and installation.

No cash value. Offer good with coupon only. Expires June 30, 1995

**R+E CYCLES • 5627 UNIVERSITY WAY NE  
 (206)-527-4822 • FAX (206)-527-8931**

meone be fitted) for a tuxedo. How long did it take? A half e inseam, waist, torso, arms, etc. When the tux was picked up ed.  
 ? Your arm length? Your torso? Shoulders, hands or feet? ved forward or backward to make sure you were positioned e? Were the toe clips right for your foot size? These are some lect a bike.  
 of bicycles are designed to fit people differently, and they end discomfort or soreness in knees, shoulders, back, neck, or entage of one's inseam to measuring one's forearm across the cessary measurements.

le industry most of their lives. Our expertise in fitting bikes is tool in properly fitting a bicycle to you. Our experience with the west to use it (1983).

### Does not fit properly.

eding a different saddle, however it is often due to a top tube that is too us to diagnose and often quite easy to alter.

you know what I mean? All too often women's bikes are too long for them in arms and shoulders and then tilt forward putting pressure on their "girl on riding or purchase a new seat let us evaluate your riding position. The

m. Your handlebars may be too wide or narrow, or this pain can indicate er adjustments. We'll measure your shoulders and your handlebars and evaluate your positioning on your bicycle.

icorrect. This involves a little more in depth procedure but solves many an al device we'll evaluate your riding position to ensure you miles of pain free

one who is riding the bike and you should be comfortable: Again, we'll set n. When we have finished you'll love riding your bike.

**ES AND CALL R+E CYCLES IMMEDIATELY.**

**Road Bikes)  
 ountain Bikes)**

## ICES

**surements  
 E bicycle purchase)**

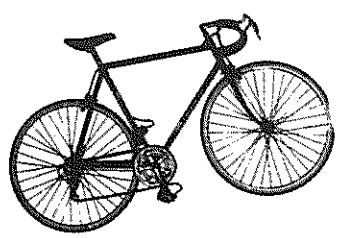
id give you a computer print out of your recommended Bicycle ve'll compare these to your existing bike.

**ycle Fitting  
 .00 + bicycle purchase)**

id give you a computer print out of your recommended Bicycle adjust your saddle height and fore/aft position. We'll also deter- Recommend proper brake lever positioning.

**.D.  
 5.00**

Adjustment Device we'll to their optimum position.



**.A.D. \$48.00  
 e above**

# Seattle-to-Portland on a Mountain Bike



Riding Seattle to Portland means spending upwards of 16 hours on a bike, and for those of you with mountain bikes, this means 16 hours of one hand position, that annoying pavement "hum" that your knobbies, so great on the dirt, make on pavement. It means hours in the hot sun (provided the weather cooperates), worrying about your water supply. It means hours spent sweating beneath that old, five-pound helmet of yours. It means, essentially, trying to make your MTB behave and perform like a road bike. Well, you are in luck. Here at Mountain Bike Specialists, we have a few ideas about how to make STP, and any road trip, for that matter, more comfortable, and (dare we say it) more enjoyable. Some of you are already aware of these advances in technology, but for those of you new to the world of cycling, here are some ideas that can make STP and city

## KNOBBIES SUCK?

First and foremost, knobbies just do not cut it for the street, and especially for the 200-some miles of pavement between here and Portland. Slick tires are available in any size, from 26x1.1 to 26x1.95. These are available with no tread at all, or with mild tread that will give you some added grip in gravel or rain. You will notice the difference immediately. Slicks take 1 to 2 pounds off your bike, they reduce drag (no knobs), and most are rated from 60 to 100 lbs of pressure, much more than off-road tires, and that reduces the risk of flats (always a plus on long road trips.)



See coupon this page

## LOCK IN ON POWER!

Have you ever wished you could increase your pedaling power? Besides strapping a moped engine to your bike, which also makes it weigh a ton, the best way is to go to a clipless pedal system.

Consider what you have now. Either just pedals, or pedals with toe clips and straps. Both essentially allow you only to power the bike on your down stroke.

Have you ever tried to get more power to the tires by pulling up on the pedals? If you have, you know it doesn't work. You end up pulling your foot out of the pedal and actually going slower, since you have to concentrate on fumbling with your pedal, trying to get your foot back in the clip.

With clipless pedals, which work similar to ski bindings, you are locked in to the bike, but can easily

release your foot. You release when you want to, not when you don't, it's that simple.

There is no better way to have control over your bike, increase your pedaling efficiency, and climb and descend better.

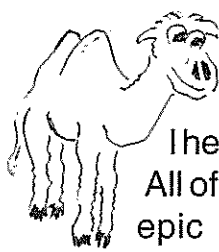
Fear not, mountain bike shoes are nothing like those dangerous, slippery road shoes. You can actually walk in mountain bike shoes! The cleats are recessed in the sole, unlike road shoes, and they actually have a knobby sole for better traction.

At Mountain Bike Specialists, we stock shoes by Nike, Shimano, Scott, Vittoria, Sidi, and Time. We also stock pedals by Shimano, Speedplay, Time, Ritchey, and Onza (the best selling clipless pedal for 1995!)

See Coupon page 7

## DESERT SPECIAL

No, that's not a misprint. Desert. As in camels, sand, thirst, get my drift? After 16 hours on a bike, your main concern is "Is that last bottle empty?" "Did I hear a gurgle in there?" All of us have been on an epic ride, going along great, reached for that... empty bottle! I believe the quote is "\*\*%^\$#@ @%!!!!!"



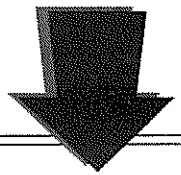
Now, if you notice, camels never swear.

Oh sure, they spit, but that's because they have enough water to spit! Those of you who are all to familiar to this water-less syndrome should consider getting a Camel Back. It is essentially a

water-filled backpack, with a drinking straw conveniently located near your parched mouth. They hold either a liter or a liter and a half, they are insulated, and they work. In addition to the CamelBack, look into the "Forest Hump".

No, not a box of chocolates on your back, this is a backpack that holds a CamelBack and all the assorted tools, tubes, pump, food, and clothing you would otherwise resort to strewing all over your bike. You can also add the camelback to your usual two bottles for a whole heck of a lot of agua, just the ticket for that long ride you've got ahead of you.

See Coupon below



**STP SPECIAL** **Forest Hump**  
 Designed for Camelbak® Drinking system and much more

Forest Hump/  
 Camel Back  
 drinking system  
**ONLY \$64.99**  
 \$95 Value  
**Save \$30**

No cash value. Offer good with coupon only. Expires June 30, 1995

**SLICK IT UP!**  
**Save \$12.00**  
 Buy any pair of 26" Slick tires in stock,  
 and we'll install them for  
**FREE**  
 (24 hour turn around time)  
 Free is a very good price  
Slicks start at \$19 each

No cash value. Offer good with coupon only. Expires June 30, 1995

# Seattle-to-Portland on a Mountain Bike

## Quick-releases

### Bar end bargain:

If you want to avoid symptoms of RSI (repetitive stress injury) and increase your climbing effectiveness, the best thing you can get for your bike is a set of bar ends. We are offering free installation when you buy a set of Advent bar ends and a set of comfortable Ritchey grips. See coupon this page

### Helmet specials:

You need to wear a helmet if you wish to ride in outside of Seattle city limits in King County. And yes, Portland is outside of the Seattle city limits. If you don't have a helmet, this is your opportunity to get a great deal:

**Fisher Helmets** ~ Buy a Fisher helmet from Mountain Bike Specialists and get a great deal on a pair of Fisher gloves, which are invaluable on long rides. See coupon on this page.

**Giro Helmets** ~ Buy a Giro helmet and get a great deal on a Giro "Pocket Shop" multi tool, another good accessory to take with you on long trips. The Pocket Shop has tire levers, chain tool, 4-5-6 mm allen wrenches, spoke wrenches, and phillips and regular screwdrivers. Everything you need for basic, roadside repairs when there is no bike shop in sight and the pack is rapidly disappearing down the road without you. See coupon this page.

### No rain? Sure.

Hoping it won't rain during STP is like hoping Arizona in July will be cool. Sure, it might be, but

**SUNTOUR SAVINGS**

**XC PRO FRONT DERAILLEUR**  
 WAS \$35  
 NOW \$19.99  
 SAVE \$15

**XC PRO BRAKE LEVERS**  
 WERE \$50  
 SALE \$24.99  
 SAVE 50%

**XC COMP THUMB SHIFTERS**  
 WERE \$60  
 SALE \$34.99  
 SAVE \$20

**XC COMP 175MM CRANKS W/ RINGS (28, 38, 48)**  
 WERE \$150  
 SALE \$67.90  
 SAVE \$82.00

**SUPERBE PRO ROAD BRAKESET WITH AERO LEVERS**  
 WERE \$250  
 SALE \$129.99  
 SAVE \$120

SUNTOUR

you don't pack five sweaters on "might be". Okay, now suppose it does rain during STP. You are going to be wet enough with the rain that is falling from the sky, why should you have to worry about the water coming off you tires (yes, even slicks throw water up in your face!). The easiest way to avoid this is to slap a set of fenders on your mountain bike. Mountain Bike Specialists is offering free installation on fenders with purchase. See coupon this page.

**MOUNTAIN BIKE SPECIALIST HOURS**  
 12-7 MON-THURS  
 12-8 FRIDAY  
 10-6 SAT. 12-5 SUN.

**WATER OFF A DUCK'S BACK**  
**SAVE 50%**  
 When you purchase any pair of Mountain Bike fenders, we'll do the installation for **1/2 Price!**  
 Reg. \$15.00

No cash value. Offer good with coupon only. Expires June 30, 1995

**"IS THAT A TOOL IN YOUR POCKET?"**  
 Or is it a whole bike shop!  
 Buy any Giro helmet and receive a \$25 Giro Pocket shop tool for just \$12.50!  
**Save 50%**

No cash value. Offer good with coupon only. Expires June 30, 1995

**FISH HEAD!**  
 Save \$7.00 on any pair of Fisher gloves when you purchase a Fisher helmet for \$35-\$40  
 Gloves Reg. \$15

No cash value. Offer good with coupon only. Expires June 30, 1995

**GET A GRIP!**  
 Use this coupon for a Super Deal on bar end/grip combo!  
 Here's what you get:  
 • Ritchey Grips (\$10)  
 • Advent Bar ends (\$20)  
 • Complete installation (\$15)  
 Total value of \$45  
 Yours for **JUST \$35**  
**SAVE \$10!!**  
 Hurry, limited to stock!

No cash value. Offer good with coupon only. Expires June 30, 1995

**CLIP AND SAVE!**  
**1/2 PRICE**  
 Precision cleat adjustment with purchase of any shoe/pedal combination.  
 (Reg. \$25.00)

No cash value. Offer good with coupon only. Expires June 30, 1995

JUST SAY "STP ME!"

Here's the whole ball of wax. For one low price, you can completely outfit your mountain bike for the grueling journey ahead of you. You get bar ends, a rear rack, slick tires and tubes, and a basic measurements Fit Kit. This package is designed for either the first time STP entrant, or someone who is doing the ride for the first time on their mountain bike. This gives you everything you need to outfit your MTB for STP!

"STP ME!"

Everything you'll need to make your Mountain Bike more comfortable to ride on STP!  
 Package includes:  
 • Bar ends (installed) **SAVE \$40**  
 • A rear rack (installed)  
 • Slick tires (installed) w/tubes if necessary  
 • Basic measurement Fit Kit w/consultation  
 Reg. price \$130  
**Special Only \$89.99**  
 No cash value. Offer good with coupon only. Expires June 30, 1995

# STP ESSENTIALS

R+E CYCLES • 5627 UNIVERSITY WAY NE  
(206)-527-4822 • FAX (206)-527-8931

**FREE SPOKES!**  
Spokes come in over 100 sizes! Don't find yourself without the right spare. Bring in your bicycle for a FREE 10 point safety inspection, and we'll give you 2 free spokes that fit your bicycle

**FREE**



No cash value. Offer good with coupon only. Expires June 30, 1995

**WASH THOSE FILTHY HANDS!**  
Nothing's worse than putting your greasy chain back on your bike, and then not being able to wash up. Now you can get greasy, and clean up with cycle wipes!

**GET 5 FOR \$2.00**



No cash value. Offer good with coupon only. Expires June 30, 1995

**ESPRESSO LOCK?!!**  
Save a buck and save your bike!  
Small and lightweight cable lock. Great for locking up at quick stops where maximum security is not required. Reg. \$8.99  
**Sale \$7.99**



No cash value. Offer good with coupon only. Expires June 30, 1995

**Have a Drink On Us!**  
Buy a Blackburn Handlebar mounted bottle cage from R+E (\$16.99), and we'll give you a **FREE LATTE** from Sweet Springs (on the Ave. next to our store)



No cash value. Offer good with coupon only. Expires June 30, 1995

**DOUBLE VISION!!!**  
Be prepared for Rain or Shine this STP! Buy one pair of dark sunglasses @ \$19.99 and get 2nd pair of amber or clear for half price!

**SAVE \$10.00**



No cash value. Offer good with coupon only. Expires June 30, 1995

**RACK IT UP & STUFF IT IN THE TRUNK!**  
**SAVE \$15**  
When you buy a Headland rack & Advent trunk package. Get both for just **\$69.99** Reg. \$85



No cash value. Offer good with coupon only. Expires June 30, 1995

**Amazing New Rack Makes All Others Obsolete**

This rack was first spotted at R+E Cycles in December and has since swept the Northwest as the rack of choice for Northwest cyclists. The apparent uproar is all about how the rack with no struts is so easy to install, a kid could do it. The rack also has a hidden compartment for stashing your valuables.

**It's the latest, it's the greatest! What else would you expect from R+E?**



**SEE COUPON BOTTOM OF THIS PAGE**

**UPCOMING EVENTS**

- "The Gack Attack" 'Improve your road performance'**  
Weekly Tuesday Evening Road Ride, 2 hour group ride, paceline, drafting, hills, road performance skills. Meets @ 6:15 pm @ R+E Cycles every Tuesday night. More Info call Dave Gackenbach @ 527-4822.
- "Are You N.U.T.S.?" 'Monthly Tandem Rides for ALL ages'**  
R+E Cycles is the headquarters of the Northwest Unofficial Tandem Society (NUTS). Monthly tandem rides are led from the store and elsewhere for all levels of riders including children. If you'd like to ride a ride or lead a ride, call us and leave a voice mail with your name, phone, & mail address at 206-368-5490 EXT 688 (NUT) or fax us @ 206-527-8931.  
*Next Kids ride (playground loop) Saturday June 3 RSV @ 527-1384*
- Bridge Sweeping!**  
R+E sweeps the bicycle lanes on the Montlake and Fremont bridges annually. Every year we have great help from some of our great customers. If you'd like to volunteer an hour or two of your time this year, call us with your name, phone #, and mail address @ 206-368-5490 ext 274 or fax us at 206-527-8931.  
Fremont Bridge Sweep Tuesday, July 11 @ 6:00 pm  
Montlake Bridge Sweep Tuesday, July 18 @ 6:00 pm

**R+E CYCLES**  
527-4822



**MOUNTAIN BIKE**  
527-4310

**Hours**  
12-7 Mon-Thurs  
12-8 Friday  
10-6 Saturday  
12-5 Sunday

**SBR SEATTLE BIKE REPAIR**  
527-0360

