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 overstressing 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.
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.
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.
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.
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.
## Trek 1984 Sport Frame Geometry

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<th>Model</th>
<th>Size</th>
<th>A Seat Tube Length</th>
<th>B Seat Tube Angle</th>
<th>C Head Tube Angle</th>
<th>D Top Tube Length</th>
<th>E Chain Stay Length</th>
<th>F Fork Offset</th>
<th>G Drop</th>
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All dimensions are in cm unless otherwise indicated.

## Sport Specifications

### 400
**Frame:**
- Main Tubing: Tange 2001 Mangalloy
- Forks & Stays: Tange High Tensile
- Headset: Tange MA60

**Fork Crown:** Tango 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 Brazed On Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger**

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

**Colors:** Pewter Red

**Components:**
- Crank: SR Sliper Custom Forged Alloy 52/40
- Pedals: SR SP-150 SE Alloy Quill
- Derailleur Shimano 2505 Rear, Z206 Front
- Lever: Shimano Z206
- F.W. Atom Helicomatic 13-28 6 spd Chain Sidedrive
- Brakes: Dia Compe QS 500N, Sidepull w/Hooded Levers

**Bar/Handlebar:** Selle Bellini Alloy
**Hub:** Atom Sport Helicomatic QR Alloy
**Rim:** Weinmann A116 36-22 mm Alloy
**Tires:** Trek 27" x 1-1/4"
**Saddle:** Amcos

**Seat Post:** Alloy Extra: Lapiz Toe Clips & Straps

### 500
**Frame:**
- Main Tubing: Reynolds 501 Cromaloy Double Butted
- Forks & Stays: Tange 2001 Mangalloy
- Headset: Tange MA60

**Fork Crown:** Tango 1224 Fully Sloping
**Bottom Bracket:** Nikko w/Trek
**Cable Guides:**
- Lugs: Nikko Short Point Seamless
- Drop-Outs: SunTour GS Forged w/Adjusters
- Seat Post Binder Bolt: Sugino

**Special Brazed On 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 CCR 301 Forged Alloy 52/40
- Pedals: SR SP-150 SE Alloy Quill
- Derailleur SunTour ARX GT RD 4500 Rear, AR FD 2600 Front
- Lever: SunTour LD 1900 F.W. Atom Helicomatic 13-28 6 spd Chain Sidedrive
- Brakes: Dia Compe QS 500N, Sidepull w/Hooded Levers

**Bar/Handlebar:** Selle Bellini/Aero Alloy
**Hub:** Atom Sport Helicomatic QR Alloy
**Rim:** Matrix Strada 13-20 mm Alloy
**Tires:** Trek 27" x 1-1/4"
**Saddle:** Ancoet Leather Sport

**Seat Post:** SR PSE Laprade Type Forged Alloy Extra: Lapiz Toe Clips & Straps

### 510
**Frame:**
- Main Tubing: Reynolds 501 Cromaloy Double Butted
- Forks & Stays: Tange 2001 Mangalloy
- Headset: Stronglight B10 Black Delrin

**Fork Crown:** Tango 1124 Fully Sloping
**Bottom Bracket:** Nikko w/Trek
**Cable Guides:**
- Lugs: Nikko Short Point Seamless
- Drop-Outs: SunTour GS Forged w/Adjusters
- Seat Post Binder Bolt: Sugino

**Special Brazed On Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger**

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

**Color:** Mariner Blue

**Components:**
- Crank: SR CCR 301 Forged Alloy 52/40
- Pedals: SR SP-150 SE Alloy Quill
- Derailleur SunTour Cyclone MK II GT Rear Cyclone MK II Front
- Lever: SunTour LD 3200 F.W. Atom Helicomatic 13-28 6 spd Chain Sidedrive
- Brakes: Dia Compe G QS 500N Sidepull w/Hooded Levers

**Bar/Handlebar:** Selle Bellini/Aero Alloy
**Hub:** Atom Sport Helicomatic QR Alloy
**Rim:** Matrix Strada 13-20 mm Alloy/Black Anodized
**Tires:** Trek 27" x 1-1/4"
**Saddle:** Ancoet Leather Sport

**Seat Post:** SR PSE Laprade Type Forged Alloy Extra: Lapiz Toe Clips & Straps

### 610
**Frame:**
- Main Tubing: Reynolds 531-CS Double Butted
- Forks & Stays: Reynolds 531-CS
- Headset: Stronglight B10 Black Delrin

**Fork Crown:** Tango 1124 Fully Sloping
**Bottom Bracket:** Nikko w/Trek
**Cable Guides:**
- Lugs: Nikko Short Point Seamless
- Drop-Outs: SunTour GS Forged w/Adjusters
- Seat Post Binder Bolt: Integral

**Special Brazed On Top Tube Cable Guides, Water Bottle Mounts, Chain Hanger**

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

**Color:** Race Blue

**Components:**
- Crank: Shimano N600 Forged Alloy 52/40
- Pedals: Shimano N600 Aero
- Derailleur: Shimano N600 6207 Rear, 6207 Front
- Lever: Shimano N600 6207 F.W. Midland 1000 Helicomatic 13-28 6 spd
- Chain: Sidedrive Silver
- Brakes: Shimano N600 Sidepull w/Hooded Levers
- Bar/Handlebar: SR Custom Alloy
- Hub: Atom Lux Compe Helicomatic QR

**Rims:** Matrix Strada 13-20 Anodic Grey
**Tires:** National Pansarace 27 x 1-1/4"
**Saddle:** Ancoet Racing I
**Seat Post:** SR P5 Laprade Forged Alloy Extra: Shimano Toe Clips/Christophe Straps, Bottle & Blackburn Cage

Ink bicycles consist of thousands of component parts and materials made by Trek or purchased from suppliers around the world. Changes in customer demand or availability occasionally necessitate temporary or permanent substitution of parts. If substitution is made, the new parts will be of comparable or superior quality and performance to those originally specified. Every Trek bicycle is equipped with safety reflectors required by federal law. All specifications are subject to change without notice.