

BENT LIFE



a newsletter from Lancaster Recumbent

CHANGE IS GOOD

There have been quite a few changes at our shop lately. First, Recumbent Cycles of Lancaster is now Lancaster Recumbent. It's a small change to our name but it has big impact for our marketing communications as it's shorter and also easier to say.



Our New Address:
103 W. Market Street
Marietta, PA 17547
717.553.5834

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The second change adds a few more friendly faces to the shop. Our family business has grown with the addition of Scott and Diane's son-in-law, 'Rosie', last July. You'll learn more about Rosie (and how he got that nickname) in this issue. Oldest daughter, Sarah, joined the team in September and we also have a new shop dog, Clementine. She's a 9 month old English bull dog and loves to greet people when they come in the door. She's friendly but is happy to take a nap in her cage if you are uncomfortable with dogs. Just let us know when you come in the door or give us a call before you arrive. (CONTINUED)

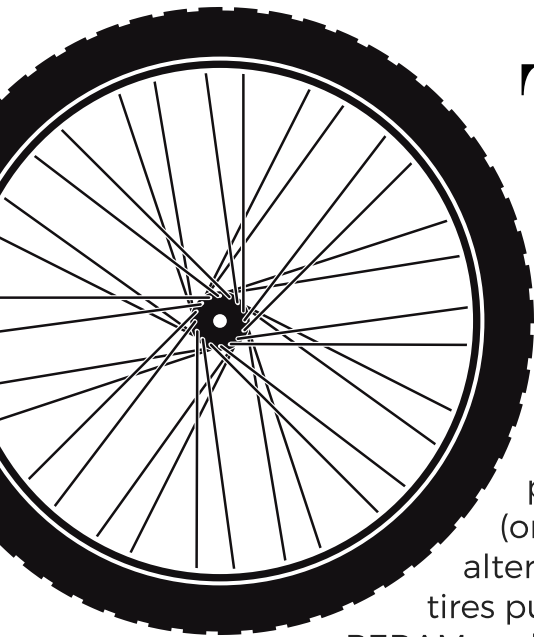
BELOW, LEFT TO RIGHT: Rosie, Clementine (she has since lost the cone), Scott, and Sarah



CONTINUED... Last, and most important, Lancaster Recumbent has relocated to Marietta, PA! Our new shop is just 10 miles west of the old shop (down Route 23/ Market Street) and is located in a newly renovated building originally built in 1843! The new shop features two levels with more room for cycles and accessories and areas to test ride both indoors and outdoors. Lancaster Recumbent opened in its new location March 21st; however, there's still some ongoing construction. Our back parking lot and ramp are still under construction and are scheduled to be completed in late spring. Until then, you can find metered parking on the street - Lancaster Recumbent will reimburse you for the first two hours of street parking (\$0.25 buys you two hours) and the front entrance is handicap accessible. We apologize for any inconvenience during this interim time and look forward hosting an open house in the fall once everything is 'done and dusted.' 🛵



ABOVE: Original building on Market Street has been home to several businesses over the years, including a hotel, furniture shop, funeral home, hardware store and TV & Radio repair shop. BELOW, LEFT: Renovated interior of the workshop area. BELOW, RIGHT: Front entrance gets a face lift.



TUBE TROUBLES

Flat tires can be a bummer. But there's a solution that will keep you pumped and ready to ride.

There's nothing worse than getting ready to ride on a beautiful day and you find a flat tire on your cycle. Well - except maybe getting a flat tire midway through your 20 mile ride. You can purchase spare tubes, patch kits, and tire levers to fix your flat (or call your local bike shop) but there are new less-stressful alternatives available to keep your tires pumped up and ready to ride.

PERAM makes sophisticated rubber tire inserts that add a tough protective layer between your tire and tube, deterring nails, screws, glass and other sharps from puncturing the inner tube. Weighing less than the original full tube inserts, Smart Tubes are partial inserts, weighing 1 to 1.5 lbs per tire depending on wheel size. Peram Smart Tubes also provide a little extra shock absorption on bumps and are totally reusable - you can transfer them to your new cycle (as long as the tire size is the same). Contact us for more information.



ABOVE: Peram Smart Tubes protect tubes from punctures

UPCOMING EVENTS + RIDES

Want to join us for a ride?
Click here to sign-up!

March 29: Riding with Rosie

Join Rosie for a casual ride on the Northwest Lancaster County River Trail from 6pm to 7pm; meet at Lancaster Recumbent @ 5:45pm

April 19: Riding with Rosie

Meet at Lancaster Recumbent @ 5:45pm for a casual trail ride from 6pm to 7pm

April 20-22: Experience 'Bent Riding with Catrike

Join us to learn about the benefits of riding 'bent and meet Catrike - they'll be on site to answer any questions and demo the eight Catrike models. Come for information, test rides, food and fun!

April 29: Lancaster Bent Riders Club Ride

Meet @ 10:45am to gear up and ride the Northwest River Trail; return to Lancaster Recumbent for a family style picnic at 1pm.

May 10: Riding with Rosie

Meet at Lancaster Recumbent @ 5:45pm for a casual trail ride from 6pm to 7pm

May 20: Lancaster Bent Riders Club Ride

Ride the Lebanon Valley Rail Trail from 11am to 2pm, stopping half way for lunch at the Jigger Shop in Mt. Gretna.

May 31: Riding with Rosie

Meet at Lancaster Recumbent @ 5:45pm for a casual trail ride from 6pm to 7pm

June 8-10: Experience 'Bent Riding with Terra Trike

Join us to learn about 'bent riding with Terra Trike. - they'll be on site to demo the Terra Trike line-up. There's options for casual riding, racing, and touring! Come for information, test rides, food, and fun!

June 21: Riding with Rosie

Meet at Lancaster Recumbent @ 5:45pm for a casual trail ride from 6pm to 7pm

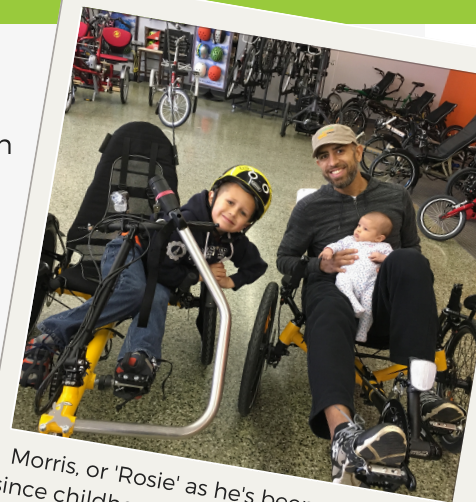


June 24: Lancaster Bent Riders Club Ride

Ride along the Schuylkil River at the Valley Forge National Historical Park from 11am to 4pm; end the ride with a family style picnic with the group.

MEET ROSIE

Rosie is a nickname Morris has been called since his childhood in the Dominican Republic and New York City (it's short for his last name, Rosario). Rosie joined Lancaster Recumbent in July 2017 when he and wife Megan, owners Scott and Diane's youngest daughter, moved back to Lancaster from the Philly suburbs. He brings a variety of experience to the family business. Once a professional plumber, Rosie became a self-made fitness success story, changing his lifestyle and becoming a certified personal trainer. Through fitness he fell in love with biking and joined Scott on several rides (ask him about the time he and Scott rode tandem for 30 miles at the Victory Brewing Company Bikes and Beers Festival). Rosie started working with Scott and Diane to learn the family business and is now studying under Scott to become a bicycle mechanic. He loves putting together new cycles, learning to repair bikes and trikes, and is looking forward to leading Thursday night rides on the Northwest River Trail. In his free time you'll catch him riding his Catrike Trail and checking the scoreboards - he's a sports fanatic!



Morris, or 'Rosie' as he's been nicknamed since childhood, enjoys riding with his kids, Julian (left) and Charlotte (right).