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## MOZAMBIQUE UPDATE-A NOTE FROM RON & JAN

It's taken quite a long time, but finally, in July we were given a green light by African bureaucracy to begin the process of shipping the bicycles many of you donated, on their voyage around the world! A container filled with 140 bikes, tools and parts, and quite possibly some mice, left for Tacoma, WA in early September. In the space of a few weeks we'd purchased a 20' container, loaded it, hired transportation to the coast, and reviewed, rewrote and rechecked official documents. As the semi truck left the Flathead with its precious load, we celebrated and believed the next hurdles wouldn't come until dealing with customs, freight agents and transportation in Mozambique. Little did we know!

**A troubling aspect of the long delay in getting the bikes on their way was feeling such a responsibility to those who generously donated money and bicycles, over two years ago, to a project that hadn't gone anywhere. We knew the delays were out of our hands, nevertheless...**

When the container arrived in Tacoma it was prevented from entering the docks due to a serial number problem. It was then lost for a day, recovered, removed from the docks, re-stenciled with a new serial number, and then trucked back to the port just in time to get loaded on a freighter called the Charlotte



Almost ready to hit the water



The boxed bikes (with mice) finally leave Lee's barn.

Maersk. On September 13<sup>th</sup>, container #NONU2216450 began its journey to Mozambique via Shanghai, China. It's ETA in Beira, Mozambique is between mid- November and the first of December. We will be there to welcome its arrival and transport it to the Children's Center in Dondo where Ron will begin training 14 older boys in bicycle assembly and repair. Thanks to all of you wonderful Glacier Cyclery customers who donated bikes, money and time to this project. Besides the bikes on their way to Mozambique, 25 more have found new owners in Tanzania, and 75 others will be on their way to Uganda in January. People tell us what a great thing we are doing, but really we are the blessed ones just to be able to go. You who donated are the ones who made this great by donating nearly 250 bikes and giving the money needed to buy a container, ship the bikes, and pay the import fees. Thank you all so much.! We'll give you a full report upon our return from Mozambique. In the meantime you



can keep up with the project by going to [www.glaciercyclery.com](http://www.glaciercyclery.com) or by stopping by the shop and asking. Thanks again. We'll see you when we return!

The Tour de France has Nothing on This....

## GREAT DIVIDE RACE RECORD BROKEN

Many of you have heard of the Great Divide Mountain Bike Route, as it starts just north of here in Roosville. The route runs from the Canadian Border to the Mexican Border and includes over 200,000 feet of climbing in its 2490 miles. Over 90% of the route is either dirt roads or trails, and it crosses over the Continental Divide 28 times. Most cycle tourists take about 70 to 90 days to do this route, but since about 2003 there has been a small fringe group of uber-fit endurance racers who set out each June to see how fast they can ride the entire route, self-supported. Being the closest shop to the start of the race, we've been fortunate enough to meet many of the racers and for the last few years we've closely followed the race via the Internet. The record time of 16 days, 57 minutes was beaten this year by Jay Petervary, a racer from Jackson, Wyoming. His amazing time was 15 days, 4 hours, and 18 minutes, now the Great Divide Race record. Think about it, this race is longer than the Tour de France, ridden in a week less than the TDF, the racers carry all their own gear, no outside support is allowed, there's not really any chance for blood-doping, and it's all on dirt! Long live the Great Divide Race!



A Great Divide racer makes his way towards Red Meadow Lake.

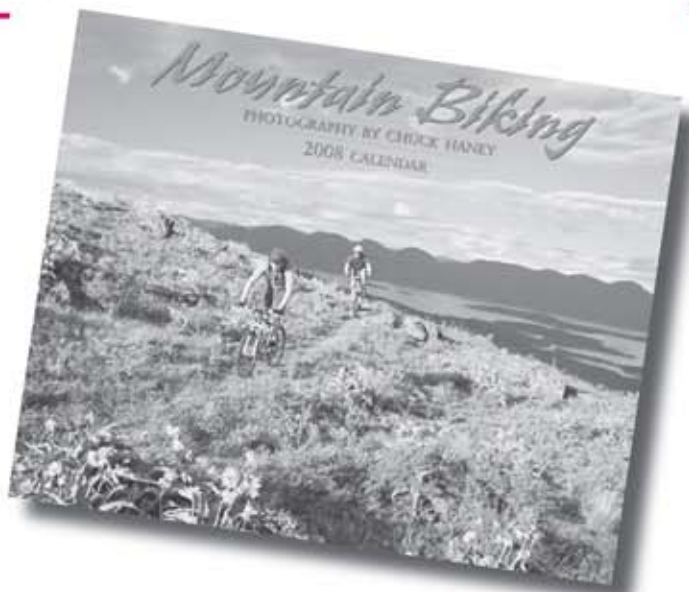
Merry Christmas from  
Glacier Cyclery!

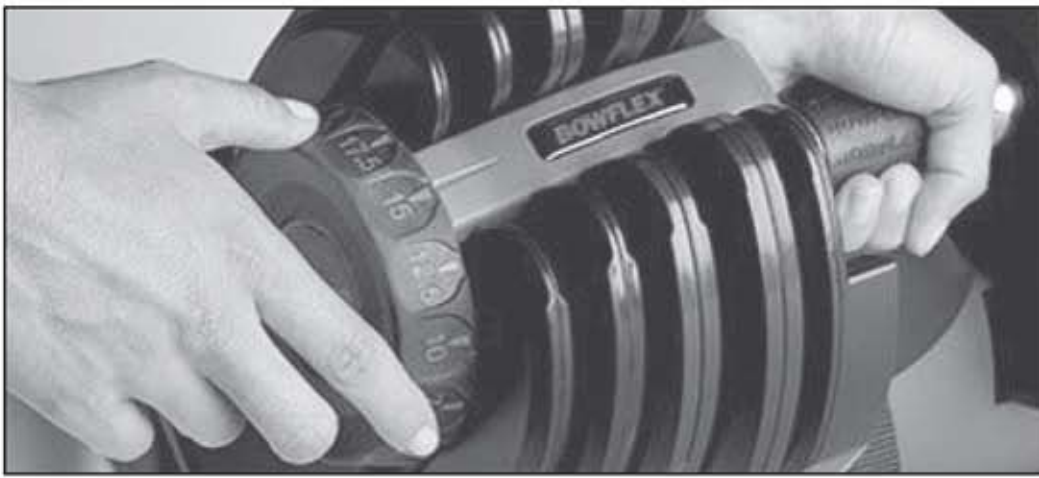


By the time this newsletter hits your mailboxes Christmas will be less than two months away. As one who gets irritated, even angry, when I hear Christmas music before Thanksgiving, I apologize now for this seemingly premature reminder, BUT, this being our last newsletter before Christmas we'd like to remind you that Glacier Cyclery & Fitness has something for everyone on your list. Is a shiny, new bike yearned for in your child's letter to Santa? We can help. Is your beloved spouse looking a little pudgy these days? How about a treadmill or some other fine piece of fitness equipment? So, you drew names for gifts at the Christmas party and you drew that weird guy who rides his bike to work. We've got thingamajigs and doo-dads for the most discerning (or weirdest) of cyclists. Stop by and see us, we'll be happy to make some suggestions based on your budget. Ho, ho, ho.

## HOW TO BUY LOCALLY TWICE, WHILE MAKING ONLY ONE PURCHASE

Many moons ago, there was a mechanic named Chuck who worked at Glacier Cyclery. Chuck moved on and became a professional photographer, but continued living in the Flathead Valley. Most everyone who's worked at Glacier Cyclery has modeled for Chuck at one point or another. Chuck's been putting out some high-quality mountain bike calendars for a few years now, but the 2008 calendar beats them all. It's chock full of mountain biking photos, with six of them being local riders in local places. Our own muscle-bound Tim even makes an appearance. These calendars make great gifts and are on sale now at Glacier Cyclery & Fitness.





## AND YOU THOUGHT DUMBBELLS WERE LOW-TECH

Brand spankin' new to our fitness department are the Bowflex SelectTech 552 dumbbells. Dumbbells, as we all know, are effective in working out your arm, leg, chest, shoulder, back, and abdominal muscles. These beauties allow you to get rid of your huge rack of dumbbells because although they look like just one pair of dumbbells, these are actually 30 different dumbbells in one. Bowflex has figured out a way to let you dial in the desired weight of each dumbbell with the simple turn of a dial located on the end of the dumbbell. This easy-to-use system lets you dial in the weight in 2.5 increments up to the first 25 lbs., and in 5 lb. increments thereafter, up to 52.5 lbs. per dumbbell. Say you want to curl 20 lbs. (my max.), simply rotate the dial to 20 and lift. Let's say you're Tim and need 52.5 lbs. for some quick reps, turn the dial to 52.5 and start pumpin' those guns. Also available with a handy-dandy stand, these take up a lot less space than a full dumbbell rack. Stop in to Glacier Cyclery & Fitness and check these out. If you're lucky, Tim might even give you a demonstration.

## WHAT IS SPRINT 8?



*Our man Tim after two months worth of Sprint 8 workouts*

I know, I know, you've all been asking yourselves this question since you first laid eyes upon the opening page of this informative little newsletter. Well, wonder no more. Sprint 8 is a way to whip your body into peak performance shape. I know it sounds too good to be true, but read on. "Sprint 8 is an anaerobic interval workout program designed to tone muscle, improve speed and performance, and naturally increase the release of HGH (human

growth hormone) in your body" according to Phil Campbell. Phil is the creator of the Sprint 8 program and author of the book 'Ready, Set, GO! Synergy Fitness for Time-Crunched Adults', on sale now at Glacier Cyclery & Fitness. Judging from Phil's cover shot on the book, he's one fit, happy man. Judging from Tim's photos we see that Sprint 8 can turn you into a human powerhouse. The program consists of four minutes of intense sprint intervals broken into eight quick, 30-second segments and 16 minutes of 'active rest'. That's just 20 minutes!

Producing HGH through exercise coupled with a proper diet has been shown to be an effective way to burn fat and build lean muscle mass, which we all desire. You're on your own with the 'proper diet' part but we can help with the fitness. Glacier Cyclery & Fitness carries Vision Fitness, a line of fitness equipment with the Sprint 8 program built right in to the piece of equipment! That's right, just press the 'Sprint 8' button on your Vision treadmill, elliptical, or recumbent and you're on your way to looking like Tim. Don't let the word 'sprint' scare you off, 'sprint' can mean different things for different people. A sprint can be defined as a 12 m.p.h. run at 8% elevation for a conditioned athlete like Tim, but it can also be a 4 m.p.h. power walk (my favorite sport besides cycling) at 2% elevation for an unconditioned beginner, such as myself. Stop into Glacier Cyclery & Fitness and let a moderately fit shop-type run, jog, or walk you through a Sprint 8 program.

### Winter Hours

Monday through Friday 10:00 to 6:00

Saturdays 10:00 to 5:00.

Closed on Sundays



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*"We sell more than bikes, we sell a good time!"*

## Glacier Cyclery Rental Bikes Now On Sale!!!

Ahhhh, rental bikes. For the tourist to the Flathead Valley, a rental bike is a way to get out and see the sights, ride the roads, or tackle the trails, without the hassle of having to pack along their own bike. Some are rented for a quick trip to City Beach, some are rented by sunburned golfers who've had too much time on the greens and need a little spin to unwind. A few are rented by folks who have aspirations of riding the Going-to-the-Sun road, still others are rented by adventuresome types who take them out to the Tally Lake area trails and ride them, as they say, "like a rental". To the Glacier Cyclery bike mechanic, the rental bike is a never-ending tune-up as each bike is meticulously cleaned and tuned after each and every rental. After each summer rental season the bikes are overhauled, needed parts are replaced, and then they are put up for the winter. Yes, these steeds have served their purposes well, but it's time to put them out to pasture. Once again it's time to sell off some of Glacier Cyclery's rental fleet. These bikes have been overhauled and are ready for new homes. This is your chance to get a lovingly cared for bike at a fraction of the cost of a new one.

We have two different styles of bikes to choose from, the first being some 2003 Jamis Aragons. These are 'hybrid' style bikes perfect for cruising around town or bombin' the bike paths. 700c wheels, a suspension fork and seatpost, and an upright riding position make this the perfect bike for commuting or running errands. Originally retailing at \$350.00, we're selling these for \$125.00.

We also have some 2005 Jamis XLT 1.0's. These are 5" travel, 27-speed, full-suspension mountain bikes. They're equipped with Fox forks and shocks for buttery-smooth performance and Hayes hydraulic disc brakes to slow you down when you get in over your head because of all the buttery-smooth performance. Originally priced at \$1549.00, these are a sweet deal at \$800.00. These bikes are ready to go now, sizes and models are limited, so don't delay. Call us at 862-6446 for more information or to check on sizes.



2005 Jamis XLT 1.0



2003 Jamis Aragon