



Worship the Journey

Bike Life Repairs Maintenance Tip

The Repairs Team recommend having a quick look at the condition of your tyres and brake pads. The first day you are caught in the rain is not the time to find out that you are low on rubber! Always give yourself a solid and safe bike to ride in all conditions.

Bike Life VIP Reward Points and New VIP Cards

Make sure to claim your existing Bike Life Reward products before the end of June. Just ask for your points total for the current card validity to claim your Bike Life Reward products and Bike Life Repairs servicing. Your new VIP card will be available from 1st July 2001 with new Bike Life products and rewards. Just come in, tell us your name and pick up yours.

Travelling with your bike?

Cardboard boxes are OK, but we've seen and heard of some minor tragedies. Bike Life has TC-1 hardcases available for sale or hire. They are fantastic. They come with wheel bags, heaps of padding and have rollers to help carry your pride and joy. The TC-1 costs \$695 to have your own or \$80 per long weekend. If you've got a nice bike, make sure it stays that way.

Bike Life Trading Hours

Remember Bike Life is open 7 days a week all throughout winter:

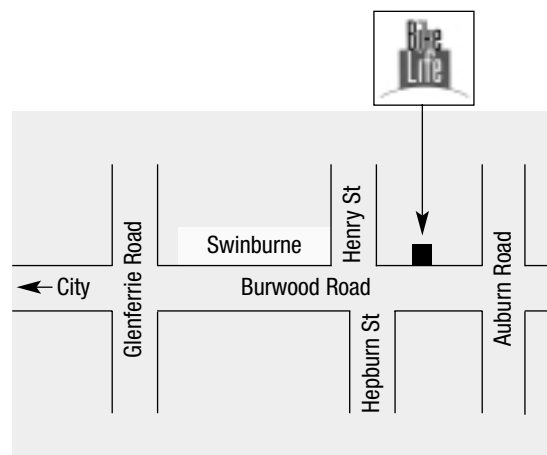
MONDAY – THURSDAY	10am – 6pm
FRIDAY	10am – 7pm
SATURDAY	10am – 4pm
SUNDAY	10am – 2pm

Bicycle with Bicycle Accidents

Would you know what to do if you have an accident involving another bicyclist? A cyclist who was on the wrong side of the path in one of Melbourne's trickier bike path spots hit Clare, a Bike Life VIP. She got up, dusted herself down and each rider went their separate ways. Luckily Clare and her bike weren't seriously injured. Even though, you are usually a mixture of panic, confusion, embarrassment and sore; the last thing you should do is try and get going as quick as possible. The other rider is responsible for damage and injury to Clare and her bike. Bicycle Victoria advise that you should treat the incident the same way you would for a car accident. Exchange details, get witnesses if there are any, and give yourself a chance to calm down.

All Bicycle Victoria members have automatic insurance for medical costs to yourself and damage to other's property and person, if it is actually you who is at fault. Another good reason to be a member!

And remember to check your bike meticulously for any damage. If you aren't confident, we offer a crash inspection for all VIP customers at \$20.



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Volume 4 Winter 2001

THE Spoke 'n' Word



We've had such a good summer and autumn. Melbourne has once again given us such great cycling conditions – much better than most of us give it credit for. When you experience some of Australia's claimed cycling "hotspots"; they all have inherent hurdles: Perth's wind, Brisbane's humidity or Sydney's traffic. For a major city, Melbourne is the best for the combination of weather, roads, paths and landscape.

So is it all about time to hang up the bike for a Melbourne winter? Not on your life. Yes the mornings are cold and there can be a bit of rain, but in comparison to what our European cycling friends go out in (and enjoy), it is still pretty good. Anyone watch Paris-Roubaix on SBS?

Come and see our front window display for some rugging up options, have a plan to cope with the wet days, get some lights and stay warm, safe and riding. Exercising is too important to let hibernate for winter – Worship the Journey!

Indoor Trainers

And on those days that it is best to stay inside, all is not lost. We have some great indoor trainer choices. Minoura lead the value-for-money end of the scale with their Ergo at \$269.00 and Inter-Rim at \$379.00, whilst the CycleOps Fluid2 enables the elite to achieve that road like feel for \$599.00.

Mention this Spoke 'n' Word and receive a free front wheel stand when you purchase your trainer.

Bike Life Special

New winter product has just arrived at Bike Life:

Keep snugly with Body Torque windbreaker vests and arm warmers, Hypa Dry Over Shoes, Klimatex undershirts and Rudy Project clear and lighter tint sunglasses for dawn, dusk and cloudy day adventures.

Be seen and safe with Vista Lite Nightsticks rechargeable front lights, Basta and Trek rear flashing lights or try the Vittoria Montreal hybrid tyres with reflective sidewall strip.

Purchase any two of the above products and receive a further 5% discount on top of your normal VIP discount.

