

## Workout Guide for Bike-O-Vision Wide Screen Journey #7: “Western Seasons”

### 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 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.

Western Seasons Overview: This dvd is a sample-platter of some of the lesser-known highlights of the Western U.S. It boasts more diverse regions in one journey than any other in the series and truly has something for everyone. As far as the “Seasons” part of the title goes, you may be surprised what you find here- green hills in central California, rare sunshine on the fickle Oregon coast, and snow-capped peaks in Utah’s early autumn.

The first section is the longest and most strenuous workout in the dvd and there’s a plethora- no, rather an overflowing cornucopia- of different terrain throughout the rest of the video, with all sorts of elevation changes and sights to see around each bend. Let’s go!

Chapter 1: Autumn, Mt. Nebo Range in Central Utah: (25:00) Also known as the “Nebo Loop”, this area is historically one of Utah’s earlier winter playgrounds, albeit largely undeveloped. It is known for its brilliant fall foliage as you’ll soon see! To get you situated, you’re heading north, its early October and fairly warm. The ride is a long, gradual hill climbing extravaganza with views galore and an authentic western surprise within the first minute.

Start: Gentle uphill, slow

00:56 Surprise! The cattlemen are driving their herd down from grazing in the high country and you’re sharing the road with them. Along this valley floor is a creek. There’s a little waterfall in the distance to the right coming up.

01:24 Better go around this herd...

01:50 Gradually going to a gentle grade up, average speed

02:28 As you can see, the region is very dry and recovering from a fire. Incidentally, the mountain is named after Mt. Nebo in Jordan or Israel, which is said in the Bible to be the death place of Moses.

03:45 Day four of the 2006 Larry H. Miller Tour of Utah, proclaimed as “America’s Toughest Tour” was held here, with over 20 miles of climbing going up to almost 9000 feet. Ready?

- 06:30 You'll start to see some fall colors as we ascend higher. Don't be surprised by the passing car, and coming up on the right side are some "hoodoos", erosion-sculpted cliffs.
- 08:10 The road is gradually going up to at least a medium grade for most of this mountain pass.
- 13:30 10,877 Mt. Nebo is the southernmost and highest peak of the Wasatch range.
- 13:40 This section is steep!
- 16:35 Beautiful overlooks coming up...
- 17:40 Medium grade for only the next 15 seconds here, then back to steep. Historically, the Walker War was fought between the Utes and Mormon settlers in what is now where lays the northern end of the byway.
- 19:40 another 15 second medium grade respite here, then back to steep, steep, steep. There are elk, bobcats, and deer among the trees here and even a few cougars and bears.
- 20:35 Please be careful of the chipmunk ahead. Why do they do this?
- 21:05 medium up for the straightaway, then definitely back to steep
- 22:00 You made it! Its going to be flat for just a second, then downhill on a gentle grade.
- 22:40 The parking area is for Devils Kitchen, which is a formation of very red hoodoo spires. There's a picture of it at the end of this chapter. Flat, average speed.
- 22:55 gentle up
- 23:20 You've reached another summit, now its downhill. Note the light snow on the ground- its colder up here and and the air is thinner, which can affect some people not accustomed to high altitudes. Enjoy the fantastic views in this faster downhill section!
- 24:00 The snowy peaks to the left are the three peaks of Mt. Nebo; to the right are Bald Mountain and Loafer Mountain.
- 24:50 end of forward motion.

Chapter 2: Winter on The Oregon Coast: (5:00) You are south of the small town of Yachats (*Ya-hahts*) on the central Oregon coast, riding south toward Florence. Its an evening in late November and this is some of the last clear weather before the onset of the notoriously wet winters here. Clouds and fog are the usual condition of this coast from late November through May, and not too unusual in the summer. Agates can be found on the uncrowded beaches here. Other activities include boating and salmon fishing.

Start: After some establishing views, you're off and running! This first section starts off gradually uphill on a gentle slope, average speed.

- 25:55 top of the hill, flat
- 26:55 slightly downhill here to the bridge, then slightly uphill
- 28:40 slight down to the bridge again, then very slightly up
- 29:50 We'll be pulling over to take in the magnificent sunset; end of motion in 15 seconds.
- 30:05 end of forward motion.

Chapter 3: Winter in Santa Maria, California: (24:30) Here is an overall very flat ride through valleys between green rolling hills and farmland in Central California. This is Foxen Canyon road going into Santa Barbara County from the small city of Santa Maria. Wouldn't you agree that the weather looks pretty nice for February? This area actually has a lot of oil drilling and natural gas facilities tucked into the hills, as well as more obvious ranching and farming.

Start: slight up, average speed. You're heading east, later turning to the south.

- 31:30 flat

- 32:00 If you're very sensitive, its ever-so-slightly uphill here, then eventually flat and slightly down and so on- but unless otherwise noted, just consider the rest of this ride basically flat with minor adjustments as you deem necessary.
- 32:55 There's a falcon or hawk in the sky to the right.
- 34:42 There's a crossfade here to the vineyards further down the road, flat and slow. The Santa Barbara wine country is very popular for tastings and touring in the summer and fall. Pinot Noir is a favorite among the varietals here. The movies *Sideways* and *Its Complicated*, among others took place in the vicinity.
- 41:48 gentle up
- 42:05 back to the flats, with slight ups and downs
- 45:00 Don't be surprised by the passing truck. You may have noticed that horse farms abound in the area. One interesting nearby town is Solvang, which was settled by Danish immigrants and fixed up to look like a cute Danish village, with windmills and their traditional architecture. Further south is the city of Santa Barbara, which is beautiful in a completely different, ritzy-yet-beachy kind of way.
- 54:41 You'll be coming to a stop in about 15 seconds to end up at a winery entrance.
- 54:56 End of Motion.

Chapter 4: Spring: East Lake Tahoe, Nevada: (8:45) This is a relatively level, flat ride around the east side of this awesome lake. Its short and visually very sweet- hard to imagine that just a few weeks earlier there were eight foot snowdrifts walling both sides of the road! Your heading south-southeast from Incline Village, home of Diamond Peak ski resort. Lake Tahoe has to be one of the clearest lakes among the populated parts of the world, and is in excellent environmental shape, despite over two million yearly visitors. This is one of the very prettiest parts of Nevada and one with a lot of history, from the infamous Donner party to the gold rush days and the nearby Comstock mine in Virginia City- the wealthiest silver mine ever in the U.S.

- Start: flat to slightly downhill, average speed
- 55:45 slightly up
- 56:15 Flat for a bit here. You can see the incredible clarity of the lake in this next side-shot. There are 14 ski resorts in the Tahoe area. Most of the peaks have snow on them through May or June but close after Easter every year for lack of skiers. Sometimes, such as in 2011, they open again just for Memorial day weekend!
- 56:45 slight down, then gradually flat
- 57:45 slightly up
- 58:15 flat
- 59:55 slightly down
- 1:00:50 We'll be taking a right to go down to the boat ramp.
- 1:00:34 This looks like a good spot to take a rest for about 15 seconds
- 1:01:48 On the road again... flat, average speed
- 1:02:25 slight up
- 1:02:56 flat
- 1:03:30 this is going into a gentle uphill climb to the end, in 28 seconds
- 1:03:58 end of motion with zoomed-in views across the lake

Chapter 5: Summer: Trinity River, Northern California: (17:50) In this riverside workout, you're headed east on Hwy. 299, which runs from Arcata on the coast east, crossing I-5 in Redding and then far beyond to Cedarville. Its a pristine, very uncommercial area, which suits us just fine! There were awful, very major forest fires all around here in 2006. Most of this route along the river was spared, thankfully. Its a great river for kayaking, rafting and even gold panning! In fact there was a lesser-known gold rush here in 1849, which is unusual because its nowhere near the Sierra Nevada Mountains.

Although many parts of this highway have large inclines over the rugged coastal range, this location was chosen for the outstanding scenery. Following the river, its only slightly uphill the whole way with flatter stretches usually on the straightaways.

Start: flat, slow to average speed.  
1:07:00 slightly up  
1:11:36 gentle up, slow. You can tell the fires got to the trees across the river.  
1:12:55 flat  
1:13:10 slight up, average speed  
1:13:40 flat  
1:14:45 slight up  
1:16:42 flat. The source of this river is Trinity Lake, to the northeast.  
1:18:04 There's a crossfade here as we turn into the sun. Slightly uphill here.  
1:18:42 flat  
1:19:12 slight up  
1:22:12 Time to take a little rest, end of forward motion.

Chapter 6: Scenic Highway 70, Southern Utah: (16:00) Here you find yourself about 40 miles east of the San Rafael Swell featured in the Arches and Capitol Reef Bike-O-Vision Journey, going east. Its late summer, swiftly turning to autumn because of the higher elevation, so its a breezy 48 degrees. I-70 is one of the few interstate highways to be named a national scenic byway and soon you'll see why. Its a faster-paced ride, with a strong tailwind, over long, rolling high desert landscapes.

Start: slightly uphill, fast speed.  
1:23:10 flat. You'll notice changes in the rock coloration as you continue on this ride, from these ash and sandy tones to the pinks and purples ahead, eventually into deep reds and orange. The colors and shapes of these hills are the result of various minerals in the rock and soils combined with geologic processes.  
1:23:30 slightly downhill  
1:23:55 flat  
1:24:15 slight up  
1:24:35 gentle up. The first road anywhere near this part of Utah was the Old Spanish Trail, a trade route between Santa Fe and Los Angeles. When the 108 mile section of I-70 through Utah was opened to traffic in 1970, it became the longest stretch of interstate highway with no services and the first highway in the U.S. built over a completely new route since the Alaska Highway. There are few roads that connect with this section of I-70. Most of the exits are view areas, rest stops and truck ramps. The nearby San Rafael Swell is up for National Park or National Monument status.  
1:26:35 flat

1:27:05 slight to gentle downhill ahead.  
1:27:40 slight up, average speed  
1:28:23 There's an interesting canyon coming on the right and also look for the unique, tilted slabs of rock in the foreground.  
1:28:40 flat, fast speed  
1:29:00 slight down into a gentle downhill. Utah, along with Nevada, Colorado, North Dakota and Wyoming, is famous for fossils. A section of the road ahead is part of "Dinosaur Diamond Prehistoric Byway".  
1:29:55 flat  
1:30:10 slight to gentle hill  
1:30:32 We'll be turning off for the salt wash view area; average to slow speed.  
1:31:10 These are wonderfully strange rock formations, there'll be some views to the side.  
1:32:22 This is worth a stop to take in the spectacular vistas.  
1:32:32 Pushing off again, flat and ramping up to an average speed.  
1:33:36 slight up  
1:33:50 flat  
1:34:20 downhill, obviously, at a slight then gentle gradient.  
1:35:40 Butch Cassidy and The Sundance Kid and their gang once roamed these parts, used the many canyons as hideouts.  
1:35:55 Crossfade forward to the next ridge for another awesome panoramic view! Flat, then down the long, gentle grade.  
1:37:40 Bottom of the hill, flat. All good journeys must come to an end and this one must too, in about 20 seconds.  
1:37:50 We'll be taking the exit ramp and slowing down to a stop. Thanks for taking a trip through the western seasons with us! We hope you enjoyed the scenery!  
Happy trails...  
1:37:56 End of forward motion