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The Pedal Post

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Introducing CyclingSavvy Safety Training and Education Course



On Friday and Saturday, June 12-13, 2015, we will be hosting the first-ever CyclingSavvy course in Moscow, for the extremely low price of \$23 with the code **MID50** (normally \$75).

CyclingSavvy, a program of the American Bicycling Education Association, is a comprehensive driver's education program designed to give riders of all skill levels the skills and knowledge to ride anywhere safely and with confidence.

The three-part workshop includes a three-hour classroom session, which covers best cycling practices, accident avoidance and more, including lessons in good and bad infrastructure, and why behavior such as sidewalk

riding is extremely dangerous. No bike is required for this workshop, and non-cyclists can benefit from the material. This workshop, to be held in the 1912 Center, will be open to the public, with a \$5 donation at the door to cover room rental costs.

The other two workshops include a battery of parking lot drills designed to build bike skills for all traffic situations, and a tour of Moscow that puts everything into practice in a safe group setting.

Guest instructors John Schubert and Karen Karabell will be flying in from Pennsylvania and Missouri, respectively. Read about them and sign up for the class at <https://register.cyclingsavvy.org/groups/idaho>.



Session 1: "Truth & Techniques of Traffic Cycling," Friday, June 12, 6-9 p.m. in the 1912 Center.

This session can be taken as a stand-alone class for \$5 at the door.



Session 2: "Train Your Bike," Saturday, June 13, 8:30-11:30 a.m. in the Tidyman's lot.



Session 3: "Tour of Moscow," Saturday, June 13, 1-4:30 p.m. starting at Paradise Creek Bicycles. Sessions 1 and 2 required.

Owner's Letter

Spring is Here!

Happy Spring!
 If you didn't notice, the days are getting long enough to ride without lights, the Latah and Chipman trails are open, the weather is starting to get warm enough to ride in single layers, and Moscow Mountain is mostly open at lower elevations with south-facing slopes.



Now that the Palouse Ice Rink has just a few weeks of ice left, please make sure you get your last of the season ice time in before it is gone until October. Without ice, everyone should have extra time to get out and start riding in this amazing weather. The kids should be able to ride to school, commuters have light at the end of the day, racers have races to get ready for, and the new bicycle riders should be chomping at the bit to try the new bike they bought. This is the time of year to enjoy the sunshine and fresh blooms everywhere.

Please stop in if we can help you prepare for a full calendar of events. See you soon!

Upcoming Events

Paradise Creek Bicycles' Summer Hours:

10 a.m. to 7 p.m. Monday-Friday,
 10 a.m. to 6 p.m. Saturday
 11 a.m. to 5 p.m. Sunday.

Northwest Collegiate Cycling Conference Champs, April 25-26, hosted by Cougars and Vandals. Homestay Hosts and Race Volunteers needed!

Ronde van Palouse Race: April 26, Spangle, Washington.

CyclingSavvy Course (~~\$75~~ \$23): June 12-13, 2015.

Course teaches real-world cycling skills for commuters or anyone riding in town. Great for car-free teens or college students.

<https://register.cyclingsavvy.org/groups/idaho> —Use code MID50 to receive discounted rate.

Guided Tours to Troy:

On-demand for groups of 8 or more, or on TBD weekend days. \$650 group rate or \$85/person includes bike rental and fitting, breakfast at The Breakfast Club, guided ride with history/nature info, lunch at The Filling Station in Troy with beverage choices from Camas Prairie Winery, Landgrove Coffee or Moscow Brewing Company, and a limo ride back to Moscow.



April Featured Bike: 2015 Giant Defy Advanced Conquer Roads with Carbon Frame, Disc Brakes

With the arrival of April, spring has firmly entrenched itself on the Palouse, bringing with it a good season for road riding.

This year, take your riding to a new level with Giant's newly revamped Defy Advanced carbon-fiber endurance road bike, now with TRP Spyre mechanical disc brakes and a new carbon layup that reduces weight while increasing compliance and stiffness where needed.

The slightly more relaxed geometry makes this bike an ideal candidate for riding centuries (100-mile rides) or more, and the disc brakes' dual-active-pad design gives superior stopping power no matter the terrain or weather conditions.

The Defy Advanced 2 (\$2,125) comes with 11-speed Shimano 105 gearing, making it suitable for daily riding and entry-level racing. The Defy Advanced 3 (\$1,800) comes with Tiagra; the top-range Defy Advanced 1 (\$2,650) comes with the Ultegra groupset and a snazzy orange paint job.

The corresponding ladies' bike, the Liv/Giant Avail Advanced, has the same features at the same price points, but with a women's-specific geometry arrived at through years of biometric research.

Going even higher, the Defy Advanced Pro 0 (\$4,950) comes with hydraulic road disc brakes and Ultegra Di2 electronic shifting, which offers speedier, more precise shifting while reducing chain wear.

If carbon fiber is too much, the aluminum Defy comes in four models, ranging from the affordable entry-level Defy 5 with Shimano Claris components for \$620 to the Shimano 105-equipped Defy 1 for \$1,450.

Specifications (2015 Defy Advanced 2):

Frameset:

Size:XS, S, M, M/L, L, XL
 Colors Silver/Black/White, Composite/White/Green
 Frame Advanced-grade composite, Electronic ready
 Fork Advanced-grade composite, Hybrid OverDrive steerer

Drivetrain:

Shifters Shimano 105
 Front Derailleur Shimano 105
 Rear Derailleur Shimano 105
 Brakes . . TRP Spyre, Mechanical disc, 160mm
 Brake Levers Shimano 105
 Cassette Shimano 105 11x28, 11-speed
 Chain KMC X11L
 Crankset Shimano RS500, 34/50
 Bottom Bracket Shimano, Press Fit

Components:

Handlebar Giant Contact, 31.8mm
 Stem Giant Connect
 Seatpost Giant D-Fuse, Composite
 Saddle Giant Performance Road

Wheels:

Rims Giant P-R2 Disc
 Hubs Giant Performance Tracker Road Disc, Sealed bearing, 28h
 Spokes Sapim Race, 14/15g
 Tires Giant P-R3, Flat Guard Deflect 3, Front and rear specific, 700x25

Price: \$2,125

Readers' Rides

Colleen Thomas' Trek 1000 SL: 'Naughty Nellie'



Here at Paradise Creek Bicycles, we love to see customers excited about their bikes—especially if it's such a rad machine as Colleen Thomas' Trek 1000 SL, dubbed "Naughty Nelly." New custom wheels match the blended yellow/orange paint scheme, with brand new yellow bar tape to match.



Employee Spotlight

Luciano Marazzo



Our intern Luciano Marazzo hails from Buenos Aires, Argentina, and is an avid road cyclist, as well as a masters student in classical guitar and tenor singing at the University of Idaho.

A fluent speaker of Spanish and English, Luke is a dynamic personality on the sales floor.

Luke became seriously interested in cycling while pursuing a bachelors degree in Arizona back in 2012. By early 2013, he was riding 50 to 80 miles regularly.

A classically trained tenor, Luke will be performing a recital of Italian, German and Russian art songs on April 30 at 7:30 p.m. in the Kenworthy Theatre. Tickets are \$5 at the door.



Remembering Pillar of the Community Margaret Littlejohn

Margaret Ann Littlejohn, 66, passed away Tuesday, March 17, 2015, in Moscow after a tenacious struggle with cancer. She was an avid proponent of bicycle and pedestrian travel as chair of the Paradise Path Task Force (newly made permanent as the Moscow Pathways Commission) and a strong supporter of the Latah Trail Foundation.

Margaret was born July 22, 1948, in Newton-Stewart, Scotland, to Quintin and Ruby Littlejohn. She immigrated to the United States as an infant with her parents and became a U.S. citizen at the age of 4-1/2 years old. Margaret held a strong connection to her Scottish heritage and maintained close relationships with her family members in Scotland.

She grew up in Ballico, Calif., on her family's almond farm. She graduated from Livingston High School in Livingston, Calif., and continued her education at the University of California, Davis, receiving a bachelors degree in biological sciences in 1971. After graduating, she began her lifelong career with the National Park Service. She served for many years as a park ranger and was stationed in some of the country's most beautiful and cherished national parks.

In 1988 Margaret's career brought her to Moscow where she served as the western coordi-



nator for the NPS Visitor Services Project for the Cooperative Park Studies Unit at the University of Idaho. Her work eventually expanded to the entire national park system, and she remained in this unit until her retirement in 2012.

Margaret's career with the National Park Service allowed her to fulfill several of her greatest passions in life—her love of nature and all its splendor, her work on behalf of the natural environment and her love of travel. She was deeply grateful for the opportunity to work among so many others who shared her passion for the natural world, and she made many wonderful and enduring friends as a result of her career.

Margaret was a highly engaged citizen of her Moscow community and greater Latah County; she looked for every opportunity to make a difference. Margaret was a member of the First Presbyterian Church where she served as an elder. She committed time, energy and personal resources to support environmental education, natural recreation and responding to social needs. In addition to bike/pedestrian organizations, Margaret was active in and supported the League of Women Voters, the Moscow Tree Committee, Phillips Farm Advisory Committee and Board, the Health and Environment Commission and more. In December, she received the Moscow Mayor's Award for Service to Commissions (at left).

Margaret enjoyed many interests, including gardening, participation in her book club, world travel, sharing time with her friends and family and, of course, walking with her beloved canine companions over the years.

Memorial donations may be made in her honor to the Moscow Animal Shelter, Habitat for Humanity and the Latah Trail Foundation, www.latahtrailfoundation.org.

Short's Funeral Chapel of Moscow is handling her arrangements; online condolences may be left at www.shortsfuneralchapel.com

New Products: SCOTT Bikes, Helmets



We are pleased to announce that we are now an official SCOTT Sports dealer!

SCOTT was founded as a ski equipment company in 1958 by Sun Valley, Idaho, resident engineer Ed Scott. By 1978, SCOTT had opened European headquarters in Switzerland, pioneering innovations in the mountain bike field a decade later. Now they are known for light and fast road and mountain bikes

In 2013, SCOTT moved their U.S. headquarters to Utah, which means that deliveries for special-order bikes are quite fast.

A few of the bike models we carry include the Sub Speed 40 (\$550), a great commuter bike in a great creamy yellow paint job; the entry-level Aspect 750 hardtail (\$550); and the full-suspension Genius 750 (\$2,500). Both mountain bikes have 27.5-inch tires.

The SCOTT Foil Team Issue (below right) is a speed demon of beauty, with a full Dura-Ace drivetrain and a 16-pound complete bike weight. The \$8,000 price tag might set you back, but SCOTT does have affordable carbon and aluminum road bikes in both endurance and racing geometries.

For helmets, we have a few models in, including the entry-level Watu (\$45), available in white or black and one-size fitting. The \$75 Taal has Multi-directional Impact Protection System (MIPS) technology, a 'slip-plane' inner system that reduces rotational head injuries. For extreme mountain biking the \$190, MIPS-equipped Stego (in green) offers the best protection.



Historic Moscow Parade Photos



Left: A 1930s parade, probably for the Fourth of July, with marching band and people on bicycles. Right: A ladder truck loaded with children was most likely part of a University of Idaho Homecoming parade in the 1950s. Photos courtesy Latah County Historical Society