

Created by Billy Coburn, Star 3 SPINNING® Instructor  
Training Type: Mental Training; Muscular Endurance  
Working HR Zones: Zone 3–4, occasional 5a  
Total Class Length: 60 minutes

### Profile Objective:

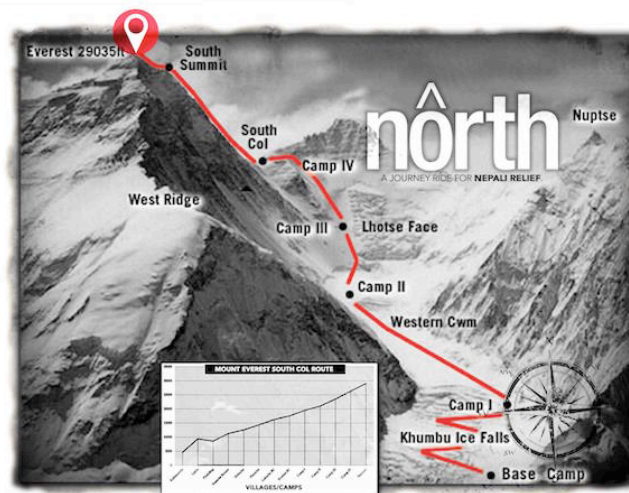
This ride was originally designed to be an indoor cycling journey for the 2014 holiday season. I wanted a ride profile that shared a winter’s journey, with a message of HOPE and determination—a central truth to all religions, regardless of belief.

The objective of this class is to help your riders clarify just one thing in their lives that keeps them moving forward. Mount Everest climber Alan Arnette said in 2011 after his fourth attempt at the climb, *“There are a thousand reasons to turn around and only one reason to keep going. You really have to focus on the one reason that’s most important to you.”*

In the wake of the tragic earthquake in Nepal, ask your riders to relate in their own lives. Destruction can take physical and mental tolls in our lives, and can hit us in many different forms. Yet the determination of the Nepali people amongst the rubble and death surrounding them propels them to continue forward, brick by brick.

What keeps you moving forward these days? What propels your riders to continue when life has struck the hardest nerve? These are the questions to ask, and the answers to revisit during “North.”

As riders arrive, they each find this map on their handlebars, which outlines the journey, *North*. Our ride will encompass the journey from camp to camp, until finally reaching the summit. (A larger map is included at the end of this profile for reproduction.)





**NOTE: On some of the tracks, I don't use the entire song. I've indicated the timing that I use for each track. You may decide to use more of the songs. Playback preferences in iTunes are then set to a 6-second overlap so all music fades appropriately.**

## **Introduction**

### **1. Panache (Original Mix), Airbase, Panache, 0:00–6:00**

Warm up at a comfortable pace.

*This is a journey ride, simulating the experience of climbing Mount Everest. It's as much about mental fitness as it is about physical fitness. I want to push them both!*

*We'll work on riding technicalities: BE SAFE!*

*Mental capacities: stay focused.*

*Something will trigger in your mind...don't let it go!*

*Hold it—meditate; bring it to life.*

*See all those prayer flags? The tradition of these flags is known as Dar Cho, and it has a long history dating back to ancient Tibet. Dar means "to increase life, fortune, health and wealth" and Cho means "for all sentient beings".*

*The first thing you notice about the prayer flag is the alternating colors. Each color relates to the 5 basic elements of the physical world, which also correspond to the enlightened mind teachings of Buddha and the 5 wisdoms.*

- *Yellow: Earth*
- *Green: Water*
- *Red: Fire*
- *White: Air (wind or clouds)*
- *Blue: Space*

*Sacred texts, mantras, sutras and graphic symbols are displayed on the flags. Know that each flag holds meaning far beyond its visual display. The “wind horse” is the most prevalent symbol. Its life force energy represents good fortune and opportunities that make things go smoothly!*

*The flags do not carry prayers to gods, which is a common misconception; rather, the Tibetans believe the prayers and mantras will be blown by the wind to spread the good will and compassion into all pervading space.*

*As you ride today, notice the flags gently waving and embrace their imprint of peace, harmony and good wishes on your own life.*

*There is perhaps no better physical challenge in the world than climbing Mount Everest...*

*The details of MOUNT EVEREST:*

- *It's 29,035 feet tall.*
- *It takes 2 to 2.5 months to climb (for the body to adjust to oxygen levels).*
- *There is 66% less oxygen in each breath on the summit than at sea level.*
- *Climbers burn over 10,000 calories per day.*
- *And more than 20,000 on the actual summit climb.*
- *You can lose 10 to 20 pounds on the expedition.*

*So, WHY CLIMB IT?!*

*Here are three reasons to consider:*

### *1. BRINGS MENTAL FOCUS / REASON TO YOUR LIFE*

*“It brings into focus what’s important to you,” said Arnette, who finally summited Everest on his FOURTH attempt in 2011.*

*“There are a thousand reasons to turn around and ONLY ONE to keep going. You really have to focus on the one reason that’s most important and unique to you.”*

*The lyrics of “Climb Every Mountain,” from The Sound of Music are:*

*“A dream that will need all the love you can give, every day of your life, for as long as you live...”*

*Ask yourself...WHAT IS YOUR DREAM?*

*A dream that deserves ALL the love you can give?*

*A dream that stops you from turning around?*

### *2. BRINGS PHYSICAL DEPTH TO YOUR LIFE*

*Arnette said, “It forces you to look DEEP inside yourself and figure out if you really have the physical, as well as mental, toughness to push when you want to stop. When you come home, you realize you are able to face a wall and overcome that wall.”*

### 3. *BECAUSE IT'S THERE!*

*When asked by the New York Times why he wanted to climb Everest, British mountaineer George Mallory, who died on the mountain during his third expedition in 1924, famously answered, "Because it's there."*

## **Welcome to Base Camp, 17,500 feet**

### **2. The Climb, Joe McElderry, Wide Awake, 0:40–3:32, 80 rpm**

Call riders' attention to focus. Starting with light resistance; legs begin to feel the connection with the bike beneath their bodies.

#### SET YOUR MIND

*Welcome to Base Camp, 17,600'. It's 4:00 am; we roll in 5 minutes.*

- *You and 300 other campers (speaking numerous languages on their satellite phones!) have been here for three days gathering supplies and arranging travel plans. The buffalo meat you had for lunch last week will be next week's beef jerky. Hell, it took you two weeks just to get to BASE CAMP! Your mind is racing for the journey ahead...set your thoughts to...*
- *The challenge.*
- *The danger. [YOU HEAR THE AVALANCHES in the distance.]*
- *The fear.*
- *The risk. [Some will reach the summit. Some will turn back.]*

## **Departing Base Camp to KHUMBU ICEFALL, from 17,500 to 19,900 feet**

### **3. Atom/Leave the World Behind, Axwell, Nari & Milani, Until Now, 0:45–3:00, 65 rpm**

Start increasing resistance for a moderate seated climb; slow the legs to 65 rpm.

- *2:02 We must pass through the Khumbu Icefall. We can only traverse this area with the aid of ropes and ladders. Even with the safety precautions, this section is extremely dangerous.*
- *Once through the Khumbu Icefall, we'll reach Camp 1 at 19,900 feet.*

## **Into the KHUMBU ICEFALL, heading to Camp 1, 18,000–20,000 feet**

### **4. Asylum, Airbase, We Might Fall, 1:00–6:00, 68 rpm,**

LIFTS in/out of the saddle to simulate reaching/grabbing.

At 2:20:

- *It takes us numerous attempts to navigate the Khumbu!  
It's like a huge HORROR CHAMBER at an amusement park.*
- *Shifting ice.*
- *Deep crevasses open up under your feet!*
- *Falling ice and avalanches have killed many climbers and Sherpas.*
- *YOU MUST STAY CLIPPED INTO THE ROPES!*

At 4:18:

- *Now, it's our SECOND ATTEMPT. HERE WE GO...*

### **Camp 1 @ 20,000 feet**

#### **5. Affirmation, Airbase, We Might Fall, 2:55–5:15, 90–100 rpm**

Recovery

*You made it! It's been a treacherous four-hour journey! You STILL believe; you still have your drive!*

- *This is your life, your time; AFFIRM what you believe about YOU!*
- *At night you can hear the cracking glacial ice deep below you.*
- *Pounding headaches torture you...but still you AFFIRM.*

### **Travel from Camp 1 to Camp 2, through WESTERN CWM (Glacial Valley)**

#### **6. Revolution, Ummet Ozcan, Revolution, 0:00–3:37, 65 rpm**

- *Surprisingly, the main challenge now is the HEAT.*
- *There is little wind, and INTENSE SUNLIGHT at this altitude makes it almost unbearable.*
- *It is so SLOW and LABORIOUS.*
- *Stay away from the walls—they avalanche frequently!*
- *“KEEP ON! Much to prove.”*

#### **7. It's A Beautiful World, Blasterjaxx, Beautiful World, 2:37–4:10, 65 rpm**

*YOU SEE IT! Just around the corner, almost to Camp 2.*

*THE HIGHEST SUMMIT IN THE WORLD...you journey forward!*

### **Welcome to Camp 2 @ 21,000 feet**

#### **8. Something New, Axwell, Ingrosso, Something New, 0:50–5:00, 90–100 rpm**

Working Recovery, with standing lift/jog

*Another four-hour journey... this time it's absolutely STUNNING.*

- *The clouds roll up from the lower ranges of the Himalayas through the valley, right into your face!*
- *It's time for your last meal before you set off for the summit. You eat as much as you can!*

At 2:28–3:00:

- *We keep a walking pace (HAVE THEM STAND) to help acclimate and relieve altitude problems towards the Lhotse Face.*
- *The beauty of this place reminds you of ALL YOU LIVE FOR!*

At 4:26–5:00 (back up and jog!):

- *The walks help SATURATE your body with oxygen!*

### **Up the LHOTSE FACE (phase 1) to Camp 3**

#### **9. Elephant, Jaz Von D, Elephant, 0:30–4:00, 65 rpm**

*Welcome to SHEER, BLUE ICE!*

- *Crampons are on, this is all standing, we need power in those legs!*

- *Step into the ropes, away we go!*
- *Imagine yourself hanging from a rope, changing carabiners.*

### **Camp 3, 24,500 feet (Short Recovery)**

#### **10. Guardian, Aly & Fila, Guardian, 2:20–4:12, 80–90 rpm**

Lighten the resistance here for a brief break in intensity before you're back into the climb.

- *Life on the edge, right out of the wall.*
- *You're at the Eagle's Nest! You're well on your way to the SUMMIT!*
- *Let's finish this wall.*

#### **11. Elephant, Jaz Von D, Elephant, 0:30–4:00, 65 rpm (repeat from above)**

*Welcome BACK to the SHEER, BLUE ICE! Intensity is rising!*

- *Check the ropes!*
- *This is the LAST WALL that takes us up to Camp 4!*
- *...and right into the LAND OF THE SPIRITS, aka the "Deathzone."*

### **Camp 4, known as the "Deathzone", 26,000 feet**

#### **12. Mountain Song, Assraimasko, Native Music of Nepal, 5:30–7:00, 80–90 rpm**

Working Recovery

*You can't sleep. It's scary as hell here. It looks and feels like the moon.  
FEAR IS ALL THAT REMAINS.*

- *Lack of oxygen.*
- *Cold. It dulls both your reflexes and your senses.*
- *You TRY to remember WHY you are here...*
- *And HOPE you don't die. It's all good in the daylight...but this journey departs at 11 o'clock at night!*
- *You know there's a good chance you could die in the next 48 hours.*
- *Let that sink in... Imagine that for just a moment!*

*Then decide you are invincible!*

### **Heading To The Summit, 29,035 feet (rise of 3,000 feet in just ½ vertical mile)**

#### **13. Legends (feat. Teammate), Razihel, Legends, 0:00–4:30, 72 rpm**

Use this song to set up the steep, difficult climb, fading directly into the next tune. Follow the music and match the intensity of the bike as the music builds, immediately moving into the next song.

#### **14. Terraforming, Darren Porter, Trance 100, Best of 2014, 0:00–4:00, 65 rpm**

Use your strong instructional skills through this section. Help riders reach their peak output in these remaining 4 minutes. Keep in mind the surroundings of the actual climb as you lead.

At 0:45–1:25:

*It's dark out; you can see a line of head lanterns ahead of you.*

- *Completely silent; 8 to 16 hours of climbing here!*

- *No one talks; terrifying.*
- *We CLIMB and CLIMB, awaiting the dawn.*

At 1:59–2:15:

- *You beg for DAWN!*
- *Finally, the summit is 300 yards in front of you!*

At 2:49–4:00:

- *The Knife Ridge, the final obstacle between you and the summit*
- *The snow gives way; you slide down the side, losing a few feet*
- *Only 30 feet left to reach the summit...*
- *You, my friend, HAVE REACHED THE SUMMIT!*

### **15. Climb Every Mountain\*, Alison Jiear (small sound bite)**

\*Unfortunately, this song mix is no longer available on SoundCloud. Google “Alison Jiear, Climb Every Mountain” to find the audio of this song (or use another clip from your music source). Only use the closing phrase of the song, “*til you find your dream.*” If you can’t find this clip, I would recommend staying away from the standard Julie Andrews version as well. Keep it fresh and unrecognizable. Let the song fade out, followed by a few seconds of silence. You want to reinforce the objective of the ride with this simple excerpt from the song. NOTHING caused your riders to turn around on this journey. Like this mountain, we all have dreams we are chasing and we won’t stop until we’ve arrived!

### **Cool-down**

#### **16. Journey On, Ty Henderson, Journey On, 3:41**

*A THOUSAND REASONS to turn around on this journey.  
What ONE reason kept you moving forward?*

*Listen to the words of this song. We’re all on a journey together, yet not all going to the same destination. Keep. Moving. Forward!*

*Why climb it?*

*Because it’s there!*