

Workout Guide for Bike-O-Vision Journey #12: “Oregon”

Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The time codes below indicate when the actions indicated occur. For example: 1:30= one minute thirty seconds. The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, medium-grade (“medium”), gentle, slight, and flat. “Slight” is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

There will occasionally be additional notes for other pertinent info- history, etc.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter. Likewise, times listed for the chapter are just pertaining to the start to stop of forward-motion video.

Oregon Overview:

[Chapter 1: Introductory Logo] (00:08)

Chapter 2: Crater Lake (22:14) This unique natural wonder starts with a gentle and medium climb up to the rim where you’ll pass the historic lodge, continues wrapping around the west side with varying gradients, stopping occasionally for breathtaking panoramic vistas in the tradition of the Grand Canyon [BOV #15] and Bryce Canyon [BOV #16] rides. There are also plenty of dramatic Cascadian mountain views along the way, too among the summer snow drifts and weathered pines. The deep blue of Crater Lake comes from its incredible depth and clarity of water. Enjoy!

Start: (00:12) You’re starting up a gentle uphill at an average speed.

00:26 only slightly uphill here

00:40 gentle up again for the next 2 minutes

02:50 medium up

03:40 gentle uphill. You’re almost at the top- the people you see are taking pictures of Crater Lake. There will be plenty of views coming up after we go past the visitor center and historic lodge.

04:00 flat at the summit

04:30 Slightly downhill at first as we start on the northwest rim of the lake.

05:15 slight to gentle uphill

06:48 coming to a stop for the awe-inspiring panorama. Crater Lake is a volcano filled with water. At the stopping view of the pan sits Wizard Island, a smaller volcano within the crater.

06:59 starting up at a slight gradient again, slow then average speed. This is in the middle of summer- it can and does snow here literally any time of the year.

07:20 gentle up

07:46 flat

08:24 slight up

08:50 gentle up

09:46 gradually going into a slight up, then flat & slightly down

10:30 flat for the nice side view of the lake and onward!

11:15 gradually going into a slight gradient uphill
12:08 gentle up
12:36 medium up
13:12 gentle up
15:50 only slightly up for a short while
16:26 gentle up
16:52 Only slightly up as you round the corner to the flat overlook; coming to a momentary stop look north to Mt. Thielsen.
17:24 pulling out again at an average speed, slightly downhill in this section with some flat spells.
19:32 slightly up
19:56 flat then slight down. You can tell how high the snow here accumulates sometimes by the poles beside the road.
21:56 turning right up a gentle hill
22:24 end of forward motion for this journey with some more rewarding views of this gorgeous lake and surrounding ring of mountains. There is more of this route going to Mt. Thielsen and Diamond Lake in Bike-O-Vision Wide Screen Journey #12: Volcanic Legacy Scenic Byway.

Chapter 4: Southern Oregon Coast: (12:46) A mostly flat ride here at an average-to-fast pace with refreshing ocean breezes and miles of pristine coastline. Oregon staunchly protects its coastline from development and travelers such as yourself can easily see why. You're heading south from Gold Beach toward Brookings along one of the very scenic stretches of Hwy. 101. Have fun...

Start (22:49) flat, slow then average speed

24:40 you're obviously starting up a big hill, gentle slope at first then up to...

25:16 medium up

25:40 crossfade to the downslope of the same hill. There was some ugly road construction to be avoided and no redeeming views so lets cut to the pretty stuff! Fast downhill at a medium grade.

26:34 flat, average speed. If you want to add more realism, increase your bike or treadmill's resistance due to the strong onshore breeze as you round the corner.

28:40 coming to a stop at this remote, alluring beach. America the beautiful! The large rocks are called "sea stacks".

28:59 starting our ride again, mostly flat road along the beaches. What nice weather! The Oregon coast can get quite foggy and rainy, especially in the winter and spring months.

30:26 These vehicles belong to a gathering of kite surfers, you see one squeezing into his wetsuit.

33:10 We're going over the Pistol River. Note the impressive sea stacks in the distance.

33:42 starting up a slight uphill

34:10 slowing as the grade shoes into a gentle up. We won't be going all the way to the top of the hill as its pretty long with not much of a different view, BUT you will the view from the top at the end of the chapter in just another minute.

35:34 end of forward motion & beautiful overlooks of spectacular sea stacks, "whale rock" with its spouting "blowhole", and one of the many arched rocks. The Oregon coast rocks!

Chapter 5: near Ashland (12:20) This is in the extreme south of Oregon near the California border. Its a very pretty, sparsely populated area with plenty of lonely mountain roads, hidden valleys and light traffic. And its not for those with fear of heights as there are no guardrails. Start: (36:04) a slow, flat start to “get things rolling” with views of this nice lake just SE of town.

36:35 crossfade to a slight uphill on nearby rt., which will take us into the foothills of the southern Cascade mountains. The way will be mild at first, gradually steepening into a mountain ascent. Note the abundant purple wildflowers.

37:00 slight down now, soon going into a gentle down at an average speed. We’ll be heading up into those mountains.

38:18 leveling off (flat) with views of Emigrant Lake.

41:18 Here we begin our ascent with a gentle grade up, going into a medium hill in 20 seconds.

41:38 For the rest of the way in this section its medium grade up, except on the curves, which are a steep grade up. Note that much of the way is made up of curves.

48:14 Coming to a stop in 10 seconds

48:24 End of forward motion with views back to the city of Ashland, Mount Ashland, Emigrant Lake and surrounding hills- basically the whole way you just pedaled! If you were to keep going, you would go through Siskiyou National Monument, which looks pretty similar, and end up near Klamath Falls and Upper Klamath Lake, which is featured in Bike-O-Vision Wide Screen #12: Volcanic Legacy Scenic Byway.

Chapter 6: Central Oregon (11:18) This is an easy ride through some typical central Oregon country roads- nothing too spectacular but beautifully bucolic just the same. Enjoy the fields of spring wildflowers. Its June, about 72 degrees and a fine place to enjoy the outdoors!

Start (48:40) flat, average speed. Watch for the soaring hawk.

49:42 just a little slight dip down before...

50:05 gentle grade up

52:10 look at these nice horses. Only slightly uphill for a bit.

53:40 gentle up

54:22 flat at the top of the hill

54:55 going back down this hill, just gentle at first, then picking up speed to...

56:24 medium downhill

56:42 gentle down

57:34 varying flat and slightly down, depending on the lay of the land as the journey continues.

59:58 end of forward motion.

Chapter 7: Up the Umpqua River (5:40) “Slightly uphill at an average speed” is the name of the game all the way up this classic southwestern Oregon river system. It has everything someone could want in a river- canoeing, kayaking, excellent fishing, etc. If you were to start at Reedsport at the Pacific Ocean, you could follow it up this road on its North Fork to the Clearwater River, which originates near Crater Lake. We’ll take a sampler section heading east on Hwy. 138 into the mountains near the town of Glide. Oregon has *the* most weird names for towns of any state, by the way- Glide, Merlin, Lookingglass, Nimrod and Riddle are a few examples.

Start (1:00:16) slightly up at an average speed

1:05:55 pulling over for a look at the river and the end of this chapter.

Chapter 8: Rogue River (5:20) This short section of the Rogue River is also in southern Oregon between Crater Lake and the greater Medford area. It actually empties into the Pacific Ocean at Gold Beach, where the earlier coastal chapter occurs. The narrow, mossy waterfalls you see at the start is Rogue Gorge. Your route is along Hwy. 62 heading west to Rogue Gorge. Its heading through national forests, downslope out of the Cascade mountains, so its slight downhill going with some flat- easy riding! Officially, its part of the Rogue-Umpqua Scenic Byway, as is the previous Umpqua chapter.

Start (1:06:11) slightly downhill at an average speed

1:08:16 Slowing to look for traffic before the turn, then resuming the same pace along the actual river.

1:09:04 flat

1:09:52 slightly downhill

1:10:24 These are interesting mini waterfalls as the river rushes over exposed rock, we will be turning in to the state park soon.

1:10:44 flat gradient and almost to the end...

1:11:30 end of motion with close-ups of this incredible place!

Chapter 9: Columbia River Gorge (10:40) The Southern bank of the Columbia east of Portland is absolutely incredible stretch of scenery with many awesome waterfalls within relatively short biking distance of one another. You'll see some of those waterfalls at the end but since much of that area is often in deep shadow from the huge north-facing cliffs, you'll first cycle along the sunny rim on top, catching views of the valley. Its late September- mild weather & cool breezes. Start (1:11:52) slightly up as you hop on and start pedaling, then quickly going over the little hill on a gentle gradient down.

1:12:58 gentle up

1:13:14 this area is flat and then a short dip

1:13:32 slight up

1:13:54 gentle up

1:14:16 flat, then slight down

1:14:40 flat

1:15:16 slight down

1:15:36 slowing to merge, then briefly, slightly up to flat.

1:15:56 This view is out across the river to Washington.

1:16:48 We'll be turning in here for an overlook facing back up the river. Windsurfers love the strong, steady winds that funnel down this enormous river valley.

1:16:07 Starting up again, this time at the base of the valley on the historic scenic byway going west toward Horsetail Falls and Multnomah Falls. Its flat here at first, average speed.

1:20:00 Horsetail falls, coming up on the left.

1:21:20 gentle hill up

1:22:04 there'll be a crossfade ahead; too dark, too many cars- have a look at the river instead

1:22:22 fabulous Multnomah falls and the end of this journey through Oregon. Cheers!

If you enjoyed this dvd, you may also like these Bike-O-Vision titles: Washington State, Northern California, Victoria and British Columbia, & especially Volcanic Legacy Scenic Byway.