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The Pedal Post

Fall/Winter 2014 • Volume 1, Issue 1
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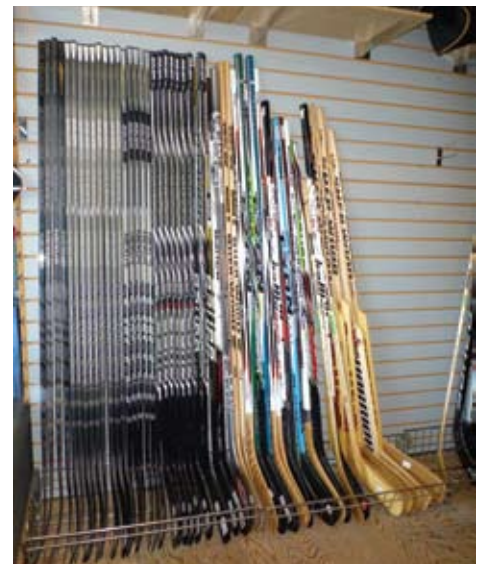
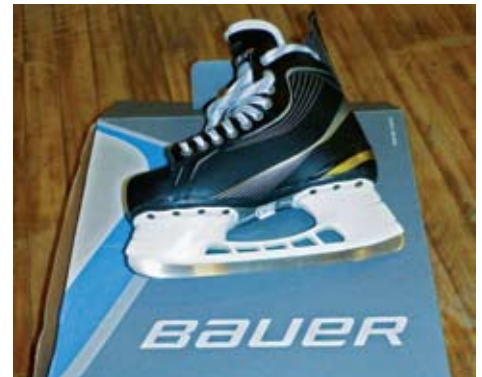
Preparing for Winter: Fenders, Cold-Weather Clothes, Hockey Gear in Stock



Winters on the Palouse region are typically slow times for cycling, as most people prefer to drive or stay indoors. For the intrepid commuter cyclist or fitness-minded individual, however, cycling in winter can be enjoyable and in some cases safer than walking.

To that end, Paradise Creek Bicycles offers a full selection of gear to keep you rolling in comfort and safety through the winter. Fenders (typically \$40) are a must-have for any self-respecting commuter who doesn't want a continual spray of water and road grime. Cycling gloves, jackets and arm/leg warmers will help with the cold temperatures while still allowing proper dexterity and range of motion. As days grow shorter, lights are a necessity, ranging from USB-rechargeable clip-on lights to full, high-end kits for all-night mountain biking or cyclocross racing.

Winter is also hockey and skate season, so the shop alter ego, Paradise Creek Icycles, emerges. If you need new skates, hockey gear or just a simple sharpening, owner T-Jay Clevenger will be happy to help you get on the ice, no matter your budget. Stop by for a complete Hockey Checklist to make sure you have all your gear.



Owner's Letter

A Note From T-Jay

Welcome to the inaugural issue of The Pedal Post, Paradise Creek Bicycles' long-awaited newsletter!



The most common question I have been asked this year seems to be "How things are going this year? It seems like every time I come in, this place is packed and everyone is having a good time!"

All I can say is "Thank-you for noticing, and that I am barely able to keep up with this community's affinity for bicycles and hockey!"

In my yard the leaves are turning amazing shades of gold and orange, and that means fall season is rapidly approaching. The weather will start to cool down the recreational bike front just in time for people to hide from the wind, snow and rain at the Palouse Ice Rink.

Soon enough, I will be enjoying the most amazing teaching experience called Science on Ice with more than 18 different grade schools across the Palouse.

This is also the season that my friends will start asking for advice on what gear they need to play hockey. I have been busy anticipating this and came up with a list of mandatory items and a list of things that make hockey easier.

Finally, this newsletter is our way to help engage in community, and we'd love your feedback or special submissions. If you took a great bike trip this summer, or bought a new sweet ride, I'd love to see it! Go ahead and email your photos and stories to me at paradisecreekbikes@gmail.com.

I can't wait to see you all soon. Thank you all for your time and business.

Kind regards, T-Jay Clevenger

Upcoming Events

Wednesday Nights, 5.p.m., weather permitting: Cyclocross laps and practice race, Sky Ranch in Moscow. Located one block past Palouse River Drive on Hwy. 95.

Palouse Ice Rink: Complete schedule at www.palouseicerink.com.

Winter Hours Begin with the start of November: Paradise Creek Bikes will be open till 6 p.m. Monday-Friday and closed Sunday.



Monthly Special: Giant® Escape City An Entry-Level Commuter for All Occasions

With school in session and damp weather approaching, a hybrid commuter bike such as Giant's Escape City (\$550) offers a quality, affordable solution for year-round travel on city streets plus the occasional off-road and gravel action.

Special features for city commuting include a rear rack, front and rear fenders, an integrated courtesy bell and a kickstand. Frame studs proving mounts for water bottle holders—or even a Growler Grabber (right).



A 3x8 SRAM drivetrain and 700x32 (standard measurements in millimeters) tires on a double-wall alloy rim provide a wide range of gears with an efficient, smooth ride even over bumps and pavement cracks.

Don't forget to add lights for nighttime riding; use the savings from the coupon below to buy a set of inexpensive yet bright clip-on lights that recharge via USB.

All new bikes from Paradise Creek Bicycles come with a year's worth of free tuning adjustments, plus a free full tune-up after one year. Come see how fun cycling can be!

Specifications:

Frame:

Sizes S, M, L, XL
Frame ALUXX-grade aluminum
Fork ALUXX-grade aluminum

Components

Handlebar. . . Giant Sport, low rise, 31.8mm
Stem. Giant Sport
Seatpost. Giant Sport, 27.2mm
Saddle. Giant Connect, Upright
Pedals Alloy w/resin cage

Drivetrain:

Shifters SRAM Via
Front Derailleur. SRAM Via
Rear Derailleur SRAM Via
Brakes Tektro, linear pull
Brake Levers. Tektro
Cassette SRAM PG830 11x32, 8-speed
Chain SRAM Via
Crankset. SRAM Via, 28/38/48
Bottom Bracket. VP sealed

Wheels:

Rims Giant Alloy, double wall
Hubs. Giant, 32h
Spokes. Stainless Steel, 14g
Tires Giant S-X3, 700x32

Get 10% off this bike with this coupon!

(Or, mention code IDAHOCOMMUTE2014 to redeem. Expires November 30.)



Councilman Tom Lamar Discusses Canadian Kettle Valley Rail Trail at Latah Trail Foundation Event

As regional bicycle and multi-use trail networks stitch the Palouse region and beyond, Moscow city councilman and Latah Trail Foundation (LTF) founding member Tom Lamar demonstrated an exemplary trail system in British Columbia, the Kettle Valley Railway, to 54 people at the Lion's Hall in Troy, Idaho, on Sept. 18.

This summer, Lamar and his wife Julie took a four-day trip along the trail from Midway to Penticton, British Columbia. This route, which comprises part of the Trans Canada Trail system, follow abandoned rail-bed across majestic trestles and through rugged tunnels amid forests and lakes. Lamar pointed to the consistent, easily understood



signage and logical, sturdy parking for touring bikes as elements that should be emulated by the Latah Trail and other local trails.

A brief LTF update on trail expansion into Bear Creek Canyon followed. Visit www.latahtrailfoundation.org for info.

Mechanic's Corner

What's in Your On-Bike Tool Kit?

At a minimum, you should carry a spare tube (make sure it will fit your wheel), tire levers (to get the flat tube out), a patch kit (in case you get two flats), and a pump or CO₂ system.

A multitool with a chain tool (in case you break or bend your chain) is an invaluable accessory on long rides, as is a spoke wrench. You don't want a broken chain or a warped wheel to cause you to have to walk home. Try to find one that contains all the Allen wrenches and screwdrivers needed to tighten anything on your bike.

Giant® brand tool kits, such as the \$50 Liv/Giant Fix Kit are generally complete and include a seat bag to carry it all.

Other good ideas include a tire boot for sidewall failures, two quarters and a \$5 bill—which can double as a tire boot—giving you options to help feed yourself or get home in an emergency.



Employee Spotlight

IT Manager Nick Fuller



Nick Fuller, 30, is the longest-running and most knowledgeable employee at Paradise Creek Bicycles.

T-Jay hired Nick on August 15, 2009, when he took ownership of the bike shop. Nick's position goes beyond managing the computers to keeping track of information on products, parts and service.

An avid mountain biker, Nick finds going up and down the trails of Moscow Mountain on his full-suspension 2013 Giant Trance X 29er to be an invigorating, almost spiritual experience—with an added health benefit.

"When I started biking during college in 2002, I was pushing 300 pounds" Nick, who now weighs a muscular 225 pounds, said. "I thought I was going to die on the road up the mountain, before I had even hit the trails. Now, I can pedal up that road and hold a conversation."

This year, Nick celebrated his 30th birthday with 33 miles, which proved easy without any much conditioning.

The practicality of year-round bicycle commuting is another one of Nick's passions. He can often be seen riding his trusty 2009 Raleigh Sojourn touring bike on errands, with his mellow black dog in tow.

Focusing on the logistics of bicycle commuting—whether that be a rack and fenders, or accommodating a person's disability with special controls or a stable trike—is one way Nick sees to help improve peoples' quality of life and independent mobility.

Nick said that out of several customer service jobs he's worked, the bike shop is one of the best, not only because it fits his passion, but also because of the people.

"Overall, bike people are great people," he said, adding that seeing peoples' excitement about new bikes and upgrades is rewarding.

Stop in today and let Nick, T-Jay and the rest of the Paradise Creek staff discover the joy of cycling!

Moscow Cycling History: A View to the Past



Moscow has a rich history of cycling, as seen in rare photos from the Latah County Historical Society collection. Clockwise from top right:

- Rhoda McCollum and sister with bicycles, date unknown.
- A cyclist locks his bike in this 1960s photo donated by Moscow Chamber of Commerce.
- The Hobart family of Joel, Idaho, just east of Moscow. The man with a bicycle in the far left of frame came with the photographer. Date unknown, late 1800s.
- Man on bicycle across from Dernham & Kaufmann Company, Ltd., forerunner of David's Department Store at 3rd and Main.
- A family bicycle trip near Colfax, Washington, c. 1915.

