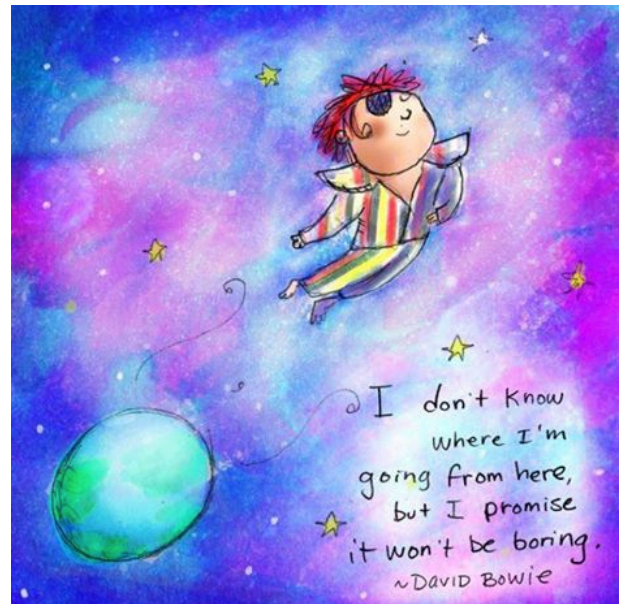


By Jennifer Sage

The world lost a magical, mystical, playful, brilliant artist on Sunday, January 10, 2016.

I woke to the sad news and immediately found myself purchasing many of his songs that I didn't already own. David Bowie was a big part of my youth. When I was a freshman in high school, I embroidered rock-and-roll artists' names on my jeans (yeah, that was a thing back then). David Bowie had a coveted spot on my right knee. It was 1976, and the Bump was the big dance craze at the time. Bowie's hit song "Fame," filled with soul, was a perfect song for the Bump. To this day, I can't hear that song without my mind going back to Saint Augustine High School dances in San Diego.



All of the songs in my playlist were performed by David Bowie except one, "Lust for Life," but he co-wrote it with Iggy Pop. The only other time I have done a profile tribute to a band or artist using solely their music was with REM, and that was to celebrate their retirement, not a death. Even after we lost such great artists as Michael Jackson or Whitney Houston, I could only bring myself to play a handful of their songs.

There are many covers, remixes, and mashups of David Bowie songs that you could incorporate in your tribute playlist, as well as duets and other artists of his era, so you don't have to play just Bowie songs. But before you dismiss the idea, remember that David Bowie's art not only spanned decades, he also spanned many genres and styles. There is such variety in his music; it's not at all like playing one group whose music sounded mostly the same. If you are not familiar with his latest releases in the past decade, make sure to search on Spotify or iTunes. I think you'll be surprised.

Bowie released *Blackstar*, his latest album, only two days before his death. It was his final gift to his fans, and it seems like he timed the release perfectly.

To enhance your profile, research his Wikipedia page for some trivia and history. There are many artists who posted some amazing tributes to this icon of rock. You can find those through a Google search. They are perfect to sprinkle throughout your profile.

If you have the ability to project videos in your cycling studio, there are some great videos of Bowie performing. I've linked to several in the ICA page for this profile. You can find others by searching YouTube.



INDOOR CYCLING ASSOCIATION

Tribute to David Bowie

Here are two Tweets from Iman Abdulmajid, David Bowie's wife, only a few days before he passed away. The quote by Dean Podesta made its way around social media the day of Bowie's death. They all make for wonderful reflections during your ride.



Iman Abdulmajid @The_Real_IMAN · Jan 5
Rise #imandaily

“Start now. Start where you are. Start with fear. Start with pain. Start with doubt. Start with hands shaking. Start with voice trembling but start. Start and don't stop. Start where you are, with what you have. Just...start.”

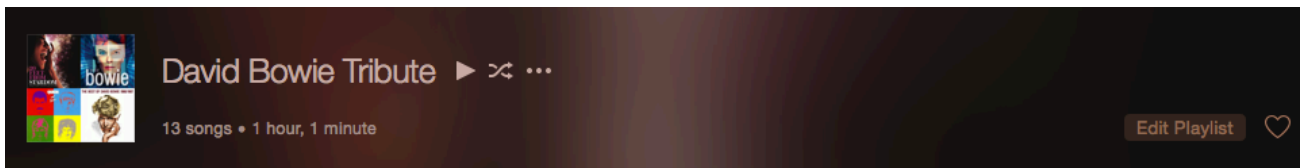


Iman Abdulmajid @The_Real_IMAN · Jan 2
Rise #imandaily

*do not worry that your
life is turning upside
down. how do you know
that the side you are
used to is better than
the one to come?*

— R U M I —





^	✓	Name	BPM	Time	Artist	Album
1	✓	Young Americans	84	5:14	David Bowie	20 Feet from Stardom - Music From The Motion Picture
2	✓	Rebel Rebel (1999 Digital Remaster)	127	4:29	David Bowie	Best Of Bowie
3	✓	Suffragette City (2002 Digital Remaster)	143	3:28	David Bowie	Best Of Bowie
4	✓	Under Pressure 112/56bpm	112	4:09	Queen and David Bo...	Hot Space
5	✓	Modern Love (2002 Remastered Version)	90	3:59	David Bowie	The Best of David Bowie 1980/1987 (Remastered)
6	✓	Heroes	113	6:11	David Bowie	Horns (Original Motion Picture Soundtrack)
7	✓	I'm Afraid of Americans (V1)	160	4:25	David Bowie	Nothing Has Changed
8	✓	Fame (1999 Digital Remaster)	96	4:15	David Bowie	Best Of Bowie
9	✓	Changes (1999 Digital Remaster)	110	3:36	David Bowie	Best Of Bowie
10	✓	Lazarus	130	6:22	David Bowie	Lazarus
11	✓	(You Will) Set The World On Fire	134	3:32	David Bowie	The Next Day
12	✓	Lust For Life 103bpm	103	5:13	Iggy Pop	Trainspotting
13	✓	Space Oddity	135	5:15	David Bowie	Changes

By Jennifer Sage, Indoor Cycling Association

Warm-up

Young Americans, 5:15, 84 bpm

Spin the legs at 84 rpm, gradually increasing resistance to bring intensity to a 4/10. (Zone 2). Add some trivia about Bowie's life.

Explain the profile: Long climb with various cadences to reflect the terrain. The third climbing song will finish very steep.

David Bowie has returned to the planet of his birth; his capsule was blasted back into the stars on January 11.

Before he died, Bowie said, "I don't know where I'm going from here, but I promise it won't be boring." I don't think anyone can ever accuse David Bowie of being boring!

Today we'll ride to his music, first encountering a long climb that will start moderate and build from there. Then we'll have a brief flat before a medium climb with switchbacks. After that, we'll play around on the flat roads for a while, including some fast-leg work.



INDOOR CYCLING ASSOCIATION

Tribute to David Bowie

*We then encounter another set of climbs; the first one will have a few fast downhill
between some very steep segments. Then it will get more consistent.
We finish with a bang, with a high-cadence effort for 5 minutes.*

Long Climb (3 songs)

Rebel Rebel, 4:29, 127 bpm

Begin climbing, building from easy to moderate. 64 rpm. Primarily seated (stand if needed for short periods).

Suffragette City, 3:28, 143

Cadence picks up to 72 rpm. If you don't touch the resistance from the last climb, intensity/power will naturally increase. Stand after "Wham bam, thank you, ma'am" at 2:52, and push hard until the end.

Under Pressure, 4:09, 112 bpm

Road rises up even more steeply, so load on the resistance. Legs slow down to 56 rpm. Stand at the beginning for 30 seconds (until they sing, "Under pressure"), then again at 1:11 when Freddie sings, "Da da da." Sit back down about 30 seconds later.

Both of these brilliant artists were taken from us too early. Freddie Mercury died back in 1991.

Stand at 2:39 when Freddie sings, "Why can't we give love one more chance?" Stay up for a minute. At 3:30 sit back down when they sing, "Under pressure."

Downhill to Flat

Modern Love, 3:59, 90 bpm

After the long climb, let the legs spin while you recover downhill. After 2 minutes, the road flattens out. Legs stay at 90 rpm, but add a little more resistance.

Climb with Switchbacks

Heroes, 6:11, 113 bpm

Slow, steep climb. Alternate seated with standing (switchbacks) every 30–40 seconds. Use the beat to guide you in and out of the saddle.

Flat to Fast Flat

I'm Afraid of Americans, 4:25, 160 bpm

Downhill recovery for 1 minute, then add resistance as the road levels out. Stay at 80 rpm.

At 1:48 when the energy picks up and he sings, "I'm afraid of Americans," add more resistance and stand until 2:08, then sit back, ease up.

At 2:44, same thing as above. Sit back down at 3:20 and ease up slightly until the end.



INDOOR CYCLING ASSOCIATION

Tribute to David Bowie

Fame, 4:15, 96 bpm

When the familiar rift starts, try to grab the beat right away. Dial in enough resistance to make it fairly hard, but not overwhelming. (Note: It's a slightly syncopated beat that isn't as easy to follow as some songs, so if you don't have cadence meters, riders may have to watch your legs. You may just want to give them a range of about 94–98 rpm.) When the song takes a short break, you can stand from 2:15 to 2:23. Otherwise, it's best to stay seated.

Standing Climb with Fast Surges

Changes, 3:36, 110 bpm

You will be doing some quick changes (see what I did there?) in this song...of resistance, that is. You'll alternate from high-resistance standing climbs at 55 rpm to seated fast-leg surges at 110 rpm, reducing the resistance for the surges, then loading it back on for the climbs. Describe the surges as fast downhill segments in a big gear. There are three surges that happen each time he sings, "Ch-ch-ch-changes..."

Begin on a heavy climb at 55 rpm. The first surge will be a test; tell your riders to pay attention to how much resistance they have to take off (and correct it on the second try if it was too much or too little).

The first surge is at 0:55. Grab the fast beat (110 rpm) and hold until he says, "Time may change me..." at 1:13. (18 seconds total)

Then pile the hill back on and stand up and climb at 55 rpm.

Surge #2 starts at 2:04; hold until 2:22. There is not much recovery before the next one—you'll stand up for only about 20 seconds.

Surge #3 starts at 2:44, hold until 3:02. Then climb out of the saddle until the end.

Long Climb

Lazarus, 6:22, 130 bpm

This is a poignant, hauntingly beautiful song. Get them climbing at 65 rpm but don't say anything for a while; let Bowie talk:

Look up here, I'm in heaven.
I've got scars that can't be seen.
I've got drama can't be stolen.
Everybody knows me now.

This song was released two days before he died. Many are saying he planned the release for shortly before he knew he was going to die.

Sit and reflect for most of this song. Stand briefly if needed.

You Will Set the World On Fire, 3:32, 134 bpm

The cadence is slightly higher than the last song. Stand up on the chorus, “You will set the world on fire.” Sit for the refrain.

Fast Flat

Lust For Life, 5:13, 103 bpm

Fast seated flat for 5 minutes at 103 rpm.

We are going to go out with a bang, just like Bowie did. If anyone had a lust for life, David Bowie did. He collaborated on the writing of this song with Iggy Pop in 1977, and it's performed by Iggy.

103 rpm is a fast clip; your goal is to try to stay with the high cadence with perfect form, staying seated. Make sure you have enough resistance on so you don't bounce. Let your intensity peak at right around threshold. You know you've paced it correctly if you can hold this for the whole 5 minutes...but just barely.

Cool-down

Space Oddity, 5:15, 135 bpm

This is another great time to recite some trivia about Bowie, or read some of the tributes you found on the Internet.

*Ground control to David Bowie. Rest well, Ziggy Stardust.
We thank you for what you gave us.*

In honor of David Bowie, let's all take risks and challenge the status quo, bring excellence, and wave your flag of individualism high!



Bowie's producer Tony Visconti wrote:

“He always did what he wanted to do. And he wanted to do it his way and he wanted to do it the best way. His death was no different from his life—a work of Art. He made *Blackstar* for us, his parting gift. I knew for a year this was the way it would be. I wasn't, however, prepared for it. He was an extraordinary man, full of love and life. He will always be with us. For now, it is appropriate to cry.”