

JAMES VINCENT BICYCLES

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WHEEL NEWS

"FOR ALL OF YOUR CYCLING NEEDS.....SINCE 1936"

Volume 1, Issue 1

Spring 2002

LA FREE ELECTRIC BICYCLES

COME IN FOR A TEST RIDE.....

RATED NO. 1 AMONG 30 BRANDS TESTED!!!!

La Free Power Assisted Peddling (PAP) and Variable Power Control (VPC) technologies take cycling to a new level. The 400-watt motor with 24-volt energy source lets any cyclist cruise steepest hills, last on the longest rides and enjoys the health and recreational benefits of cycling.

Great for riders of all ages and skill levels, new La Free technology lets any cyclist ride farther and easier than ever before. Two Methods of electric assist helps propel your efforts up to 20 mph. With PAP technology, La Free is constantly assessing your pedaling force and giving more or less assist depending on your effort. VPC technology gives you a more constant level of assist, boosting your pedaling efforts evenly regardless of effort.

Exercise, Commuting, Light shopping. Recreation or simply exploring your surroundings in a new and exciting way. With a 30-mile average range and short 1-4 hour recharging interval La Free can take you anywhere you want to go♦

SPRING TRAINING:

FOR FAST FITNESS, START SLOW

If, like most of us, you're just now getting on your bike again after a winter layoff, the best thing you can do to get in shape again quickly is to go slow. Though spring is here and the sap is flowing, tendons and ligaments may have lost elasticity. Impatience now could set you back several months with sore knees, pulled tendons or stretched ligaments.

Here are some suggestions for getting back up to speed quickly but with a minimum risk:

TAPER UP: Plan to spend as much as a month, and as many as a dozen rides, in working your way gradually back to your fall pace---depending on how far back you have to go. Start with easy rides and increase your distance and speed gradually.

Test yourself occasionally with a harder effort, and if you feel knee or back pain the next day, back off and let your body recuperate before pushing yourself again.

REST: follow ride days with rest days; don't ride on successive days at first. Your body's rebuilding takes place on rest days.

AVOID HILLS: concentrate on easy spinning at first and add hills only gradually. A hard, long climb in your first week is a sure way to blow out those knees.

WARM UP: Warm-up at the start and cool-down at the end of a ride are important year-round, but especially now.

STRETCH AND MASSAGE: If you've been off the bike a while, your muscles have probably lost flexibility. Stretch regularly, and to promote recovery massage your legs after riding.

LOWER YOUR SADDLE: You've probably lost some leg extension too, so you may want to lower your saddle about half an inch. Raise it again in small increments over the next month or so.

PRACTICE GOOD FORM: That means back flat, knees in, elbows bent, etc.

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About Our Store

GARY FISHER, GIANT & LEMOND

Joining our best selling Treks & Klein Bicycles

James Vincent Bicycles is proud to announce we are now selling bikes from Gary Fisher, Giant and Lemond cycle companies. Gary Fisher's Bikes and Giant Bicycles have been among the most innovative companies in the bike business (you gotta see the 29" wheel Mt Tam from Fisher and The Prodigy comfort bicycle from Giant). Lemond cycles are known as one of the top steel racing bicycles in the world. With the addition of the Lemond road bikes joining our Trek and Klein road bike lines we can now offer our customers top bikes in carbon, aluminum and steel.

Remember, we are a full service family bike shop catering to the needs of all the cyclists in your family. We have tricycles and scooters for the tykes and a wide variety of BMX and freestyle bikes for the kids plus mountain bikes, hybrids and comfort bikes. Stop into either of our stores and check out a bike and even take it for a test ride. Our goal is to sell you a bike that will fit your riding needs and back it up with great service. ♦

CAR RACKS ARE A NECESSITY

If you want to take advantage of some of the great cycling spots in the tri-state area then a rack for your car is a must. We carry a full line of roof, hatch, receiver, and trunk mounted racks from THULE, SARIS, GRABBER, ALLEN, HOLLYWOOD and MORE. We'll help you pick the proper rack for your car and install it for you to make sure the fit is right. We keep a large inventory of rack products year round so that we can fill your needs during ski or bike season. Our inventory includes a large variety of hard to get Thule fit kits and Saris fit clips. Whenever you're ready stop by and pick your rack---remember to bring your car so we can install it♦

LET'S GO FOR A RIDE.....

Are you looking for a group to ride with?
Call Jim at (201) 869-1901 and we'll try to set something up. Road or mountain and different skill levels, we'll try to organize it.

SPRING TUNE-UP

Before you start putting lots of spring and summer miles on your bike; you should clean off the winter grime, lubricate the drive train, brake sets, and fill your tires with air, before you go out pedaling!

Preventive maintenance now will save costly repairs in the long run. Misaligned wheels, derailleur, and stretched chains wear out cogs, chain rings and each other before their time.

Here's a list of things our mechanics check regularly while performing a spring tune-up:

- ✓ **WHEELS:** Check that wheels are "true" and spoke tension is equal, tuning as necessary. Inspect tires for cuts, dry rotting, sidewall cracks, bulges, etc.
- ✓ **BRAKES:** Clean and lubricate pivots, cables and levers. Check, clean pads for wear and alignment to rims. Check for frayed cables.
- ✓ **BEARINGS:** Check hubs, pedals, bottom bracket, and headset. Lubricate and adjust where appropriate.
- ✓ **CHAIN:** Check for wear, clean or replace. Chain stretch is a common problem area, and a leading cause of unnecessary drive train wear.
- ✓ **DERAILLEUR:** Clean, and lubricate all pivot points for smooth operation, less wear. Check for proper alignment.
- ✓ **SHIFTERS & CABLES:** Clean, lubricate and adjust tension for proper shifting.
- ✓ **OVERALL INSPECTION:** Inspect frame, tubes are straight and in alignment. Check that handlebars and stem are straight in frame. Saddle and seat post alignment as well.

What will all this cost? It depends on the bike, of course, but not much considering all it's worth. Bring yours in for a free estimate.

And what is this worth? At the least, expect a trouble – free spring and summer of smooth shifting and reliable braking, and a longer life of your bicycle components. You may prevent an equipment failure costing much more. Nonetheless, you'll leave with your fresh and ready bicycle and a lot more know how to clean, blue and ride your trusty steel♦

SPEED TRICK

LIGHTER WHEELS GO FASTER

The weight savings many go-fast riders forget about is the one that's easiest, cheapest (sometimes) and most significant: lighter tires, tubes and wheels. It's hard to think of another change you can make to your bike that will be so instantly noticeable.

That's because the rotating weight of each wheel has a flywheel effect that resists every pedal stroke, robbing you of energy. You feel the power loss most when accelerating and climbing, but even when riding at a steady speed you are applying power in pulses which those flywheels resist. As a result, each ounce shaved from the wheels is worth three or four ounces taken from the rest of the bike.

Mountain bike riders can benefit the most from lighter tires, because the 26 inch knobbies that are factory equipment on most mountain bikes weigh nearly two pounds each. You might save a half-pound per tire by switching to high-performance tires and get lower rolling resistance in the bargain. Lightweight inner tubes will save a little more.

If you ride your mountain bike mostly or entirely on the street you can save even more weight by switching to narrow dual-purpose tires or slicks. Eliminating the squirm of the big knobs gives a further benefit by reducing the tire's rolling resistance dramatically.

Further weight savings in this critical area are possible with lighter rims, butted spokes and aluminum spoke nipples. Come and talk to us about building a tire/wheel setup custom-tailored for your weight and riding style. You'll be amazed at the difference♦

SAVE ROOM WITH DAHON FOLDING BIKES

I need a bicycle but I have no room to store it. Dahon folding bikes have been taking care of this problem for years. Cyclist with small apartments, small cars, (that don't want to use a rack), boats and small planes should come in and take a look at our selection of Dahon folding bikes. Dahon is the leader in folding bikes. The company has been around for years and has a great reputation for backing up their product. Dahon folding bikes come in 16", 20" and 26" wheel sizes. Obviously the smaller the wheel the smaller it folds. The nice thing about them is that they ride like a full size bike. Carry bags are available as an accessory for all sizes. Come on in and ask for a demonstration on how it folds, you can even ask for a test ride♦

YOU NEED THIS

Here's our "must have" list for any ride, on or off road. (We don't mean "must have" because it's trick and might actually work. We're talking essentials to survival here.)

First by far is a helmet. If you don't wear a helmet now then you should start wearing one in the future. What might be a simple crash with a helmet on could be serious crash without one. So please make sure you ride with a helmet. The new 2002 helmets are the best value ever. They fit and ventilate far better than in the past and they're much lighter too.

Another item that is essential is a seat pack (or another type of bag). In it you should be carrying a spare tube, tire levers, patch kit, and a multi-purpose tool. And, of course, a good quality pump should come along for the ride.

The final essential weigh nothing, and takes up no space. That's knowing how to use the tools. If you have any doubts we have a selection of "How To" books♦

BOTTLES? CAGES? HYDRATION PACKS?

Any rider must combine both water and an energy bar. Water hydrates the body. Energy bars help avoid body fatigue. None the less, if you've riding for years you know the importance of both.

Are bottles, and cages or hydration packs the way to go for me? Don't look at what kind of bike you ride, just look at yourself. Do you drink lots of fluids regularly? Most bottles hold only a small amount of fluid, up to 20 oz., and there are a few areas to mount bottles to your and your bicycle. A hydration pack becomes a priceless accessory for some cyclists. For long distance riders on and off the road hydration packs become more important as the day gets older. Hydration packs can be utilized to carry tools, tubes, extra clothing, camera, cell phone, the list can grow, but also is the carrier of over 70 oz. of water.

Bottles and cages are great for the recreational cyclists whose ride runs stop and go for a short while. You can color match each item to your bike and be as much of a fashion statement as letting everyone know you ride to have fun.

Either way you'll be happy to have water and some energy bars along with you during every ride. Happy Trails♦

BIKE RENTALS AVAILABLE AT OUR NORTH BERGEN STORE

STORE HOURS

From March 15th to September 30th

NORTH BERGEN

MON: 10:00 A.M. - 8:00 P.M.

TUE: 10:00 A.M. - 8:00 P.M.

WED: 10:00 A.M. - 6:00 P.M.

THU: 10:00 A.M. - 8:00 P.M.

FRI: 10:00 A.M. - 8:00 P.M.

SAT: 10:00 A.M. - 6:00 P.M.

SUN: 10:00 A.M. - 4:00 P.M.

JERSEY CITY

MON: CLOSED

TUE: 10:30 A.M. - 8:00 P.M.

WED: 10:30 A.M. - 8:00 P.M.

THU: 10:30 A.M. - 8:00 P.M.

FRI: 10:30 A.M. - 8:00 P.M.

SAT: 10:00 A.M. - 6:00 P.M.

SUN: CLOSED

NORTH BERGEN (201) 869-1901

(201) 945-2701

JERSEY CITY (201) 420-5151

ABOUT OUR STORE

James Vincent Bicycles has been around since 1936-over four generations of customers. We have over 1000 bikes in stock. With over 400 on display, we should have one that fits your needs. All of our bikes come fully assembled and ready to ride – checked by one of our expert mechanics. The best in the business. If there's a problem just bring it in with your warranty card and we'll take care of it. Come see our great selection today and you'll receive 10% off all accessories purchased with your new bicycle and installation is free!

Our main store in North Bergen is open every day and our satellite store in Jersey City is open Tuesday through Saturday. Please give us a call for any additional information or directions.

For all you cycling needssince 1936"

VISIT OUR WEBSITE AT WWW.JAMESVINCENTBICYCLES.COM

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ADDRESS CORRECTION REQUESTED