



ICI/PRO Audio Profile #231
“The Gate”
Halloween Mixed Ride

Indoor Cycle Instructor Profile

“The Gate”- **Halloween Mixed Ride**

Created by Kim Moody

Total Class Length: 60 minutes

Profile Description

This profile is based on the urban legend, “The Gate,” in Libertyville, IL. One can find more information about the frightening place by going to www.hauntedusa.org/thegate

For this Halloween mixed ride, I wanted members to visualize the dark and desolate location so I began the class by retelling excerpts from the article to provide some background information and imagery material.

Objective

The art of this ride is delivered through music and motivation, which I believe are the two most critical elements to delivering an inspiring and fun experience. The objective is to feel the thrill of riding with a pack to an eerie, spooky location at dusk on Halloween Eve. The ride signals an adrenaline rush as spooky noises transition riders from one bone-chilling song to the next, and elevate the mood and energy level of the entire class. Riders stay focused and alert wondering what might “jump out” in front or beside them. The chosen playlist of songs have the ability to bring all riders into the same rhythm, creating a feeling of unity within the pack. Each time you say the words, “The Gate”, use a special Instructor haunting voice.

The mechanics of the ride will be to spend the first 12-15 minutes warming up and qualifying Anaerobic Threshold. The ride will then progress and be determined by the “actual” terrain that leads to River Road where “The Gate” is located and the tempo of the corresponding song. The starting point is Old School Park on St. Mary’s Road. The mixed ride will include sprints, hill climbs, and flats, and HR will float between 65% and 92% (Zones 2, 3, AT, & 4). Focus will be on periods of hard work followed by recovery.

“The Gate” Warm-up: 12-15 minutes - Prompt riders for easy pedaling while you set the stage. (2-3 minutes) *Phantom of the Opera* plays in the background during the retelling. I also like to have several lit up jack-o-lanterns or other Halloween plug-in monsters, etc around the room.

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Scene Setter – Retell excerpts from the article, “The Gate”.

Summary: One of the most frightening places in Libertyville, Il is the stone structure known as “The Gate”. Just getting to the gate can be terrifying. River Road is desolate and secluded and lined by dense forest on both sides. Even worse, there are no streetlights.....The first version of the legend says that “The Gate” was the entrance to a girl’s finishing school in the early 1950’s. The tranquility was devastated one night when the principal had a nervous breakdown and killed four of the students, and then put their head on the posts of what the residents have christened, “The Gate.”

(Song 1) Add speed to increase blood flow and HR to Zone 2. Cadence 90 – 100. *“Our journey begins. You are with your pack and joking with each other about who is the “scaredy cat” of the bunch. It’s a casual ride down St. Mary’s now as we head towards River Road. We are 30 minutes to “The Gate”. Once there, we will only hang out long enough to get a good look, and then head home”.*

(Song 2) Increase your load to Zone 3 as you start to feel your body heat up. Cadence 90. *“The casual, joking attitude has disappeared. The wind is picking up and you realize how eerie and dark the night has become. You feel like you want to run, so you ease up out of the saddle while picking up some speed.”*

(Song 3)The challenge now is to both the heart and the muscles as you load up again and increase cadence. Moving in and out of the saddle, the rolling hill becomes an almost breathless ride that takes you to AT. Feel the heat in your legs as you work hard to keep up. *“Your whole pack seems to feel the need to move quickly in and out of the saddle as we cross over St. Mary’s road onto Buckley. We are about to make the turn onto River Road. Do what you have to do to stay with your group. You don’t want to get left behind on ANY part of this journey!!!*

(Song 4) Recover to Zone 2 and establish base of 15-20 beats below AT. You have 1 to 1 ½ minutes to bring your heart rate down and settle back into steady, consistent pedaling. At 1 ½ minutes in, resistance becomes medium/hard around 85-90 RPM. *“The mood is solemn now, and everyone is quietly pedaling staying in a close-knit group. We are traveling down River Road with dense forest surrounding us on both sides. You wouldn’t want to stop here. ** From this point on, whenever you hear a spooky sound or song, it means something jumps out at you, and you tear into full breakaway mode or sprint.*

(Song 5)Alternate between seated flat (85 RPM) and seated hill (75 RPM) every :45 seconds. *“Bravery has set in. You have “a Good Feeling”, and you are relaxing and adjusting to the darkness.*

****SPRINT SONG – insert scary music or sounds (:30 sec)**

(Songs 6 and 7)The 8 minute ride breakdown is as follows:

Easy intensity for 1 minute. Moderate 1 minute. Hard for 4 minutes, and Anaerobic for 1 minute. **(Easy Seated Climb)***“You are about 25 minutes into the ride now. 5 minutes to*

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“The Gate.” (Moderate Standing Climb) The wind is howling, and the only lights you see are the reflectors on the bikes around you. You try and count them every now and then just to make sure no one is missing. You feel the terrain getting steeper. (Hard Seated Climb with heavy load) As the climb becomes intense, your strength and raw power keep you matching your team members’ pedals, stroke for stroke. (Anaerobic Standing Run) You see “The Gate” up ahead and you sense you are being chased, take off a small amount of your load and stand up to run to the middle of the pack. You aren’t the only one feeling this way. You notice several other riders standing up and running. The chase is on – no one wants to be the last man back. “Go!”

(Song 8) 1 minute to Recover to Zone 2/3. Hydrate. When ready, increase cadence to fast flat 90-110 RPM for 1 ½ minutes. *“You made it to “The Gate”. You feel the hair on the back of your neck standing up and chills run up and down your spine as you take in the scenery. You see no sign of blood or severed heads, so your pack makes a plan to enter together.*

(Songs 9 and 10) Alternate Intensities of Hard/Moderate for 8 minutes. :10/:50, :15/:45, :20/:40, :25/:35, :30/:30, :35/:25, :40/:20, :45/:15

Standing Climb (80-90) and Seated Flat (90-100). Final push through “The Gate” before turning around and heading back home. Band together, be strong and push to mid-high Zone 3 as you encounter a gravel road with large, jagged rocks, a few, the size of skulls.

****SPRINT SONG - “The Gate” is closing. Hurry and squeeze through the opening. (:30 sec)**

(Song 11) Rest for :15, then Standing Run for 3 minutes. Great song to add jumps if you want. **KEEP GOING!** *Continue running away from “The Gate”. You have 3 minutes to run as fast as you can back down River Road.*

(Song 12) Seated Flat at 90-100 RPM for 1 to 1 ½ minutes. Then, Combo Hill, Hardest hill climb of the ride 60-75 RPM. *“Finally, far enough down River Road that you are back into the dense forest and feel the reality of your narrow escape. Its eerily calm now – no wind at your back to push you. It should be a faster ride, but you feel like something has hold of your bike. The resistance is tough and fighting against you. Sit or stand as you need so that you can pull up on the loaded pedals. Everyone pushes to their limit because they just want to get home.*

(Song 13) Take 1 minute to decrease load and bring back to 90 RPM. Final 2 minutes, and final push home, work moderate to hard on a focused seated flat. *“You are almost there. Lights are beginning to come back into view. You made it! Look around, the whole pack is still together. Any tension or stress leaves your body, and your heart rate slows. Whew, back at the park!*

Cool-down and Stretch with final thoughts.....

“What tale will you pass on about “The Gate” and your Halloween ride to this mysterious and frightening Libertyville legend?”

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HALLOWEEN MIXED RIDE PLAYLIST:

Scene Setter: Phantom of the Opera by Harajuku 6:21 minutes (you will only need about 3 minutes of this song for speaking time, but may want to play it while you are doing last minute prep)

1. Bright Lights Big City, Cee Lo Green 3:38
2. The Other Side, Bruno Mars and Cee Lo 3:48
3. Crank It Up, David Guetta and Akon 3:18
4. Unstoppable, The Calling 3:58
5. Good Feeling, Flo Rida 4:07
6. Teeth, Lady Gaga 3:41
7. I Need A Doctor, Dr. Dre and Eminem 4:44
8. Sweat, Snoop Dogg 3:16
9. When We Stand Together, Nickelback 3:11
10. All of the Lights, Kanye West 5:00
11. Round & Round, Bodyrockers 3:23
12. Till I Collapse, Eminem 4:58
13. We Owned the Night, Lady Antebellum 3:18

Cool-Down Song/s of choice, I love anything by The Fray, The Script or Lifehouse.

Halloween Spooky Sounds/Music for SPRINT sections (as many as you want to put in)

Theme (Mix 1) from Halloween, The City of Prague	2:39
Out of Breath Sounds	:30
Spooky Night Sounds	:33
The Beginning of the End, The Hit Crew	1:02
Chilling Whispers	:28
Evil Laughs	:28
Sleep Little Baby	:28
Psycho	1:04

Kim Moody