

Workout Guide for Bike-O-Vision Journey #11: "Washington State"

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. Likewise, times listed for the chapter are just the motion.

Washington State Overview: This dvd consists of many classic Northwestern locations. Its amazing they all happen to be in the same state. You'll hit the ground running with massive, breathtaking Mt. Rainier, which is one giant hill-climbing session and we use the word "hill" very liberally here. Next, we skip all the way down state to the Columbia River, which has an even mix of elevation changes and plenty of fast straight-aways. The Hood Canal is basically flat with a few hills, but you probably will be concentrating more on the stunning scenery. Seattle is more of a sightseeing section with plenty going on in constant forward-motion. Hurricane Ridge is an all-downhill, speedy ride with a lot of character. And the finale is mystical Olympic National Park, an easy-going ride through the temperate rain forest that is so interesting it probably warrants a video all to its own.

Chapter 1: Introduction

Chapter 2: Mt. Rainier: (19:00) A slow climb up one of North America's most impressive large mountains. Although there is no road to the top, which is 14,411 feet up and covered in glaciers, the panoramic views on the way up are awesome all the way to where the road ends at Paradise. This is one of the longest continual hill climbs in all the Bike-O-Vision dvds and a lot of fun! It starts near the base of the cone-shaped mountain in the dense old-growth forest.

Start: slow speed, gentle uphill for the next 10 minutes. Its curvy a & also little bumpy ahead due to frost heaves in the asphalt, like so many mountain roads in cold-weather areas.

1:00 by now the speed has increased to more of an average pace.

3:56 looking to the left of the bridge is the first view of the mountain's snowcapped peak.

7:30 You'll notice that the water in the streams is gray-green- straight from Rainier's glaciers.

9:47 pulls over for a quick look at the stream, which sometimes grows to quite a river apparently.

9:51 back on the road again, gentle up hill

10:16 only slightly uphill here

10:50 gentle up

12:00 medium up

12:20 gentle up

14:00 another peek of the peak. See, you *are* actually getting closer.

14:12 treat this and all the curves in this section as medium grade uphill, since they're your starting switchbacks up the first major ridge. Otherwise, the straight parts are gentle ups.

16:16 crossfades to flat section. There's a little waterfall coming up on the left.

16:36 back to gentle up.

18.47-19:02 pull over for some mountain and waterfall views.

Chapter 3: Mt. Rainier Continued: (11:40): This is the steeper section of the mountain, with more curves, climbing and superb views all the way. Enjoy!

Start: back up at gentle uphill.

19:16 slightly uphill on the bridge

19:48-19:55 a stop for the awe-inspiring view. Then its gentle up.

22:24 you're getting closer, get ready for some views!

22:25 slight up

23:28 gentle up

24:16 slight up

24:45 gentle up

25:08 medium grade, slow

25:46 This curve is a steep grade. Ahead, the straights are medium, curves are steep.

30:52 gentle, then gradually slight, then...

31:30 finally, flat

31:44 slightly downhill to end of motion at 32:00

Chapter 4: Columbia River: (10:21) This is a pleasant autumn ride along the mighty Columbia in an area known for sturgeon fishing. The ships you'll see are bound to and from Portland. Its mostly flat at an average-to-fast pace.

Start: slightly downhill, average speed

32:45 flat

35:01 slightly uphill, slows down

35:30 flat, average

36:50 slight up

37:26 gentle up, flat then gentle up again

38:18 slight down, eventually speeds back up to average

39:05 slight, then gentle hill up

39:40 flat, then gentle downhill

40:22 flat

42:51 turns off the road

43:06 end of forward-motion. Views of wetlands and wild blackberries.

Chapter 5: Hood Canal: (18:30) This is a pleasant two-part ride along one of Washington's many waterways. There is no shortage of wildlife and natural beauty, as you will see in the introduction pictures and during the route. Its at an average speed with little elevation change.

start: flat, average speed.

45:30 You will notice that each house has a little boat to row out to their crab pot (trap), of which you'll see the buoys. All the white specks you see are oyster shells- a local treat, along with dungeness crab and other seafood.

46:27 pull over to view the seals with the Olympic mountains behind, across the bay.

46:46 flat, average

47:06 slight down into the town, then flat

48:56 slight to gentle up

49:35 gentle to slight down, then back to flat

50:14 we will be up on this mountain in a little while in the Hurricane Ridge chapter.

51:26 crossfade to the second part of the Hood Canal, around the bend, actually on the Olympic Peninsula.

53:47 slight up

54:06 flat

56:40 slight up

57:00 flat (and slow to let cars by), then slightly down

57:57 gentle down
58:31 flat
59:07 gentle down
59:28 flat
59:52 a very tiny hill, slightly up then down
1:00:22 slight up
1:00:44 gentle down
1:01:08 flat
1:01:52 pulls over, end of motion. End of chapter.

Chapter 6: Seattle: (5:20) This is a busy, short ride through the modern, colorful downtown of the largest metropolis in the Pacific Northwest. And its not even raining!

Start: slow, steep downhill with views of the space needle.

1:02:30 This is the troll under the Fremont bridge holding a VW.

1:02:38 slightly downhill to flat, average to slow speed. Apologies for the traffic- you know cities...

1:04:06 The space needle is such an interesting tower its impossible not to want to photograph it.

1:04:21 crossfades to gentle grade downhill, then flat along the waterfront

1:07:27 end of forward motion with views of boats on Puget Sound.

Chapter 7: Hurricane Ridge: (8:30) The ultra-panoramic views at the beginning of this chapter are your starting point and a good hint as to what this ride will be: shooting down the mountain! One unique fact about the Olympic range is that they are tall enough (6000-8000 feet)to get snow and yet so close to the ocean. And down below in the valleys, some parts of the National Park like the Hoh Rain Forest get nearly constant precipitation and mist, creating quite different scenery, as you'll see later.

start: slightly down, average speed

1:08:15 gentle, fast speed, gradually getting steeper to medium grade hill for most of the way

1:10:38 there is an unexpected pull-off for a view and then immediately resumes forward motion

1:12:50 these side views of the cloud-ringed mountaintops remind one of Mt. Olympus in Greek mythology

1:12:59 slows to average speed, then gradually back up to fast

1:15:20 slows and veers through a parking area to take in a passing view

1:15:39 on the road again, starts slow, then average

1:16:00 end of forward-motion, views of nearby lakes and one more overview of Hurricane Ridge.

Chapter 7: More Olympic National Park: (8:00) Do you want to see moss? This is moss-land central and the video is cued up. If you want moss, you've got it. And elk. And Bike-O-Vision: mostly flat, slow speed. Here we go...

Start: slow and flat, look for the elk

1:16:46 average speed

1:17:48 there will be some tiny hills, too close together to list and not enough to slow you down

1:19:12 Elwa area: a close up of the stream you'll be riding next to with its cold, green glacial water

1:20:32 we pull into an overview of Lake Cushman, providing an intro into the next mini-section

1:20:52 slow, slightly uphill

1:21:22 goes up gradually into a medium grade hill

1:22:20 top of the hill, flat

1:22:52 down gentle, average speed

1:23:14 flat, then gradually very slightly up

1:24:13 gentle down to the lake for a nice ending point

1:24:40 end of motion

- wow, what a state!