

Workout Guide for Bike-O-Vision Journey #21: “Washington Cascades”

Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are also 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 code, just to be clear: 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).

If there is no indication that the speed or grade has changed, just assume its the same.

There will occasionally be additional notes if the route has something pertinent to adjusting the speed or that may otherwise be distracting- if there is a view-break of more than 10 seconds, for example.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter.

Washington Cascades Overview: This dvd consists of basically three locations. The first is well-known summit of Snoqualmie Pass, liked by skiers but infamous for closing the highway in the winter. The second stretch is one of the simplest journeys in that it has a bit of flat and then a very long, gradual ascent all the way up to beautiful Chinook Pass. Finally, the Keechelus lake ride is a nice scenic cool-down.

Chapter 1: Introduction:

Chapter 2: Snoqualmie Pass: (5:16) A slow downhill then gently uphill warm-up ride in a fresh spring alpine setting. The gorgeous waterfall at the beginning is Snoqualmie Falls, located only about an hour drive east of Seattle.

Start: slow speed, gentle to slightly downhill

1:30 flat

2:10 slight dip down, then gradually up gentle

4:04 only slightly up while crossing the stream

4:20 goes back to a gentle, then a medium up

4:40 gentle up

5:00 flat

5:14 motion ends

Chapter 3: Naches River to Chinook Pass(1st leg): (20:30) An average-paced ride through some very pretty country along the rushing Naches river, which is very high from snowmelt. It is essentially an uphill ride, and although much of it appears flat, consider that you are starting up the foothills of some very high mountains.

Start: slow, flat as a pancake

6:20 gradually speeds up to average

9:45 slightly up

10:10 flat

10:35 slight up

11:00 flat

12:00 slight up

12:30 flat, then ever-so-slightly uphill for the next six and a half minutes.

16:24 There’s a quick (four second) pull-over to go fishing. Starts again w/ same slight up grade.

17:00 slow, gentle up. Here comes a classic car.

17:50 slight up for the next eight minutes

17:57 don't be surprised by the motorcycle passing
25:50 another motorcycle passing
25:58 the chapter actually ends here, though the motion doesn't stop, so keep going!

Chapter 4: Naches River to Forests (2nd leg): (17:40) Unless otherwise noted, its still all uphill from here, and at average speed, unless obviously slowing down for the gentle hills. You'll be passing through some pristine forests and mountain meadows comparable to some of the best national parks. Note all the Douglas fir and other very tall conifers. You're in the evergreen state! There is a fresh pine scent with a wisp of smoked salmon...

Start: average speed, slightly up
26:25 gradually goes into a gentle hill and slows down
28:00 only a slight hill up here but almost immediately goes (more steeply) into a gentle hill
28:55 slight up
29:15 gentle
29:35 slight
30:05 gentle
30:32 slight, soon back to gentle, almost a medium grade hill here
31:30 slight
33:10 flat! (For the first time in over 20 minutes)
33:40 slight up -there are some beautiful meadows and brooks in this section
34:04 flat
34:26 slightly up hill
36:30 gentle up
37:10 flat, then down slight
37:42 slight up
38:10 gentle up
39:05 slight up to flat
39:30 down slight
39:50 slight up
41:08 cross-fades to flat section, average speed
42:00 slight to gentle up hill
42:26 flat to slight down
43:00 slight up
43:22 flat
43:37 crossfades to gentle up, this marks the beginning of some of the steeper part of the route, and the seamless start of the next chapter. Keep going...

Chapter 5: Up Chinook Pass (3rd leg): (19:50) This has some of the best mountain and valley views of the video and definitely the longest, steepest uphill section. No pain, no gain!
start: continues on the gentle uphill slope for the next 10 minutes and then it gets steeper.
48:05 yes, that's snow. This pass is closed for much of the winter. This was filmed just after it re-opened in the spring.
53:40 Here come some more small cascades. Are we having fun yet?
54:40 The grade is gradually going up to a medium for the next six minutes
1:00:25 Finally a very brief rest at the top. This begins the next chapter.

Chapter 6: Down the other side of Chinook Pass (4th/last leg): (6:15) This will seem really speedy after crawling up the mountain pass for so long! There are some breathtaking views along the way.
Start: slow, slight to gentle down
1:00:51 & 1:01:03 that's the Northeast side of Mt. Rainier
1:03:30 medium down for the most of the rest of the way
1:05:24 there's another little waterfall on the left
1:06:46 slow & pull to the side while a car goes by, starts back on gentle, then to medium grade

1:07:43 another cascade to the right
1:09:05 slows to end of motion & views

Chapter 7: Keechelus Lake: (4:47) A pleasant, mostly flat cooldown ride. This is on the shoulder of a scenic stretch of I-90 so there is some traffic but the beautiful lake views make it worth it! There are two other lakes very nearby of similar size and shape, all with stunning mountain backgrounds. We were impressed by the particularly mirror-like reflections on the water, as you'll soon see...

Start: slow, slightly downhill
1:10:06 Average speed, flat
1:10:21 slight up, slow
1:11:20 slight down, average
1:11:26 slight up
1:12:26 flat
1:13:52 slows to an ending

We hope you enjoyed the ride!