



**TREK SPORT BICYCLES.
ALL-AROUND FITNESS MACHINES
THAT LET YOU EXERCISE
YOUR OPTIONS, TOO.**

Between the pure racer and the devoted tourist, there is a rider who demands the maximum versatility from his bicycle.

A cyclist who may find himself doing some light touring one day, then speeding off on a fast-paced century ride the next.

For this individual, Trek has developed a selection of bikes which ingeniously combine the best of a bicycle's varied characteristics into a single unit.

SPORT FRAMES: A NEW ANGLE.

Our sport frames are based upon the premise that comfort and performance need not be mutually exclusive.

There can be adequate stiffness, without loss of comfort. Load capacity without unnecessary loss of response. And light weight, too, without a lack of durability.

To accomplish this, Trek used the same techniques and high-technology materials found on our other machines – from world-renowned Reynolds tubing brazed at low temperatures to

all-alloy components designed to give you more efficient transfer of energy from every pedal revolution.

WELCOME, RUNNERS.

If you're tired of aching joints and recurring injuries due to running, then a Trek sport bike may be just the change of pace you've been looking for. Because with these precision machines, you can instantly transform an hour of exercise into 20 miles of superb conditioning.

The trick to "aerobic" cycling is simple – to develop a fast, smooth spinning cadence of at least 90 r.p.m. Using lower gears to keep your feet spinning in this range (don't coast) will let you reach your target heart rate quickly. And you will develop your cardiovascular fitness without over-stressing ankles, knees, and hips. If you're into longer workouts or in training for events such as triathlons, you'll find that you can keep your oxygen consumption and heart rate up for longer periods of time than you could by running or swimming.

Trek sport bikes are the choice of many strong recreational cyclists for the reason that they demonstrate the overall usefulness an all-around bicycle should have, together with the responsive drive-train that lets you push yourself beyond all your previous limits.

400

Trek's lightweight all-around 12-speed bicycle with innovative features and components geared to the needs of the recreational or club rider. Including all-alloy componentry, alloy wheels, the versatile Helicomatic hub/cog system, Avocet saddle, water bottle bosses, and a state-of-the-art DuPont Imron finish.



A highly resistant DuPont Imron finish is standard.



Derailleur cables are routed through a low-friction guide.



500

Similar in style to our model 400, but with a main frame handbuilt from lighter, stronger Reynolds 501 tubing. Features SunTour's quick-shifting derailleurs, Dia Compe brakeset, and Helicomatic hub that easily let you change freewheel combinations to suit flat or mountainous terrain.



Lightweight and high-tensile-strength Reynolds tubing



Helicomatic system allows removal of freewheel in seconds.



510

Another quick-handling Trek-built Reynolds frame with the smooth-working components to match. Includes a leather Avocet saddle, Matrix black-anodized alloy rims, Stronglight tapered-bearing headset, and other advanced features for those people who take their cycling a little more seriously.



Black-anodized Matrix alloy rims for added response.



SunTour Cyclone derailleurs for fast, reliable shifting over a wide gear range.



610

A high-performance bike designed for fast training, triathlons, club centuries, or light touring. Trek's hand-crafted Reynolds 531CS frame is fitted with Shimano's highly-rated 600 group, a quick-changing Helicomatic hub system, and top-of-the-line Matrix hard-anodized clincher rims.



Highly-responsive, satin-finished Shimano 600 sidepulleys.



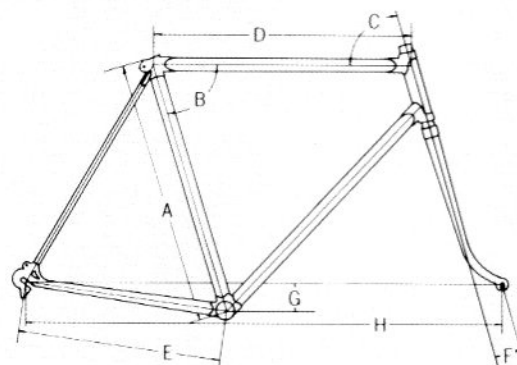
New aero-styled Shimano high-performance crankset/pedals.



TREK 1984 SPORT FRAME GEOMETRY

Model	Size	A Seat Tube Length	B Seat Tube Angle	C Head Tube Angle	D Top Tube Length	E Chain Stay Length	F Fork Offset	G Drop	H Wheel Base
400	22.5"	56.0	73.0°	73.0°	56.0	43.0	5.5	7.2	101.8
500	22.5"	56.0	73.0°	73.0°	56.0	43.0	5.2	7.2	101.5
510	22.5"	56.0	73.0°	73.0°	56.0	43.0	5.2	7.2	101.5
610	22.5"	56.0	73.0°	73.0°	56.0	43.0	5.2	7.2	101.5

All dimensions are in cm unless otherwise indicated.



SPORT SPECIFICATIONS

400

Frame:

Main Tubes: Tange 2001 Mangalloy, Double Butted

Fork & Stays: Tange High Tensile

Headset: Tange MA-60

Fork Crown: Tange CCL Semi-Sloping
Bottom Bracket: Nikko w/Trek Cable Guides

Lugs: Nikko Short Point Seamless

Drop-Outs: Suntour GT Forged

Seat Post Binder Bolt: Sugino

Special Braze Ons: Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger

Frame Sizes: 19" 21" 22.5" 24" 25.5"

Colors: **Pewter Red**

Components:

Crank: SR Super Custom Forged Alloy 52/40

Pedals: SR SP-150 SE Alloy Quill

Derail: Shimano Z505 Rear, Z206 Front

Lever: Shimano Z408

FW: Atom Helicomatic 13-28 6-spd

Chain: Sedsport

Brakes: Dia Compe QS 500N,

Sidepull w/Hooded Levers

Bar/Stem: Belleri Alloy

Hubs: Atom Sport Helicomatic QR Alloy

Rims: Weinmann A116 16-22 mm Alloy

Tires: Trek 27 x 1 1/8"

Saddle: Avocet

Seat Post: Alloy

Extras: Lapize Toe Clips & Straps

500

Frame:

Main Tubes: Reynolds 501 Cromalloy, Double Butted

Fork & Stays: Tange 2001 Mangalloy

Headset: Tange MA-60

Fork Crown: Tange 1124 Fully Sloping
Bottom Bracket: Nikko w/Trek Cable Guides

Lugs: Nikko Short Point Seamless

Drop-Outs: Suntour GS Forged w/Adjustors

Seat Post Binder Bolt: Sugino

Special Braze Ons: Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger

Frame Sizes: 19" 21" 22.5" 24" 25.5"

Colors: **Mariner Blue, Pewter**

Components:

Crank: SR CRC 301 Forged Alloy 52/40

Pedals: SR SP-150 SE Alloy Quill

Derail: Suntour ARX GT RD 4500

Rear, AR FD 2600 Front

Lever: Suntour LD 1900

FW: Atom Helicomatic 13-28 6-spd

Chain: Sedsport

Brakes: Dia Compe QS 500N,

w/Hooded Levers

Bar/Stem: Belleri Alloy

Hubs: Atom Sport Helicomatic QR Alloy

Rims: Matrix Strada 13-20 mm Alloy

Tires: Trek 27 x 1 1/8"

Saddle: Avocet

Seat Post: SR CT-P6 Forged Alloy

Extras: Lapize Toe Clips & Straps

510

Frame:

Main Tubes: Reynolds 501 Cromalloy, Double Butted

Fork & Stays: Tange 2001 Mangalloy

Headset: Stronglight B-10 Black Delrin

Fork Crown: Tange 1124 Fully Sloping
Bottom Bracket: Nikko w/Trek Cable Guides

Lugs: Nikko Short Point Seamless

Drop-Outs: Suntour GS Forged w/Adjustors

Seat Post Binder Bolt: Sugino

Special Braze Ons: Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger

Frame Sizes: 19" 21" 22.5" 24" 25.5"

Color: **Mariner Blue**

Components:

Crank: SR CRC 101 Forged Alloy 52/42

Pedals: SR SP-150 SE Alloy Quill

Derail: Suntour Cyclone MK II GT

Rear, Cyclone MK II Front

Lever: Suntour LD 3300

FW: Atom Helicomatic 13-28 6-spd

Chain: Sedsport

Brakes: Dia Compe G 500N, Sidepull

w/Hooded Levers

Bar/Stem: Belleri/Aero Alloy

Hubs: Atom Sport Helicomatic QR Alloy

Rims: Matrix Strada 13-20 Alloy Black Anodized

Tires: Trek 27 x 1 1/8"

Saddle: Avocet Leather Sport

Seat Post: SR P5E Laprade Type

Forged Alloy

Extras: Lapize Toe Clips & Straps

610*

Frame:

Main Tubes: Reynolds 531-CS, Double Butted

Fork & Stays: Reynolds 531-CS

Headset: Stronglight B-10 Black Delrin

Fork Crown: Tange 1124 Fully Sloping
Bottom Bracket: Nikko w/Trek Cable Guides

Lugs: Nikko Short Point Seamless

Drop-Outs: Suntour GS Forged w/Adjustors

Seat Post Binder Bolt: Integral

Special Braze Ons: Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger

Frame Sizes: 19" 21" 22.5" 24" 25.5"

Color: **Race Blue**

*Also available as a Frameset only.

Components:

Crank: Shimano N600 Forged Alloy 52/40

Pedals: Shimano N600 Aero

Derail: Shimano N600 6207 Rear,

6207 Front

Lever: Shimano N600 6207

FW: Maillard 700 Helicomatic 13-28

6-spd.

Chain: Sedsport Silver

Brakes: Shimano N600 Sidepull

w/Hooded Levers

Bar/Stem: SR Custom Alloy

Hubs: Atom Lux-Compe Helicomatic

QR

Rims: Matrix Strada 13-20

Anodic Grey

Tires: National Panaracer 27 x 1 1/8"

Saddle: Avocet Racing I

Seat Post: SR P5 Laprade Forged

Alloy

Extras: Shimano Toe Clips/

Christophe Straps, Bottle &

Blackburn Cage