

Bike Fit

Comprehensive (3hr) \$240

Shoe Cleat Position Analysis (1.5hr) \$120

The 1.5 hour session uses real-time video analysis of the rider to optimize a pedal position that most effectively provides muscle recruitment for power and comfort. Clients are highly encouraged to have our 3-hour fitting beforehand to determine that a problem that seems to be coming from the feet is not, in fact, coming from a saddle or bar position issue. The cleat optimization session is suggested for riders already very comfortable with his/her overall position and is looking to gain that extra degree of comfort and performance at the shoe/pedal interface.

Outdoor Coached Sessions

5 sessions @ 1.5hr each \$360

Learn how to ride a road bike and get the most out of it. You will use clipless pedals indoors to achieve a functional pedal stroke, and learn to safely start the bike and come to a stop. You will experience riding on the Veloway and progressively move to more challenging Austin roads. A quality 20 speed road bike, helmet and cycling shoes are available for use during your sessions at no extra charge.

Coached Cycling on the Velotron

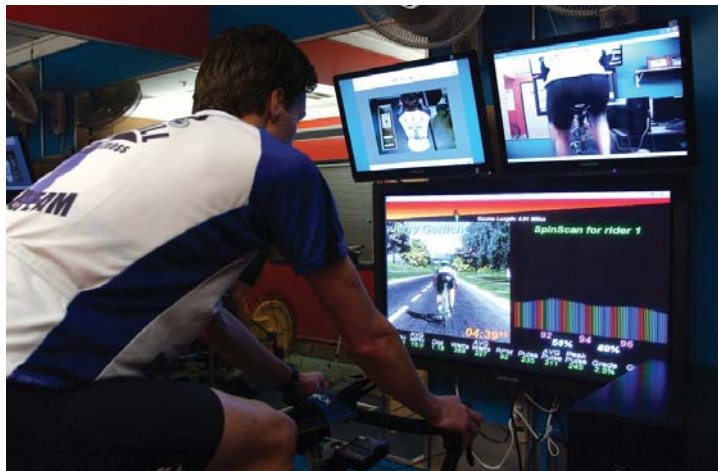
with Jerry Gerlich

1hr session \$80

2hr session \$150

Ride our computerized cycling ergometer, and sharpen your technique whether you are a racer or a novice cyclist. Because the Velotron is fully adjustable and provides instant performance feedback, we use it to develop a position that is both comfortable and efficient.

- *Enjoy realistic riding over ever changing terrain, while monitoring watts, heart rate, speed, cadence, and pedaling efficiency.*
- *Develop equal power between right and left leg thanks to SpinScan analysis.*
- *Attack world class climbs in the comfort of our air conditioned room.*
- *Race your toughest opponent - yourself - thanks to the ability to save your riding performance for analysis and for future comparison.*



custom builds - expert service



SERVICE MENU

1112 N. Lamar Blvd, Austin, TX 78703

512.524.2064

www.castlehillcycles.com

WHEELS + TIRES

Install tire/tube on bike	\$8
Install tire/tube on loose wheel	\$5
Install tubular including glue	\$45-\$60
Install tubeless tire w/sealant	\$20
Install a spoke	\$20
Adjust a hub	\$5-\$10
Overhaul front hub	\$15
Overhaul rear hub	\$20-\$30
True/Dish wheel	\$10-\$20
Build wheel	\$40-\$50

SHIFTING + DERAILLEURS

Adjust front derailleur	\$15
Adjust rear derailleur	\$10
Align derailleur hanger	\$15
Install shifting cable/housing	\$10-\$20
Install front derailleur	\$20
Install rear derailleur	\$15
Install mountain shifting system	\$40
Install road shifting system	\$45
Campy Ergo lever shifter rebuild	\$35 each

BRAKES

Adjust brakes	\$10-\$20
Install brake cable/housing	\$10-\$20
Install brakes road/ATB	\$10-\$15
Install disc brakes	\$40
Install rotor	\$5
Adjust/true rotor	\$10
Clean disc/deglaze pads	\$30
Bleed disc brakes	\$30

FRAME + FORK

Face head tube	\$20
Face + chase bottom bracket threads	\$20
Install fork or suspension unthreaded	\$30
Install fork or suspension threaded	\$40
Overhaul suspension front/rear	\$40-80
Rear suspension linkage-rebuild	\$120

DRIVE TRAIN

Adjust bottom bracket	\$10-\$15
Install bottom bracket/crank set	\$10-\$15
Install chain	\$5
Install cassette/freewheel/cog	\$5
Install chain ring (each)	\$10
Overhaul bottom bracket	\$20
Clean/tune complete drive train	\$50

HEADSET, BAR + STEM

Adjust headset	\$5
Install headset	\$25
Install freestyle-rotor headset	\$40
Install faceplate stem	\$15
Install traditional quill stem	\$20
Install mountain handlebar	\$20
Install road handlebar	\$35
Install aero bar	\$30
Install mountain grips	\$5
Install road bar tape single-wrap	\$15
Install road bar multiple-wrap	\$20

*Prices listed for labor only,
Parts, seals, and hardware not included*

MISCELLANEOUS

Box a bike for shipping (box included)	\$45
Assemble a shipped bike	\$45
Assemble a new bike from box	\$70
Install basic cadence computer	\$20
Install Power meter system	\$60-120
Pro-build from frame/parts road, front suspension mountain	\$180
Pro-build from frame/parts dual suspension mountain	\$200

The above labor rates are based on the Castle Hill Cycles flat service rate of \$60.00 per hour. Work performed on specialty equipment such as time trial bikes, recumbents, tandems and hand-powered machines may require extra time and unique parts. These services will be billed at the same flat hourly rate. We thank you for choosing Castle Hill Cycles for your cycling service needs.

Hours of Operations
Mon-Thurs: 11-7
Fri: 11-6
Sat: 11-4

Bike Drop Off/Pick-up

Mon-Fri: 6am-8:30pm
Sat: 8-6pm
Sun: 8-6pm

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