

BRINGING THE BEST IN CYCLING TO THE HEAD OF THE FIELD

CALL UP

Product / Tech / Trends / Know-How / from QBP and Friends



Cyclocross + Back To School / AUGUST 2014

The Run-Up To Fun

I'm Mark McCormack, outside sales rep for QBP in the New England region. With school about to start up again, it's time to stock up on lights, locks, fenders, and racks for college students returning to town or those who are packing up and moving away to school. Some of the younger students in your community will be biking to school as well, as my middle school-aged son has done for the past four years.

And what just happens to be timed with the start of the new school year? Cyclocross season! I have witnessed the evolution of the U.S. cyclocross scene, especially here in New England, since 1985. My first year, I raced on a repurposed steel touring bike, and the New England Championships had 15-20 participants—total. Now it's not uncommon to have close to a thousand racers on a given weekend in some parts of the country. Cyclocross offers riders of any skill level the experience of short-circuit racing in a great environment—one that also caters to spectators.

Much of the participant growth in cyclocross is happening in categories of riders that can improve your sales as a bicycle retailer: junior boys and girls under age 15, men's and women's categories 3 and 4, and masters 45+ and 55+. Many first-time racers try cyclocross as their introduction to competitive cycling. Triathletes, road riders, and mountain bike riders also look to cyclocross to keep them motivated and fit off-season, and all are prospective customers during a time of year when foot traffic typically slows down.

Each region of the country requires specific products and a range of considerations for current or emerging customers. Take tire selection, for example. Clinchers or tubular? File or aggressive tread? Don't forget brakes, chains, guides, and gearing options, clothing, shoes, embrocation appropriate for your climate, lubes, cleaners, nutrition, and training. You can help racers be more successful while you increase sales.

Bringing in a local pro/elite cyclocross racer to lead a skills clinic can bridge the technique gap for beginners and highlight unique equipment. Expert coaching on techniques like dismounts and remounts or riding through sand and across off-camber sections will bring motivated customers into your shop, and help encourage participation. Pro advice regarding tire choice and air pressure, bike fit, warm up/cool down ideas, and nutrition are also great topics that can help improve cyclocross racing and riding.

As someone with nearly 30 years of cyclocross experience, I hope to see this discipline continue to grow in every region of the country. Win or lose, racing or riding, 'cross is **fun!**

"IT'S NOT UNCOMMON TO HAVE CLOSE TO A THOUSAND RACERS ON A GIVEN WEEKEND IN SOME PARTS OF THE COUNTRY."



On this page: 2013 Trek CXC Cup Women's Pro Race held at Trek's headquarters in Waterloo, WI.

Cover: Fulton team rider April Morgan getting to work at the 2013 Trek Cup.

QBP

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www.qbp.com

Customer Service: 800.346.0004
customerservice@qbp.com

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Drop Some Gears Grab Some Cheers

What happens when you blend SRAM's revolutionary XX1 mountain and road technologies into one high-performance groupset? **Simplicity.** The SRAM Force CX1 groupset is a single-ring, 11-speed drivetrain that offers optimal gear choices for cyclocross.

Force 22 Hydraulic Disc Brake DoubleTap Rear Lever

BR5877 / KJ584P

SRAM Force 22 hydraulic brakes provide all the performance of Red with a tiny weight penalty.

Force CX1 Hydraulic Disc Brake Front Lever

BR5888 / WE524M

Specifically for use with the new Force CX1 1x11 group. Just say no to front shifting and dropped chains.

Force CX1 BB30 Crankset

CK6158 / HG324D

SRAM's dedicated crank optimizes your chainline for 1x use. 110 bcd only. Available in BB30 or GXP.

42t X-SYNC Chainring

CK6182 / SY182B

Chainrings work with any SRAM (and many other brands') 110mm BCD crank arm and are compatible with SRAM 10- and 11-speed chains. Comes in 38-40-42-44-46.

Force CX1 11-Speed Rear Derailleur

RD4624 / O0306C

This rear derailleur works with SRAM 10-speed cassettes when used with a 10-speed SRAM road or mountain shifter.



SRAM®

Just **Atypical** 'Cross Racer

Foundry-sponsored Singlespeed Cyclocross National Champion—and all around nice guy—Tim Allen gives us a glimpse of what a week during 'cross racing season looks like for him, and shares his intensely relaxed approach to winning.

Tim Who?

Fun is a key ingredient to Tim Allen's success on bikes. "I always loved riding as fast as I possibly can, and racing has always been a fun way to push my limits," says the 28-year-old.

Although he surprised some people with his win in the 2014 National Championship Singlespeed Cyclocross race, the Western sales manager at Feedback Sports in Golden, Colorado, has been competing for 19 years. His career took shape in college when he joined the cycling team as a sport-level mountain bike racer. "By the time I graduated, I was racing mountain bikes professionally and traveling around the world to races," he says.

Allen admits it was not always easy trying to balance school, social life, training, and racing. But, he says, "I never took racing so seriously that I would turn down a cold beer or a hot date! I think this dictated my racing career. Racing is my hobby, not my job, and I have worked hard to keep that perspective."

Just because he's so laid back about his racing doesn't mean he doesn't plan—or that you don't need to keep a close eye on him on race day. It was no fluke that he became 2014's National Champion in his first singlespeed 'cross event. He knows what works for him, and how to show up to throw down.

It Starts Monday

Allen looks ahead and prepares during the week before an event, but he's more like Rocky than the Russian in *Rocky IV*.

"I commute on my Harrow most days, nine miles each way," he explains. "I also like to ride my Broadaxe 29'er during my lunch hour. The weekends are for yard work, house projects, family time, and of course, racing. I spend a lot of my free time in our garden and in the garage tinkering with vintage motorcycles."

Allen doesn't have a coach or training program. He doesn't do intervals. He doesn't own a heart rate monitor or a power meter. "I do use Strava to have fun chasing Kings of the Mountains on the local trails," he says.

The biggest thing he needs to feel prepared, though, is equipment. "The week before is all about the bike," he says. "If my bike is dialed, my brain can relax. A week out, I know that the training is in the bank and the only thing that really stresses me out is bicycle maintenance. Clean, tune, and lube, and make sure that tires are glued on solidly. (I learned that the hard way at CX Nationals in Bend when I rolled two of them.) With weather, it is what it is. I try to be prepared for anything."

When it comes to pre-race chatter amongst the competition or from the peanut gallery, he doesn't really pay attention. "I sort of just do my thing."

Race Day, 7 am

On the day of the race, Allen has his gear, parts, people, and rituals all ready to go. "My Feedback work stand and my tool box travel with me to every race," he says. "I like to do a bolt check—chainring bolts, cleats, cable pinch bolts, etc. I try to put a wrench on every bolt. This year I also plan on having a spare set of wheels in the pits along with my 'B' bike."

"If my bike is dialed, my brain can relax."

This became part of the plan after aforementioned Elite CX Nationals. "I flatted on my front wheel during the third lap," he says. I went into the pits and was handed my 'B' bike, which had been recently converted into a single-speed. All was good, until I learned that there was not another spare front wheel with a 15mm thru-axle. I was forced to do the remaining two-thirds of the race on my single speed."

Nutrition is also a key to success for Allen. He stresses the importance of breakfast and coffee. "I love local races where I can wake up in my own bed and cook up fresh eggs from my chickens," Allen says. "If I'm on the road, I look for a local breakfast burrito joint to do the trick. There's nothing more important than a freshly ground, light roast, aero pressed cup of coffee. Budan Coffee is my go-to."

Timing is Allen's most challenging task when it comes to eating. "Giving my body time to digest and having enough fuel to get me through an hour of intensity is difficult. I still find myself experimenting with timing of meals. A PB&J about two hours before the start seems to work for me."

On the Course, 12 pm

Allen's pit setup is usually weather dependent. "At local, dry races, I usually just set my 'B' bike in the pit and ride my race, hoping that nothing goes wrong," Allen explains.

"Fortunately, for the national races that Feedback Sports sponsors, we have a pretty sweet setup. Sammy Rutherford, our Eastern sales manager, is our 'pit boss.' He has worked dozens of races for me, including SS CX Nationals in Boulder. He has literally saved my race several times, power-washing my bike every half lap in some cases. Having this kind of support is vital to success in true muddy 'cross conditions."

Once settled in, it's time to limber up. "Gotta do pushups before every race," Allen says. "I try to get a few laps on the course to warm up and spin around the venue a bit. If possible I avoid sitting on the trainer. At the line, I am usually relaxed and like to joke around."

Game Time, 1 pm

When the race starts, Allen says, "Rubbin' is racin! I always start fast, sometimes too fast. It depends on the course, but I usually pick a particular section during my warm-up lap where I feel I have an advantage. I will try to attack on that section if possible."

Allen stays extremely focused on conservation during his race. "I constantly look for parts of the course where I can relax and save energy. I will take extra risks on descents and going into corners if it means I can carry momentum into the next section."

He also tries to ride the entire course, bunny hopping barriers when possible and exerting extra effort on steep run-up sections if it means not getting off the bike. "Running is not my strong suit," he says. "Riding is more fun!" By the end of any race, he's "pretty shattered," admitting that there's "not a lot of strategy left for roadie tactics—just survival mode to the finish line."

"My post-race ritual is finding the nearest/coldest beer."

After the Dust—or Mud—Settles, 2 pm (ish)

After the race, Allen doesn't spend too much time analyzing what worked or what didn't. "My post-race ritual is finding the nearest/coldest beer," he says. "I'm a pretty positive guy, so I don't dwell on the mistakes. There's always room for improvement and it's easy to be hard on yourself. As long as I finish the race, I am happy. I have quit one race and I still regret it—worst feeling ever."

The One To Watch

Allen is raring to go for 2014, although putting together a race calendar is going to be a little trickier this year as he's a new father. "Everyone keeps saying that I'm going to get slower now that we have a kid, but I disagree," Allen says. This season he's looking forward to throwing a leg over the new Foundry Harrow B1 and racing several local and national cyclocross races. "I want to hit some of the bigger UCI races like Cross Vegas, the Providence CX Festival, the Boulder Cup, and Jingle Cross, to name a few. My first race will be a local Colorado season-opener to clear out the cobwebs. Vegas is the first big race!"

Allen has some choosing to do this year, but in his trademark style, he just sees this as more opportunity for fun. "Now that I am the reigning SS CX National Champion (that still sounds weird), and Foundry made me a custom single speed National Champion Harrow (still cannot believe it!), I will be hitting lots of singlespeed races, too," he says. "Since I've only raced singlespeed CX twice, I'm looking forward to mixing it up more this year. I have a deep history of riding singlespeed MTB and enjoy the silly atmosphere of those events."

Sometimes it's more about the party than the race, he admits. "What race?" Allen jokes. "One gear, more beer! I enjoy the simplicity of one gear, and it definitely makes a lot of sense for cyclocross. I will have a tough time deciding what races to do singlespeed and which ones to race-gear. Either way, work hard, love life, ride a Foundry!"



Tim Allen and his custom single speed Foundry Harrow



1 Mechanical Threads Cyclocross Champion T-shirt
CL9955 / LT26D

- This design by Lauren Taggart is a tribute to the first USA Cyclocross Championships in 1963, Hup Hup!

2 Velocity Major Tom Disc Wheelset
WE4498 / RF860Z

- The Major Tom Disc wheelset is lightweight, durable, and lets you run your favorite tubulars on your disc race bike

3 Quality Wheels Velocity A23/SRAM X.9 Disc
WE7304 / DD210Z

- Perfect for road, gravel, and cross—this jack-of-all-trades is ready for action

4 Quality Wheels Major Tom Tubulars/Ultegra Hubs
WE7263 / HI320C

- Tubular wheels are legendary for their control. These race-day wheels with loose-ball hubs are sure to give you an extra edge

5 Zipp 303 Disc
WE9470 / QM1766T

- Smooth is fast—that's true even when the conditions and terrain get a bit chaotic. The Zipp 303 Firecrest Disc-brake wheelset is durable, lightweight, and stiff while also providing the consistent and powerful performance of disc braking

6 HED Belgium Plus Disc Rim
RM0183 / UY196K

- The HED Belgium Plus Disc rim features a 25mm-wide profile that improves tire performance, comfort, and control

7 Challenge Tubular Rim Cement
RC4000 / KI65L

- Don't take chances with your prized race tubulars—glue them up with Challenge Rim Cement for a secure hold

8 CX Tape, 2-Wheel Roll
RS7000 / VD10C

- Builds up radius of Road Rims to make a better fit for CX tires. Must be used with tubular glue.

9 Slime Pro Tubeless Tire Sealant
LU2630 / VZ8A

- Slime Pro Tubeless Tire Sealant forms air-tight seal at bead and is compatible with UST and Conversion Systems

10 Finish Line Pro Care Bucket Kit V8
LU2600 / VN80Y

- Lube, degreaser, bike wash, scrub brushes, and a bucket—everything you need in the pits at your next CX race!

CAN STOP, WILL STOP

TRP keeps concerns about braking performance off your mind, even in the worst conditions.



1 HY/RD Hydraulic Disc Brake
BR7738 / FO178Y

- Own CX this season with a self-contained hydraulic disc brake caliper and master cylinder setup
- An effective and affordable hydraulic disc upgrade compatible with most brake levers

2 Spyre Alloy Mechanical Disc Brake
BR7744 / PA110P

- Innovative two-piston caliper design evenly contracts rotors for uniform and powerful braking modulation
- A clever upgrade from conventional mechanical disc brakes, offered in an alloy body

3 Hylex Hydraulic Disc Brake
BR7761 / MY192F

- Ideal for singlespeed CX applications, the Hylex includes hydraulic caliper, hoses, and levers

4 Spyre Carbon Mechanical Disc Brake
BR7742 / AP136P

- Innovative two-piston caliper design evenly contracts rotors for uniform and powerful braking modulation
- A clever upgrade from conventional mechanical disc brakes, offered in a light weight carbon version



1 Whisky 7 Cross Disc Fork
FK2611 / BS490X

- Light, tough, and priced right, the Whisky 7 can handle all of your 'cross riding needs

2 ENVE Cross Disc Fork
FK0423 / PV750Z

- ENVE's Cross Disc fork features premium carbon layup for unmatched performance, light weight, and durability

3 Jagwire Cross Pro Brake Shoes
BR0035 / OR37R

- Combining cantilever and linear pull compatibility with Pro compound road style pads, the Jagwire Cross Pro pads will keep you in control

4 Tektro Front Cable Hanger
BR7468 / DW18D

- Greatly reduce front brake chatter and improve your cable routing with this simple solution from Tektro

Rubber Adhesive

1 Continental Cyclocross Speed

TR9441 / VN54Y

Fast-rolling diamond-tread center section with coarse shoulder lugs for cornering.

2 Challenge Chicane Clincher

TR4435 / EW94R

Challenge's new file tread is fast-rolling, with 300tpi casing, and aggressive shoulder lugs for secure cornering.

3 Michelin Cyclocross Mud 2

TR8241 / JS58P

The Mud 2 delivers sure-footed traction even when the terrain gets loose or muddy.

4 Challenge Grifo Clincher

TR4430 / RO94G

The undisputed classic cyclocross tread, with 300tpi casing that rolls fast and provides great traction in all conditions.

5 WTB Cross Wolf TCS

TR1600 / JT56H

Tubeless-compatible CX tire is fast-rolling and excels in soft conditions.

For any race in any condition, QBP has the best 'cross tires to keep you planted and on course. From the fastest file tread to the most aggressive knobby, you can rail the dustiest turns or stay upright on the slickest off-camber hillside.

6 Clement MXP Clincher

TR3290 / WK50L

Updated version of the classic "arrow and chevron" pattern, with 120tpi casing, and an all-condition tread that rolls fast and corners securely.

7 Vittoria Cross XG TNT

TR3395 / JMW72X

Vittoria's TNT (Tube-No-Tube) technology in a premium competition-level cyclocross tire with a supple ride and silky handling.

8 Challenge Limus Clincher

TR4429 / LP94T

300tpi reinforced casing, with an aggressive tread pattern to handle the muddiest 'cross conditions.

9 Clement PDX Clincher

TR3241 / DK50C

120tpi, with fast-rolling, widely spaced lugs, with progressive side lugs for cornering.



A LITTLE FRIENDLY OFFICE COMPETITION

The grounds around QBP's main office and distribution center here in Minnesota are beautiful, with natural prairie, tons of trees, a big pond, and the 2,565-acre Hyland Lake Park Reserve right in our back yard. But it was missing something: a fall cyclocross race! Luckily for us, inside Lazer reps and 'crossers Matt Leizinger and Will Greenwood stepped in with a plan.

It's after work on a crisp October evening, and the trees around Q-Central are wrapped in tape while cowbells ring through the air. Veteran cyclocrossers and first-time racers log off their computers, put down their packing tape, and head outside to throw a leg over a bike. Others grab a beer and prepare to cheer for (or heckle) their coworkers.

"I'm the volunteer coordinator for MNCX, an organization that supports the cyclocross scene here in Minnesota. I enjoy helping to grow the sport I love," says race organizer Matt Leizinger, who doesn't hide how he feels about 'cross—the racing, the bikes, and the culture. "After taking inspiration from the folks around me that promote sanctioned races, back yard training clinics, and the controversial bandit-style 'cross events, I knew it was my time to give a little back and put on a race for my fellow QBPers."

Leizinger isn't the first person to organize a 'cross race here at Q. "I am told there was a cyclocross race when we had a bit more land to play with, back in 2005, and it's rumored that an all-company paintball game once took place," he says. "Q employees talk about the chance to race each other all the time, so we just needed someone to set an event into motion."

Leizinger presented the idea in 2012, and it took off from there. He set a date for the first main event, and even held a clinic to get first-time participants ready for success. After that, he took a couple of walks around the building to envision a course, and then put in a call for volunteers. Leizinger got help right away from Will Greenwood and Rachel Thoe from Human Resources, and Bob Heller from Facilities.

Leizinger and Greenwood got out their landscaping clothes and went to work. Greenwood says the mapped-out course took about 14 total hours to prepare. "Last year the brush mower was broken, the weed whackers were straining, and we had to do everything with a riding mower—which had a leaky tire—and a push lawn mower."

Despite the sometimes-uncooperative machinery, Leizinger and Greenwood came up with a small course that had all the flavor of bigger weekend races. Leizinger made sure to include tents, a wheel pit, cured meat hand-ups, "and an atmosphere that gets spectators pumped to show some enthusiasm for all the racers." After all, he had every intention of racing too.

I WANTED TO GIVE OLE MATT LEIZINGER A RUN FOR HIS MONEY, BUT I HEARD HE WAS FAST. I THOUGHT, ABOUT HALFWAY THROUGH THE RACE, I MAY BE ABLE TO CATCH HIM, BUT THEN MY DEPLORABLE BARRIER SKILLS REALLY STARTED SHINING THROUGH AND I DIDN'T GAIN ANY MORE TIME ON HIM. EITHER WAY, IT WAS A LOT OF FUN TO BE HECKLED BY COWORKERS.

—Sean Mallen, Salsa Design Engineer

"The excitement building up to that first race night was good, but like anything you put yourself into and offer people, there is always hesitation in the back of your head," Leizinger says. "Mostly I just wanted people to show up!"

The first race in 2012 had 18 racers split between two groups; 2013 saw 28 racers. "The fan energy was amazing," says Greenwood. Support from coworkers and family members who came out might be what helped Greenwood win in 2012. "There were about four fast riders who all flatted," he says. "That night Matt was the fastest man, but he flatted too. There is Go Pro footage of his heart breaking as I pass him!"

"I got a flat," Leizinger affirms, "and to be funny, someone gave me a replacement bike with two flat tires. I was super-ahead at this point, but you just cannot run that long or fast and expect to stay in front when someone is riding behind you. It was a great time, though. 2013 was a different story and I came with thunder to take the win in the advanced category."

Looking back on these races, Leizinger says, "The experience of seeing people try something new was great. I learned that people want to be challenged and are totally up for trying something hard and uncertain. We had a lot of people who had never raced cyclocross come try it and we had even more people come watch that had never seen a race."

Greenwood feels the same way. "The overall experience was great! There were tons of people who gave us positive feedback and want to help out next year."

Leizinger is thinking bigger could be even better. "We hope to keep growing the numbers and allow more people to experience cyclocross. The race is only open to QBP employees now, but it would be great to someday have a larger event. There has been talk about making a mini-series, inviting local shops to come join us, and maybe even making this into a bigger weekend event. The possibilities are endless. I guess we will see where it goes from here! I cannot express how happy it makes me to work for a company that allows me to share my passion with others. I just want to say thank you to all the folks that have helped me put the cyclocross race on and all the racers and spectators that participate every year."



IT WAS FUN! EVERYONE WAS REALLY FRIENDLY AND HAPPY TO HELP OUT NEW PEOPLE, WHICH WAS AWESOME. I TOOK A BEER HAND-UP FROM THE FOUNDRY GUYS BUT I ENDED UP WEARING MOST OF IT. I WOULD DO IT AGAIN!

—Jenell Lammers, Marketing Project Manager



Magic Motion Potion

Embrocation primes "The Pistons" for maximum output.



- 1 Medium Embro**
TA0023 / SF26R
• Features clove, anise, and mint scents, and is formulated to keep you warm in colder conditions
- 2 Gentlemen's Embro**
TA0021 / NE24S
• An earth-tone scent and low warming for moderate temperatures
- 3 Madness Embro**
TA0024 / GT26S
• Shares the same scent as the Medium and Mellow Embros, but cranks the heat up to madness levels for when things get really cold and you need maximum output
- 4 Mellow Embro**
TA0022 / SM24J
• Has a clove, anise and, mint scent, and is perfect for cooler temperature riding



WEATHER SHIELDS: THE PREFERRED BARRIERS IN CYCLOCROSS



- 1 Paul Mini Moto Brake**
BR8890 / HA150P
• A compact, powerful brake that works great with road levers
- 2 Ibox Coppi Hat**
CL8708 / ES42V
• Classic Merino wool beanie with ear flaps. Perfect underneath helmet to cut the fall chill
- 3 Craft Active Wind Stopper Gunde Boxer**
CL6437 / TS46Y
• Stay Cool fabric for breathability and a Gore front panel to protect what's important make the Gunde a go-to
- 4 Paul Chain Keepers**
CH8805 / XT68Q
• Simple, elegant chain retention for 1x drivetrains
- 5 Paul Cross Levers**
BR8847 / NL150Z
• Cross levers that work with both Canti and LP brakes (and road and MTB cable discs)
- 6 Louis Garneau Matrix Hat**
CL4752 / CS22E
• This comfortable wicking cap with UPF/SPF 50 sun protection and wind protection is a must in your cycling wardrobe
- 7 Smartwool Lightweight Wind Boxer Brief**
AB4447 / ME66L
• The comfort of Merino wool with a windproof front panel for additional warmth in inclement weather



- 1 Hirzl Tour Full Finger Glove**
GL0990 / SZ66Z
• Super breathable and ultra grippy, the Tour gives you unmatched control without sacrificing comfort
- 2 Hirzl Tour Thermo Full Finger Glove**
GL2204 / UM74U
• Perfect for those chilly mornings or cold 'cross races, the Thermal features a breathable backing with a super-soft kangaroo leather palm
- 3 Pearl Izumi Elite Gel Vent Full Finger Cycling Glove**
GL8130 / WR52G
• Powered by Pearl Izumi's In-R-Cool mesh for moisture management and gel padding where you need it, the Elite Gel FF is a tried-and-true staple
- 4 Prologo CPC Glove**
GL7505 / QL120M
• Prologo's CPC (Connect Power Control) technology provides enhanced grip and stifles vibration. An excellent choice for those chilly and wet CX race days
- 5 Brush Research Bristle Acid Brushes**
TL1565 / BH520
• Perfect for applying tubular glue or for other shop uses
- 6 BONT Riot MTB Shoe**
SH2657 / OX210J
• The newest addition to the Riot line, the MTB is proof you can have carbon and heat (re)moldable perks at an entry-level price
- 7 Pearl Izumi X-Project MTB Shoe**
SH9142 / MX326E
• With 1:1 interface, carbon outsole, and flex plate, the X-Project shoes are the perfect CX shoe whether hammering up run-ups or finishing strong
- 8 DZ Nutz InHeat Medium Embrocation**
TA6009 / NL24L
• Adds needed heat to the skin and muscles, improving exercise efficiency and providing protection from injury
- 9 ZIPP Service Course CX Bar Tape**
HT9903 / GO26E
• Wrap your Zipp bars on your cyclocross (or road) bike in style with this new Service Course cyclocross handlebar tape. This tape is thickly padded for the pounding you'd expect from CX

A TOTAL PIT

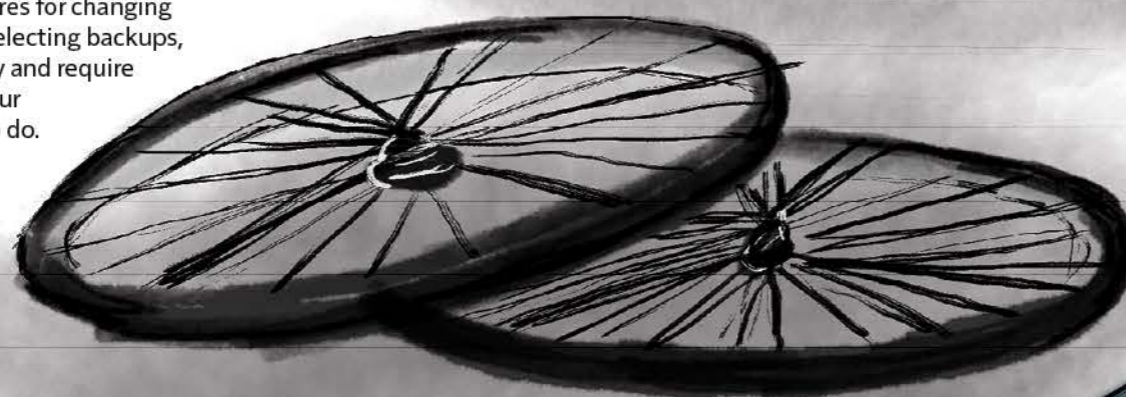
Having a solid mechanic and pit setup for a cyclocross race is not just a luxury; it can be the difference between finishing a race and grinding your bike and components into complete oblivion. The art to making the most of a pit lies in being prepared and ready for anything. Here are some things to consider before the mud, dust, or snow starts flying.

Extra Wheels?

For those who don't have a "B" bike, an extra wheelset will enable you to replace a crashed wheel or be ready to go with different tires for changing conditions. Keep in mind when selecting backups, however, that rim widths can vary and require brake adjustments that you or your mechanic might not have time to do.

Pit Protocol

In the heat of battle, it can be easy to forget your manners. If you or your mechanic is new to the pit, being prepared, organized, and polite are probably the three most critical considerations for success. Pay attention to the location of other mechanics and racers, and avoid dropping bikes into oncoming bikes during a swap. Part of the appeal of 'cross is the fun atmosphere, so lighten up, and take every opportunity to learn from the veterans.



Tools of the ER

Just as a surgeon needs the right implements for surgery, a 'cross race mechanic relies on specific tools to meet the special demands of this kind of racing. Here are some of the tools you wouldn't want to be without.

- Chain tool
- Full complement of hex wrenches
- Torx wrenches for rotors
- Box-end wrenches
- Metric adjustable wrench
- Torque wrench for the carbon bits
- Cable cutters
- Screwdrivers
- Needle-nose pliers
- Spoke wrenches

Having a well stocked small-parts bin is crucial too. Zip ties, electrical tape, and a slew of nuts and bolts can save a race. Chain links, chaining bolts, brake pads, and a derailleur hanger specific to your bike(s) are also the sorts of things that will make riders write you into their will, they'll be so grateful.

However, the most important tool of all is lube. A good aerosol lube will get into tough-to-reach shifter internals and derailleur pivots better than a drip bottle, and if you have access to a pressure washer, you're going to want to avoid sending a "dry" bike back out on the course. Keeping the bike parts moving is the name of the game.

Don't forget to bring some warm clothes to change into post race, as well as food, a cooler full of refreshments, and some moral support in the form of family, friends, or a trusted psychiatrist.

The "B" Bike

Having an extra rig can keep you racing if your "A" bike has a mechanical failure or is just too muddied up to ride. Your "B" bike will be the Best Bike if called upon during a race. It might be that you held on to the first bike you raced 'cross on, or maybe you're lucky enough to have duplicate racing machines, but having something else to ride will give your mechanic a chance to make repairs on your primary race bike while you keep the laps going. It's important to have both bikes set up so that the fit is close in order to eliminate any handling issues that might throw you off your game.



Connected, Protected, & Collected

Keep your head together
and your schoolwork dry.



1



2



3



4

1 Lazer Genesis Cross

HE1670 / GY220E

- Genesis Cross includes Flanders Aero Shell and winter pad set

2 Banjo Brothers Commuter Backpack

BG8140 / RP90S

- Just the size to carry your load to and from school or work, the Commuter sits low to give you better visibility when looking over your shoulders

3 Selle San Marco Ass Saver Fender

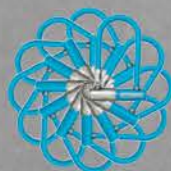
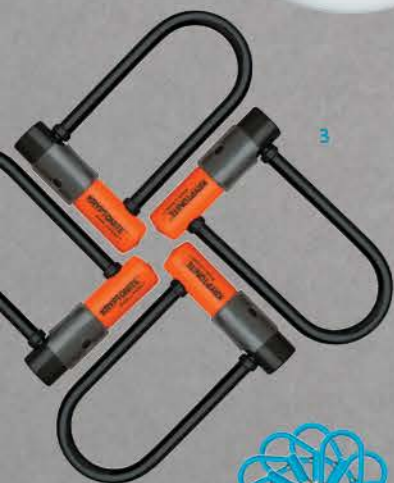
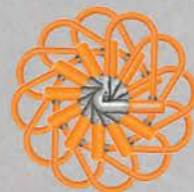
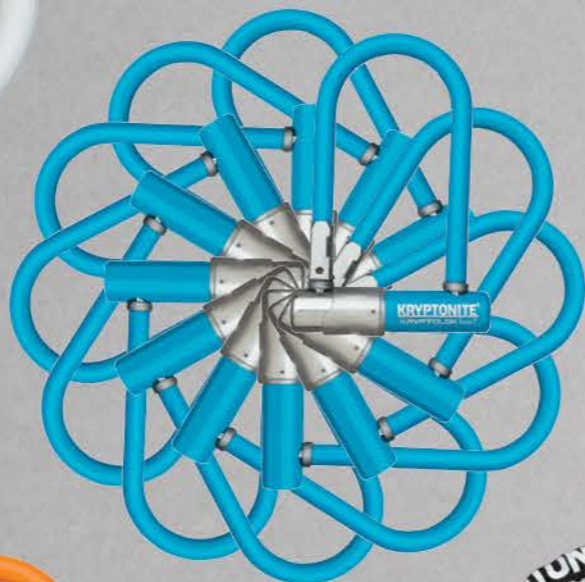
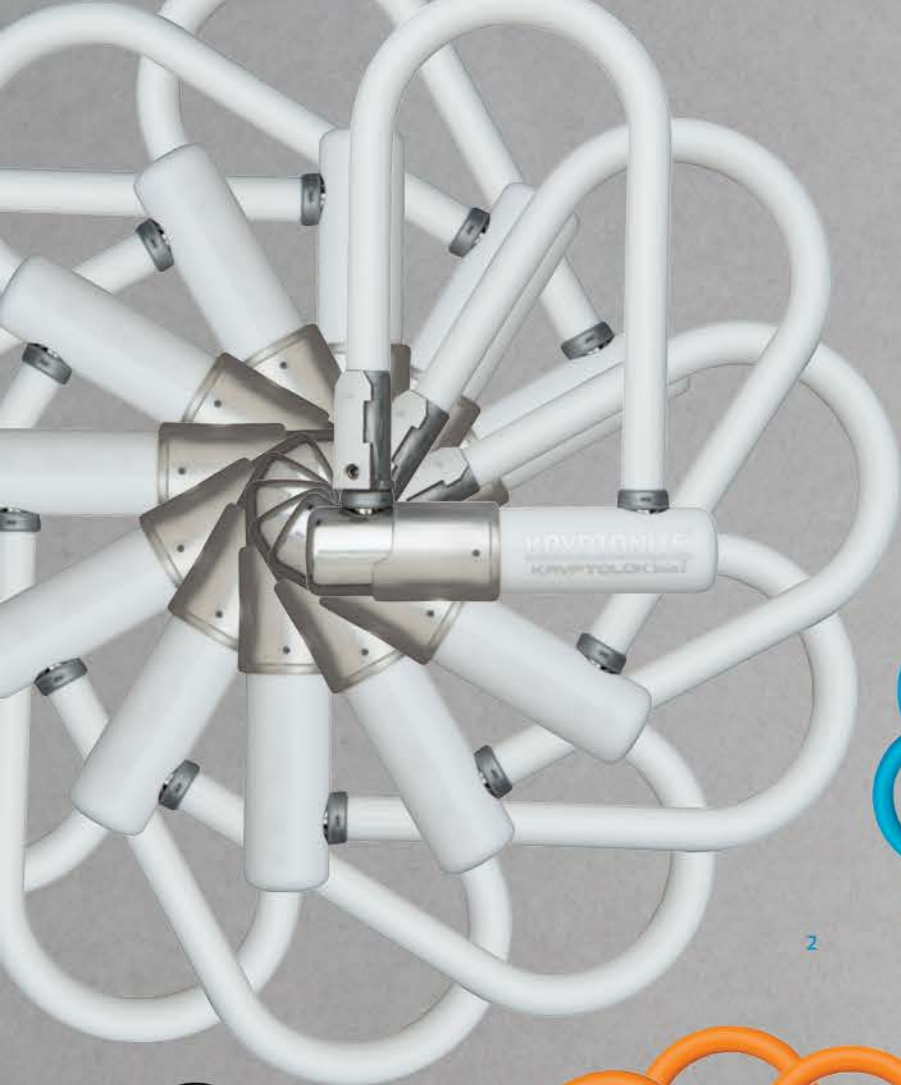
FE6000 / AM12E

- Clever fender that installs in seconds
- Mounts directly to saddle rails—no need for hardware or zip ties

4 Mophie Juice Pack Air: iPhone 5 Case & Battery

EC5014 / YT109B

- The Juice Pack Air gives you hard shell protection and up to 36 additional hours of battery life



Color Safe

In the ever-changing bike world, one truth stays the same: No one likes a bike thief. Kryptonite has been keeping bikes and their riders together and off the classifieds page since they introduced the world to the u-lock in 1971.

Kryptonite. Bumping out bike thieves for over 40 years.

1 KryptoLok series 2 955 Mini Integrated Chain

LK4156 / OK54D

9.5mm, four-sided links are made of 3t manganese steel. Integrated lock head with "talon" dead bolt and disc-style cylinder is pick and drill resistant.

2 KryptoLok series 2 Mini-7 U-Lock

White / LK8114 / JL44Y
Blue / LK8115 / RT44X
Orange / LK8116 / SD44M
Black / LK4050 / PL44D

3.25 x 7", built Kryptonite tough to keep your bike secure in moderate-risk areas. White, Blue, and Orange available in Sept.

3 Evolution series LITE Mini-6 U-Lock

LK6056 / TU40J

2.75 x 5.9", high-security protection for locking your bike in a metro area or for longer periods of time.

4 Keeper 785 Integrated Chain

Gray / LK4241 / MN38Q
Red / LK4242 / OK38W
Purple / LK4243 / AS38Q

7mm, four-sided chain made of 3t manganese steel. High-security disc-style cylinder is pick and drill resistant. These colors available in Sept.

5 Evolution series 4 1090 Integrated Chain Lock

LK4153 / PQ86D

Features the integrated Evolution series 4 lock head and 10mm, six-sided chain links made of 3t manganese steel. Just the thing when you need a lock to keep your bike safe and secure in higher-risk areas.

6 Transit Tube-R Braze-on Carrier

LK6059 / EC22B

The Transit Tube-R Chain Carrier carries your Evolution series 4 1055, KryptoLok series 2 955, and Keeper 785 locks with ease.

7 Transit Transport-R Chain Bag

BG4100 / UR34A

The new Transit Transport-R Chain Bag transports the Evolution series 4 1055, Evolution series 4 1090, KryptoLok series 2 955, KryptoLok series 2 995, and Keeper 785 integrated chains.

KRYPTONITE®

LOGIN TO QBP.COM FOR OUR AUGUST KRYPTONITE PROGRAM.



Overpower The Night

Cycolite is a rider-born company focused on designing first-rate yet affordable products that incorporate the latest lighting technology. Upgraded lumens, wider beams with more consistent light across the spread, and custom optics make Cycolite synonymous with innovation and quality.



Centauri 1700 OSP Rechargeable Headlight

LT7930 / HG400F

Cycolite's most intense light system. Dual Cree LEDs pump out 1700 lumens of light, and OSP technology lets you customize your output without using software.

Trion 1300 OSP Rechargeable Headlight

LT7933 / VX304T

Three Cree LEDs pump 1300 lumens out of a one-piece unit. Extra long adventure? Plug in any Cycolite external battery pack to extend your ride time.

Expilion 850 USB Rechargeable Headlight

LT7950 / KJ158X

The Expilion series is better than ever, with new custom spread optics that provide a wider, more gradual beam spread. Features Cree LEDs and a quick-release, replaceable USB-rechargeable battery stick; great for 12-24 hour races.

Metro 550 USB Rechargeable Headlight

LT7952 / NC90D

A feature-packed light for commuters with side illumination ports for 180° visibility and daylight flash mode for daytime safety; USB rechargeable. Also available Metro 400 and Hotshot set.

Streak 300 USB Rechargeable Headlight

LT7955 / TB56Q

Small and compact, light and bright, this 300 lumens is small enough to fit in your pocket. Also available in a set with the Hotshot SL.

Hotshot SL 2-Watt USB Rechargeable Taillight

LT7941 / ZP34A

The slimmed down version of the original Hotshot with three modes plus OSP technology to dial in light output and flash speed, plus the convenience of USB recharging.



1



2

TRANSPORTATION SPECIALISTS

The right gear for safely moving important cargo.



3



4



5



6

1 All-City Captain Phil Backpack

BG2901 / SI99M

- Comfortable, spacious, and loaded with features to keep you organized and visible—Captain Phil has your back!

2 Timbuk2 Especial Raider Pack

BG5469 / BG145V

- This 18L pack has subtle reflective hits to keep you safe, and clever extras to stay organized

3 Seattle Sports Lazer Lane Taillight

LT6200 / EZ42U

- Not your average blinky taillight—this light also uses two bright LEDs to project a virtual bike lane, visible up to one mile

4 Cateye EL135N/LD135 Light Set

LT4194 / SR34W

- Back by popular demand, this classic light set from Cateye keeps you visible and safe

5 Michelin Protek Urban Tire

TR8471 / KI52W

- Fast-rolling tread combined with puncture protection and reflective sidewalls make these a great choice for getting to class on time

6 Incredibell Original Spring Bell

BE1101 / UT20P

- Spring Bell with adjustable dinger is integrated into the top cap of the headset to keep valuable handlebar space free

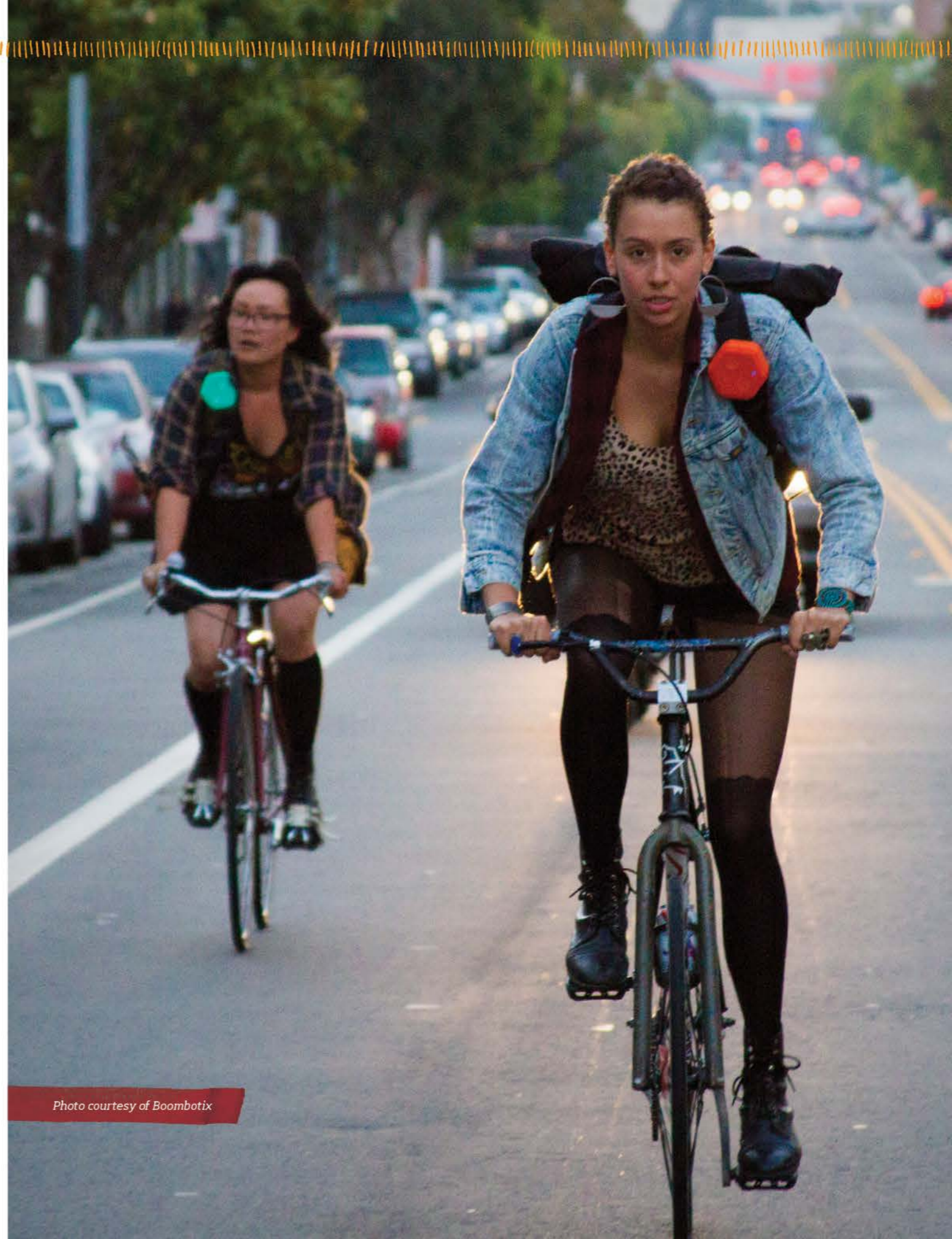


Photo courtesy of Boombotix

Excuse-Proof Commuting



Grab your bike without a second thought. Planet Bike sets you up for success with sensible accessories that keep you comfortable, dry, visible, and capable. And with 25 percent of Planet Bike's profits going to bicycle advocacy, you have even more reason to ride.

Superflash USB

LT7371 / OF365

New from Planet Bike! All of the power and reliability of the original Superflash family, but now with the convenience of rechargeable USB.



Superflash Micro USB

LT7374 / GN760

A convenient, discrete, yet powerful micro light that offers 100 hours of run time and is USB rechargeable.

Superflash Turbo Mini

LT7370 / BE26W

Blink Blink Blink! Planet Bike's Superflash Turbo now in mini. Bright things come in "mini" packages!

Flipper Rear Fender

FE2512 / PO20J

A commuter favorite and must-have for those sloppy days. Quick-release snaps on and off in seconds.



ARS Anatomic Men's Saddle

SA5002 / LK34E

Super-soft padding and central cut out for miles of commuting comfort. An affordable and effective upgrade to any bike.



Comp Floor Pump

PU2560 / IX42M

Tough composite construction with new, stronger gauge system gets you pumped up and ready to ride.



25% of profits to
bicycle advocacy
www.planetbike.com

LOCKED & LOADED

Easy-to-carry ABUS locks will keep your bike right where you park it.

- uGrip Bordo 5700**
LK2220 / LR72Y
• The newest from ABUS, the uGrip Bordo folding lock is the most affordable Bordo yet
- Facilo 32 U-Lock**
LK2112 / ID46B
• Another favorite from ABUS, the Facilo U-lock features double lock body and 12mm hardened steel shackle
- Raydo 1440 Combo Cable Lock**
LK2175 / VC46A
• Combination cable lock with press-n-shine function makes setting the code easy even in the dark

- uGrip Chain**
LK2191 / RT24M
• Cheap, colorful chain lock intended for low theft-risk use
- IvyChain 9100 Chain Lock**
LK2149 / LN120Q
• Flexible mesh sleeve to prevent damage to bike, one of the highest security ratings in a chain lock from ABUS



- Twin Six Commuter T**
CL0644 / KL280
• 100% cotton, made in the USA



- Gibbon Funline Slackline**
OA4107 / ZH90Z
• This 40' slackline is a must-have for kids and beginners who are looking to work on the basics of walking and static tricks
- Fyxation Leather Wine Holder**
RK5521 / KA48V
• Made in Wisconsin from full grain leather
• Will work with round 750ml wine or liquor bottles



- Fyxation Leather Beer Holder**
RK5523 / KB74P
• Made in Wisconsin from full grain leather
• Holds a six-pack of beer



- Delta Michelangelo Gravity Stand**
DS9021 / AY114G
• Dual bike gravity stand for secure and unobtrusive storage
- Delta Leonardo DaVinci Wall Storage Rack Combo**
DS9014 / AW24J
• Storage combo with rubber-coated hook and protective wall plate
• Stores one bike upright

- OnGuard Bulldog U-Lock**
LK8011 / NY36X
• X2P double locking mechanism, 4.6 tons of pull strength with anti-drill and pick resistance; includes five laser cut-keys, one with micro light
- Lazer Street Deluxe Helmets**
HE1523 / EX72P
• Urban looks, multiple-thickness padding, and sixteen vents
• Available in Light Woodgrain, Dark Brown Woodgrain, and Black Woodgrain

- Pinhead 2-Pack Wheel Locking Skewer Set**
LK2080 / FQ64X
• Each skewer set has its own unique key combination for the highest level of theft deterrence

- OnGuard Akita Cable for Saddles**
LK8045 / BQ4W
• Coated 5mm cable for locking seat and post to the frame of the bike

- Kryptonite Keeper Standard U-Lock**
LK4150 / XC30V
• Your go-to for affordable high security, the Keeper will make potential thieves look for an easier target
- Wald 582 Folding Pannaier Basket**
BG0023 / UY38U
• Pannaier basket is great for carrying shopping bags and can be folded flat when not in use

PARTY ON WHEELS

Kick out the jams with a portable sound system.

- Tags Wireless Earbuds**
EC0010 / WQ90V
• The tags hang around your neck and give you control over volume and track selection, and even allow you to take calls
- Privates Wireless Headphones**
EC0016 / AR136p
• Comfortable enough to wear all day, with easy-to-use touch controls, and no wires to tangle you up
- Adapt Wireless Bluetooth Adaptor**
EC0022 / SO56W
• The Adapt turns anything with a 3.5mm audio jack into a wireless device
- Turtle Shell 2.0 Wireless Speaker**
EC0018 / YD180L
• Feel the bass with this rugged, shock-proof, water-resistant Bluetooth speaker
- Buckshot Wireless Bluetooth Speaker**
EC0013 / SW68L
• This ultra-portable Bluetooth speaker is tough, water-resistant, and features an included bike mount





A year's worth of bragging rights on the line at the QBP employee cyclocross race in Minnesota, October, 2012.

QBP

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