cyclefitcentre.com/pedal pushers **n**ewsletter

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G'day to all. I must explain that I only write this stuff. IT whiz Paul Kelly formats it so as to make this missive appear more professional than it really is. To amuse himself, he enjoys cutting and pasting my head, modified to make it even uglier than it really is, onto whatever takes his fancy that month. I take no responsibility for this as he is doing me a favour and I don't like to complain. So to those that complained that last month's pic of my ugly mug transplanted onto Dr Evil made small children burst into tears; the message is don't let small children look at this otherwise child friendly publication.



Leggerra Bikes !!

http://www.leggerabikes.com

Many of you know that I have sold custom frames by Peter Teschner for many years. Peter has merged his business with Leggera who are manufacturers of a carbon framed range of bikes. I have a couple of models in the shop for those interested. Prices are good, weights are low and seat tube anales are more relaxed than those of most manufacturers, which is a positive for many people.

Less than \$3K buys a full carbon frame, 10 speed 105, Easton wheels, Vittoria tyres, Selle Italia seat, Modolo bar, stem and carbon seat post.

Less than \$4.5k buys a monocoque carbon frame, full carbon fork, Ultegra 10 speed, Easton wheels, Vittoria tyres, Selle Italia Pro Link seat, Modolo bar, stem and carbon seat post.

There are other models with the range topper being based around an 850 gram!!! carbon frame. Build

Baum

http://www.jbcycles.com.au/

The carbon seat stays on the Baum Ristretto models of titanium and steel frames are now available in 3 different stiffness/comfort levels. This is a continuation of their ideal of

options are Dura Ace, Chorus with alu or carbon cranks and Record with alu or carbon cranks. Tyre choices are Veloflex Pave' or Vittoria Evo CX and wheel options Easton Ascent II, Campag Proton or Campag Eurus. Prices for this 7 kilo (depending on spec) bike vary from \$6950 for Chorus, to \$8825 for carbon Record with all the option boxes ticked.

All Leggera bikes are covered by a lifetime warranty and can be specified with whatever crank length, gear ratios, handlebar width and stem length required. For more info see www.leagerabikes.com

The Teschner custom options are still available with framesets ranging from \$2295- to \$3895and bike prices from \$3995 (plus \$150 for custom dimensions) to sky is the limit.

For more info about Teschner see www.teschnerbikes.com

being able to make frames as individually as appropriate as possible. We have sold a few Ristretto Ti's now. With appropriate equipment (Record or Durace) under 7.5 kg is the norm.

Bright Boot Camp is a project run by ex Sydney Club rider Dave Heatley who has now moved to Melbourne.

This involves 4 days of riding in and around the scenic town of Bright in the Victorian Alps on the Australia Day long weekend. You will need low gears and have a fetish for pain and suffering. See www.brightbootcamp.com for more info.



Revolutionary Power Measurement System

I mentioned this a few issues ago. I have now seen some of the hardware. I will be allowed to give more detail in next months issue, but if all goes to plan, Ergomo, SRM and PowerTap will soon have a largeproblem.

More info soon.







Other Bike News . . .

Merckx www.eddymerckx.be

I need to sell more of these. For a complete list of prices and specs, visit their website or

contact Steve or Margaret at pedalpushers@bigpond.com

New Arrivals

Is your handle bar getting a bit

crowded? Heart rate monitor,

computer and light set all vying

for room? The Checkpoint is a T

shaped add on mount for lights

etc that fits really cleverly. The

one of your stem bolts allowing

you to free up space on the

bar for other things like hands

for instance. Models available

bar clamps. \$80 is a bit scary,

but they are machined

Topeak White Lites

aluminium and work well.

These are diode lights of

varying strengths. They can be

used to make you the rider

more visible, with the larger

for stems with both 2 and 4 bolt

leg of the T is a bolt and aluminium arm that replaces

Cinelli Checkpoints

Kuota

www.kuota.com.au

Still plenty around of these Italian designed beauties. SCC members get a 15% discount on bikes and 20% discount on frames due to the distributor's sponsorship of the club. Enquire for more details

Tales from the Bike Shop

The yarn last month about Des Beames being caught in a cattle stampede while racing his bike must have struck a chord with a few of you. At last count we had 40+ emails saying more of that sort of stuff is necessary. I have a large collection of yarns about the incidents and people that one meets over a 20 year period in the bike biz. At the suggestion of some of you who have heard a few of these stories, the book has been started. Marketing guru Mike Foster feels that I need to inflict one story a month on the rest of you. Some are funny, some are sad and there are stories about people, both pleasant and unpleasant. There will be no attempt at chronological order. Below is the second installment. * indicates that name(s) have been changed to prevent embarrassment or offense

ones allowing you to see where you are going in the dark around Centennial Park or elsewhere. Prices for the range vary from \$25 to well over \$300-. One handy thing is they come with handlebar mounts for both standard and oversized bars.

Velocity Blade wheel set.

Straight pull Sapim CX Ray spokes, 1400 grams with brass nipples, 24 spoke rear, 20 front and hundreds of dollars cheaper than the opposition at \$895-. I'm in the middle of a test of these for Bicycling mag and can tell you they will get a very positive review. The only potential issue for some of the hill challenged is that they have a rider weight limit of 80 kg.

Sabre Shoes

I have been using Sabre custom cycling shoes for some years. They are made around a foot cast derived from a mold of an individual's feet. Soles are carbon fibre which continues up the side of the foot and forms the majority of the heel cup. This cupping of the foot means that tightening the straps just pulls the foot further down into the shoe rather than crushing the foot. They have Lorica uppers and are exceptionally light. Just about any colour or combination of colours is available and closure is by Velcro straps and ratchet buckle and strap.

Nothing but nothing fits your foot better than these and they cost what many of you spend on top of the line generic stuff.

If you would like to know more, have look at <u>www.sabreboots.com.au</u> and contact Brett.

Tales from the Bike Shop . . . continued

2. Two bikes and a fur coat *.

One of our earliest customers was a gent named Harry Mills. He came in one day riding an average sort of production bike and enquired about a custom pair of wheels. I .showed him various rims and spokes and some Shimano 600 and Mavic hubs while explaining that he probably wouldn't want to afford the Mavic hubs. He cut me off there and said words to the effect that money wasn't a concern unless he was wasting it. He wanted good advice and if found he was getting it, he would become a regular customer. If he found that he wasn't getting good advice, he would go elsewhere and recommend to others that they stay away too. I built him an expensive pair of wheels for the time and he became a regular visitor to the shop.

He was a family man and a partner with a large accounting firm. His wife didn't like cycling because she wasn't into exercise and felt that as a solo pursuit, cycling took Harry away from the family. I remember a tug of war between him and his young daughter outside the shop. She was pulling on his arm saying "Dad, you know you're not allowed in there. I'll tell mum" with him replying "Be quiet. I'll buy you an ice cream if you don't tell your mother".

About a year later he brought the bike in and told me to strip it and get rid of the frame and bits but to colour match the frame first. I asked why he wanted it colour matched and he replied that I was going to build him an expensive new custom bike. All that his wife knew about Harry's bike was that in a corner of the garage that she didn't venture into, stood a bike painted that particular blue. He had told her that he was going to have it repainted but he wanted the 'respray' to secretly return as a new high end flyer.

In time the new 'old' bike with duplicate colour was ready and Harry picked it up and was correct in that his wife did not tumble to the change. Another year goes by and Harry asks me to build him a replica of the 'old' bike but wanted British Racing Green paint. In time, it too was ready and I rang him to let him know. He asked could I hang onto it for a while because he didn't know how to tell his wife. Some weeks later he came in with his wife with both them affected by alcohol. He had taken her shopping for the mink stole that covered her shoulders, had a long lunch with her and asked her if she would like to come and see his new bike. She consented but thought that in addition to the mink, a week's holiday on the Gold Coast for herself and her best girlfriend would be an ideal way to offset the money he had spent on himself for the 'selfish pursuit' of cycling.

A very expensive bike, all things considered.

A speedy recovery is wished to local identity, cycling coach and Masters World Champ Tanya Bosch after her recent health problems. Onya bike Tanya. (inside joke)

Products and News

VAR tyre levers

I mentioned these in the last issue. Thanks to all that bought them as we have never got a response like this before. There are only 2 left. The rest have found homes in New Zealand, Germany and the U.S with the balance in Oz. I will have to find some more now.

Speedplay Rearsets

Speedplay are a very good pedal system with one major shortcoming. They lack the same range of fore and aft adjustment as many other pedal systems. If you are a Speedplay user who cannot get your cleats where you want them, I have had adaptors made that allow much more rearward and some extra forward adjustment. They replace the standard adaptor plate. To correct functional or measurable lea length differences, I have them in extra height versions as well. The extra height versions have been machined out to minimize weight.

Wine Review

Every year Margaret and I go out to dinner with my best friend and his wife as Denis and Margaret's birthdays are not far apart. Denis brought an early 90's Henschke Abbot's Prayer and thanks to Mike Valenti of Clinton North Carolina we had a Chateauneuf du Pape 2004. My memories of the evening are a little clouded as it was a long night and the bar stayed open past the time bike riders with their low tolerance for alcohol should have been in bed. What I do remember is both were exceptionally nice and thank you to both Denis and Mike.

Does anyone know where I can buy Chateauneuf du Pape in Oz?