

SPECIAL FITNESS ISSUE

World's Leading Bike Magazine

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Bicycling

NEW RESEARCH GET
POWER
ABS

RIDE STRONG
END BACK PAIN
BEAT STRESS

5 GREAT BIKES
UNDER \$3,000

Lance Is Back!

TOUR OF CALIFORNIA
FAN'S GUIDE

**EAT FRESH
TO STAY LEAN** PAGE 42

4 Easy Ways to
Make Your Bike Faster

THE NEW,
\$1,400 GIANT
DEFY 1,
REVIEWED
p. 84.



SMOOTH SAVERS

THANKS TO TRICKLE-DOWN TECHNOLOGY, THE FEATURES AND PERFORMANCE YOU WANT ARE MORE AFFORDABLE THAN EVER.

Giant Defy 1

DEFY IS A NEW NAME IN GIANT'S LINE OF COMFORT-ORIENTED PERFORMANCE road bikes. There's no carbon on the Defy 1's double-butted alloy frame, unlike the more expensive Defy Alliance and Defy Advanced, but it's made with some high-tech methods, such as extensively hydroformed top and down tubes, and a tapered fork (from 1.25 inches at the crown to 1.125 inches at the stem).

The Defy 1 and other Defy models have what Giant calls Endurance Positioning, a geometry with a slightly shorter top tube and taller head tube to place the rider in an upright position, like that of most of today's plush road bikes. But the Defy 1's long-reach, deep-drop handlebar keeps the rider position somewhat more aggressive than most plushies.

Weight is on par for bikes in the Defy 1's price range and so are acceleration and climbing. One

Giant's new road machine takes comfort and performance to new levels of affordability, with, top to bottom, dependable Shimano 105 parts, high-tech hydroformed tubes and a solid FSA crankset.

GIANT'S DEFY 1 IS STABLE, EVEN AT SPEEDS EXCEEDING 50 MPH, THANKS TO THE ROCK-SOLID FRAME AND TRUSTWORTHY GEOMETRY. AT THOSE SPEEDS THE SHIMANO 105 BRAKES OFFER POWER AND MODULATION.

revelation: While the 25c tires should yield a smoother ride than 23c tread, when we replaced the stock, wire-bead Kendas with higher-quality folding 23c tires, the result was much better acceleration and a smoother ride quality.

The Defy 1 is stable, even while descending at speeds exceeding 50 mph, thanks to the rock-solid frame and trustworthy geometry. At those speeds the Shimano 105 brakes offer a level of power and modulation that the generic-brand models typically found in this price range don't come close to matching. With its smart component spec, frame features and comfortable rider position, the Defy 1 is a great value that's easily upgraded when the original tires wear out. —Ron Koch



\$1,400

SIZES	XS, S, M, M/L, L (tested), XL
WEIGHT	20.02 lb. [L]
FRAME	Giant ALUXX SL 6013 double-butted aluminum
FORK	Advanced-grade composite, alloy OverDrive steerer
COMPONENT HIGHLIGHTS	Shimano 105 STI shift and brake levers, derailleurs, brakes, cassette, chain; FSA Gossamer Mega Exo crankset [50/39/30]; Mavic CXP22 rims; Kenda Kriterium 25c tires; Giant alloy anatomic-bend handlebar, alloy four-bolt stem, composite seatpost, men's performance road saddle
INFO	giant-bicycle.com

Buy It If →

YOU WANT GREAT SPEC AND A COMFY YET SPORTY RIDE

Forget It If →

YOU WANT TO SIT UPRIGHT; THIS BIKE IS ABOUT PERFORMANCE

MICHAEL BARRETT/STY