



August 2000



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

THE NEWSLETTER OF CYCLING VALUES! AUGUST EDITION 2000

# ALL BIKES ON SALE 10-50% OFF THRU AUG 20!

## 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.



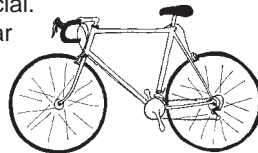
We'd like to move out our Y2K models quickly so this newsletter is filled with great deals to entice you to buy a bike this week! All of our bikes are on sale and no matter which of these values you grab, we'll make it even better by giving you a coupon book for a week's worth (\$15) of lattes at Starbucks.

## 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



Arrow frame for men, or Stellar frame for women. The Sora group features STI levers which are adjustable for smaller hands. Hurry in now to be fitted because once these are gone, they're gone. We won't be able to offer a RODRIGUEZ at this price again.

## WHAT'S INSIDE THIS ISSUE

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## HOURS

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

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# REPAIR CLASS SCHEDULE PAGE 2

## HYBRID BIKES MAKE SENSE!

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 comfortable 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!!



## A PEDAL WRENCH IS A GOOD THING TO OWN...

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**

*Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00*

## TOP IT OFF!

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.

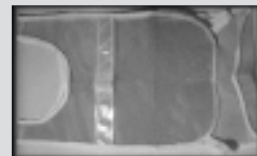
Avenir Rack Trunk Reg:\$42

**With Coupon:\$29.99**

*Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00*



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



# Be Seen!

Your first defense again cars it to be seen. Reflective vests stand out day or night. Cautious is good. Be safe, be seen.  
Reg:\$16 \$9.99

*Limited to stock on hand. No cash value. Expires 8/21/00*

## 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!

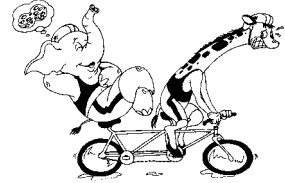
## WEIGH SMART

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 according 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@rodcycle.com](mailto:estelle@rodcycle.com).

## BICYCLE REPAIR CLASSES



### Road Side Repair \$35

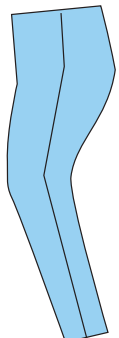
This one-evening, 2-3 hour class covers the basics of repairing your bike on the road. We will cover most of the basic repairs that strand people along the road. Learn how to:

- 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.*





## U-LOCK IT OR U-LOSE IT!

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**



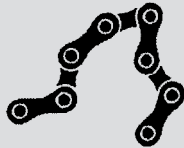
Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## Don'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!

Reg:\$3

**SALE 2 for \$3**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## TOTALLY TUBULAR!

**3 tubes for \$10  
With Coupon**

Reg. \$4-5 each



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## Looks can be deceiving

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**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## Soften up

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

Reg: \$17

**Coupon special \$7.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## 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**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## 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**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## LOOK WHERE YOU'RE GOING!

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 coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## CONTINENTAL GRAND PRIX TIRES

### Continental

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.**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## SOMETHING FREE!

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

**SALE \$89.99**

**plus a FREE book**

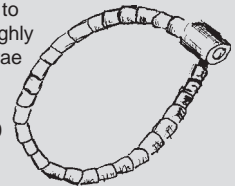


Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## U-LOCK IMPAIRED?

Some people find U locks to cumbersome to 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

**SALE \$8.99**



Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00

## Do Toe Clips Scare You?

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.

Reg: \$5

**Coupon:\$3.99**

Offer good with coupon only. No cash value. Limited to stock on hand. Expires 8/21/00



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