

Over the River and Through the Woods Thanksgiving Ride

By Jennifer Sage
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60 minute ride

This profile is a series of rolling hills through the forest, over the river and through the woods, like the quintessential Thanksgiving Song. These are the original verses (written in 1844)



Over the river, and through the wood,
To Grandfather's house we go;
the horse knows the way to carry the sleigh
through the white and drifted snow.

Over the river, and through the wood,
to Grandfather's house away!
We would not stop for doll or top,
for 'tis Thanksgiving Day.

Over the river, and through the wood—
oh, how the wind does blow!
It stings the toes and bites the nose
as over the ground we go.

Over the river, and through the wood—
and straight through the barnyard gate,
We seem to go extremely slow,
it is so hard to wait!

Over the river, and through the wood—
When Grandmother sees us come,
She will say, "O, dear, the children are here,
bring a pie for everyone."
Over the river, and through the wood—
now Grandmother's cap I spy!
Hurrah for the fun! Is the pudding done?
Hurrah for the pumpkin pie!

But our version is a little more modern. You are going to grandmother's house alright, but this time on your bikes. Mountain bikes that is. You have four hills, the last one is the longest and steepest. As you ride, you'll reflect on some of the important aspects of thanksgiving, including being grateful for your fitness and health, for family and home, dreaming of your own goals, and of course, contemplating the meal that is waiting for you when you arrive!



Over the River and Through the Woods Thanksgiving Ride

Playlist for Over the River

(most of these songs are available on iTunes, Amazon or eMusic. The Gobble Till You Wobble and turkey sound effects are available on iTunes.)

Gobble Till You Wobble, The Turkey Boys, Gobble Till You Wobble, 2:20
I Will Wait, Mumford & Sons, I Will Wait, 4:37, 131 bpm
Good Life, OneRepublic, Waking Up (Deluxe Version), 4:13, 95 bpm
Dreamer (Original Club Mix), Livin' Joy, Dreamer [Single], 5:41 128 bpm
Thank You, Sister Hazel, Fortress, 3:20, 91 bpm
Keep Hope Alive (j.d.s mix), The Crystal Method, 5:44, 133 bpm
Gratitude, Oingo Boingo, Best O' Boingo, 5:13, 133 bpm
Message of Love, The Pretenders, The Singles, 3:26, 148 bpm
Gratitude, VNV Nation, Automatic, 6:07, 134 bpm
Thank You (New Orleans Bounce Remix), B. Ford, Bounce City, Vol.5, 3:23, 100 bpm
Food & Creative Love, Rusted Root, When I Woke, 4:13, 134 bpm
Wild Turkey Gobble, Wildtones, Wild Animal Calls and Nature Sounds
Spill The Wine, Eric Burdon, Best Of, 4:51, 120 bpm
Happy, The Rolling Stones, Forty Licks [Disc 2], 3:05, 132 bpm
Home, Phillip Phillips, Home, 3:29, 121 bpm
Thank You, Dido, No Angel, 3:38, 159 bpm

Over the River and Through the Woods

Gobble Till You Wobble 2:20

Warm-up

Introduce the ride Over the River and Through the Hills

Enjoy the silliness of this song!

We are going to roll up and down many smaller hills through the forest on our mountain bikes to grandmother's house for Thanksgiving Dinner. On the way there we will reflect on a few of the things that are important to us, and of course on several of the reasons why we are going there on this holiday!

I Will Wait, Mumford & Sons, I Will Wait, 4:37, 131 bpm

This song reminds us that all good things are worth waiting for. We've got to wait for the great dinner ahead of us. First we're going to burn off some of those calories in advance of dinner! Some things are worth the wait. Let the legs prepare for the rolling journey ahead.

Good Life, OneRepublic, Waking Up (Deluxe Version), 4:13, 95 bpm

This song reminds us that we live a good life. Be grateful for what we have, the family we spend time with, the food we get to enjoy, the health we achieve and enjoy. Grab the beat and get your legs ready to spin at 95 rpm! On a flat section of single track through the forest. Push



Over the River and Through the Woods Thanksgiving Ride

moderately hard for 45 seconds, then recover for 30, push hard again for 45, then recover for 30. Then do it one more time, recovering until the end of the song.

Dreamer (Original Club Mix), Livin' Joy, Dreamer [Single], 5:41 128 bpm

First real hill. We are going to dream a little bit here, happy for what we have, but never just settling. We know we have to work hard for what is important to us, especially our fitness and health.

For the first 3 minutes, resistance load every minute. At 4 minutes, add enough to stand up and push for 30 seconds out of the saddle. Then alternate 30 off, 30 on until the end.

Thank You, Sister Hazel, Fortress, 3:20, 91 bpm

Downhill for the first minute easy, then back on the flat, add a little more resistance but keep the higher cadence, trying to hold it until the end of the song.

Keep Hope Alive (j.d.s mix), The Crystal Method, 5:44, 133 bpm

Another rolling hill, this one attack hard from the beginning for 1 minute. Then alternate seated with standing for the rest of the song. Keeping all of our hopes and dreams at the forefront of our minds as we work to attain them.

Gratitude, Oingo Boingo, Best O' Boingo, 5:13, 111 bpm

Downhill the first minute (easy), then back at the bottom we'll do what we did on the last one, keep up the cadence on the flat. But this is very fast. Hold it for 1 minute (watch out for perfect form!), then recover for 30 seconds (slow cadence) then try again for another minute at the 11 rpm. These flat road surges will make sure we aren't late for dinner – we can't just ride easy here.

Message of Love, The Pretenders, The Singles, 3:26, 148 bpm

Slight uphill here, but not so steep it slows us down a lot (those lie ahead of us). Pedal at 74 rpm in a moderate gear, staying aerobic, waiting for the harder hill we know is just ahead. This segment of road takes us over a bridge over that famous "river" we have to ride over on the way to grandmother's house! We will be bringing her a message of love when we arrive. Stay seated for most of this, stand here and there if needed (short 5-10 seconds).

Gratitude, VNV Nation, Automatic, 6:07, 134 bpm

As soon as the beat begins, grab the rhythm and dial in a moderate hill, knowing it will get steeper. 3 minutes of resistance loading, then stand for 2 minutes. That will raise the HR, but stay in control. Sit the final minute to the top.

Thank You (New Orleans Bounce Remix), B. Ford, Bounce City, Vol.5, 3:23, 100 bpm

Recover on the downhill, then after a minute, dial in a little more resistance on the flat, holding the higher cadence until the end (2.5 minutes).



Over the River and Through the Woods Thanksgiving Ride

Food & Creative Love, Rusted Root, When I Woke, 4:13, 134 bpm

We are getting closer to Thanksgiving Dinner, so we start thinking about the meal grandmother is cooking! This song starts on a flat road, but right at 1:43, it picks up in rhythm. Grab the beat and get on a hill. This lower part of the hill isn't too steep, we'll have a false flat in the middle of this climb, followed by the steepest climb of the day, right before we get to grandmother's house! On this song, our minds are filled with thoughts of "all I want is food and creative love"!

Wild Turkey Gobble, Wildtones, Wild Animal Calls and Nature Sounds, 0:59

The hill levels off here for one minute. We hear turkeys in the distance, feeling empathetic for them that they escaped the dinner plate this year! (it's 1 minute of turkey gobbles! Get ready for the best part of dinner!)

Spill The Wine, Eric Burdon, Best Of, 4:51, 120 bpm

Alrighty then! Here is the steepest climb – almost five minutes at 60 rpm. Dial in a very steep climb, begin standing for 30 seconds. Then you'll alternate seated with standing as you see fit, spending more time in the saddle than out. This song is hopefully not a foreboding of what's to come! Make sure you don't spill the wine at dinner...

Happy, The Rolling Stones, Forty Licks [Disc 2], 3:05, 132 bpm

Happy for so many reasons! First, you are almost there, just one last segment of hill... Stay seated for the first 2.5 minutes, letting it get a little steeper halfway through the song, then stand up and push the final 30 seconds. But you are also happy knowing that you'll be with family, with friends, and having a great meal, enough to keep you happy for a long time. And, if the previous song is any indication...you might also be happy because you had a bit too much wine (hopefully you didn't spill it all!) ;-)

Home, Phillip Phillips, Home, 3:29, 121 bpm

Celebrate being home. And if you really can't be home with family on this holiday, celebrate that home is wherever you are. Bring the HR down, recover and reflect over why you are grateful on this holiday.

Thank You, Dido, No Angel, 3:38, 159 bpm

Dido continues to remind us to be thankful.
Stretch.