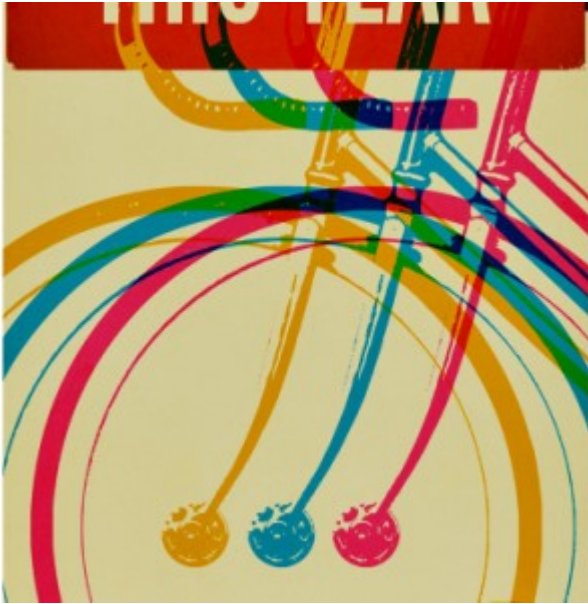


The Bike Café's Top 25 Indoor Cycling Songs of 2014



It's been another great year here at The Bike Café. In a world that's becoming increasingly hectic, I tried to make The Bike Café a go-to resource for busy indoor cycling instructors to share profiles, playlists, song ideas, and indoor cycling expertise. 206,270 visitors from 182 countries around the world stopped into the café in 2014.

That's a lot of expertise.

*The other big news in the Bike Café world was the move to a new site at www.thebikecafe.com in December, which permitted a whole host of snazzy improvements, a Facebook page (**The Bike Café Indoor Cycling Blog**) and even a Twitter account @thebikecafe1. I hope you like them!*

The blog had 675,154 page views in 2014 and 3,658,362 page views since it launched as Spinning Music way back in May 2008 when the iPhone was only a year old and the iPad didn't exist.

Once again, Americans led the viewing with 318,811 views from the USA in 2014, 82,122 from the UK, and 50,942 from my home country, Canada. Germany was the top viewing country in continental Europe with 28,104 views, Australia had 11,975, South Africa led that continent with 6,606 views, Brazil led South America with 4,687 views. Turkey led the Middle East with 3,132 views and the Philippines led in Asia with 738 views. There was even a single page view from a misguided

soul in Kyrgyzstan, who was probably looking for something else and left disappointed.

People found their way to The Bike Café in lots of different ways, typically via search engines. This blog's former incarnation, Spinning Music, was the #1 Google result for the terms spinning music, which brought in a lot of the traffic; but alas, the Googlebots haven't quite found their way to The Bike Café yet. The blog has crept to the 5th link on page 1 of search results (thank goodness – it wasn't even on page 1 last week). But if you Google The Bike Café, the link for this blog doesn't show up until page 6. Who looks at page 6? Basically, it's invisible. So if you're new to the The Bike Café, thank you for finding it!

The top five referring sites (other than search engines) were [Pinterest](#), [activegeek.nl](#) (the blog of Dutch cyclist Pierre Gorissen), [thesufferfest.com](#) (if you ride indoors on a trainer – you NEED Dave McQuillen's workout videos and training plans), [Facebook](#), and [YouTube](#).

The top 5 rides this year by page views were:

- (1) [Work Hard Play Hard Cycling Mix](#) (60 min) – 16,949 views
- (2) [Gonna Make You Sweat Cycling Mix](#) (45 min) – 8,955 views
- (3) [Rock 'n Roll Cycling Mix](#) (45 min) – 7,109 views
- (4) [Mortal Kombat Cycling Mix – High Intensity Intervals](#) (45 min) – 5,641 views (the ride that gave me my mojo back)
- (5) [A ShLOC \(Sh*tload of Climbing Cycling Mix\)](#) (60 min) – 5,636 views (my dear friend Lisa Goldman's most recent guest post)

2014 was a weird year for cycling music. There was no breakaway hit like last year's **Wake Me Up**, 2012's **50 Ways to Say Goodbye**, or 2011's **The Edge of Glory**. Most of the best songs came out in the latter half of the year. I spent a lot

of time in 2014 riding to my favourite songs from 2013 so I was delighted with the spate of great new tunes that came out this fall from the likes of Calvin Harris, David Guetta, and Avicii. German music Producer Robin Schulz's golden touch also anointed several hits that hadn't previously gotten much recognition. I struggled mightily to choose the #1 song this year. Almost every song in the Top 10 had a stint at #1 on at least one draft of the final 25 songs.

*The other interesting thing about this year's crop of tunes is how many folksy songs and songs ideal for jumps appear on the list. I wasn't able to find any decent songs for sprint intervals, and it wasn't for lack of trying. **Radioactive** comes closest. (Did you find one? Do tell!)*

1. Come With Me Now – KONGOS (3:32): South African alt-rockers KONGOS did a great job with this song that went to #7 in Canada and #31 in the USA, where it took a long time to find an audience. It was released in 2011 but didn't chart until 2014 (so I'm cheating a bit by including it, but it was one of my favourites of the year for its driving beat.) I use this one for very difficult jumps, really more of a series of standing runs that are guaranteed to leave riders sucking wind in a very satisfying way. I ended up giving **Come With Me Now** the nod because it was the song I played the most and because it's wickedly challenging.

2. Geronimo – Sheppard (3:38): I love everything about this song, the catchy chorus, the relentless energy, the inspirational lyrics about taking a leap of faith. It's the second single from this Brisbane, Australia-based band's debut album and went to #1 in Australia and was a top 10 hit in Austria, Germany, Italy, New Zealand and Poland. I'd use it for an especially inspiring warmup or a seated flat. Props to Chris over at [Chrispins](#) who first put me on to it. (If you're not following her blog, go do that right now. We'll wait.)

3. The Days – Avicii (4:38): Inspirational lyrics and a

driving beat, and it's from Avicii. Warm up or climb.

4. Uptown Funk (feat. Bruno Mars) – Mark Ronson (4:31): Best last-minute addition to the list, I love the cross-over power of this song. Riders who like Top 40 and classic rock will be equally delighted with this danceable hit. Jumps.

5. Strong – Arno Cost & Norman Doray (5:54): A cheeky disco beat, uplifting inspirational lyrics, perfect for a combo drill with alternating intervals of climbing and flat road. Another find from the awesome Chris over at [Chrispins](#).

6. Shake it Off – Taylor Swift (3:39): Wunderkind 25 year old Swift really brought it with her album 1989. This song debuted at #1 on the Billboard Top 100. I love the message and the song just happens to work perfectly for jumps or a standing climb.

7. All About that Bass – Meghan Trainor (3:38): This song's such an earworm, my four year old daughter sings it. Another debut album, Trainor's hit went to #1 in the USA, Canada, and an astonishing 56 other countries. Trainor is only 21 but has been performing and writing songs since the age of 6. This one's for jumps or a seated climb. **Shake it Off** and **All About That Bass** are probably the two songs on this list that got the most airplay in 2014, and that counts for something.

8. Waves (Robin Schulz Radio Edit) – Mr. Probz (3:28): This hit from Dutch hip hop performer Mr. Probz took off like a shot after producer Robin Schulz released a remix and became a #1 hit in six countries. I love this one for a contemplative seated flat. Riders can close their eyes and just ride.

9. Dangerous (feat. Sam Martin) [Robin Schulz Remix] [Radio Edit] – David Guetta (3:21): a relentless climb. I love the strings.

10. Prayer in C (Robin Schulz Radio Edit) – Lilly Wood & The Pr*ck (3:09): Okay, I'm totally cheating. This song came out

in 2010 but the Schulz remix didn't hit the airwaves until 2014 and it was the remix that became a #1 hit in 21 countries but strangely, not the United States, where it topped at #69 on the Billboard Hot 100. I like it for cool down energy but it's a versatile song that would also work well as a seated flat, climbing or jumps.

11. I Bet My Life – Imagine Dragons (3:13): A sweet song written for the lead singer's parents about all the trouble he caused them ("I know I took the path that you would never want for me...there's you in everything I do.") Perfect for a heavy seated climb.

12. Radioactive – Within Temptation (3:14): I never knew quite what to do with this Imagine Dragons hit until I discovered this cover by Dutch symphonic metal band Within Temptation. This one's great for a race to the finish line.

13. Angel in Blue Jeans – Train (3:24): I was able to do an entire playlist of folksy tunes this year, such was the surge in that genre with folks like Ed Sheeran, Phillip Phillips, Jann Arden (**You Love Me Back**), Train, KONGOS, and country cross-overs Taylor Swift and LeeAnn Rimes. This one's a seated flat with accelerations at each chorus.

14. Peace – O.A.R. (3:36): Sweet, sweet cool down energy from these Maryland rockers. The lyrics lament an argument between a couple: "I want love/I want us/I want you/I want me/I want peace." Another song with a folksy bent.

15. Circles – I see MONSTAS (3:29): A third find straight from Chris at Chrispins. I'd never heard of this British electronic group formed in 2012, but I loved the relentless beat of this song, one of the few this year that's suitable for really opening up on a flat road. It even gets all gospel in the middle before a big Las Vegas finish.

16. The Nights – Avicii (2:57): Ditto. Why not play **The Days** and **The Nights** back to back? This makes a nice climb or a

seated flat.

17. Liberate – Eric Prydz (5:14): Prydz has many cycling-friendly songs suitable for zoning out and just riding. This one works for a climb, a flat, or a combo.

18. Blame (feat. John Newman) – Calvin Harris (3:33): Did anyone have a better year than Harris, who took the honours at the highest paid DJ in the world this year with earnings of \$66 million, allegedly about a half million dollars per gig. This one's a climb, standing or seated.

19. A Sky Full of Stars – Coldplay (4:28): When this song came out in June 2014, it gave me hope that the year wouldn't be a total miss for music. A top 10 hit in 16 countries, I use it for warmups and seated flats. No, it's never going to top **Viva La Vida**, but frankly, what could?

20. Raging Fire – Phillip Phillips (3:55): a gorgeous seated flat with accelerations at each chorus.

21. Heaven in our Headlights – Hedley (3:09): a strong pulsing beat for a seated flat, one of the few songs this year that is particularly strong for flats. The song was released in Canada (Hedley's home country) in 2013 but didn't get released in the USA until 2014, so I figure it's still eligible.

22. Rather Be (feat. Jess Glynne) – Clean Bandit (3:48): I love the strings. I love the piano. I love the backup singers. Another #1 hit (in Britain, where the band hails from). I've used this song for seated flats and as a cool down.

23. Break Free (feat. Zedd) – Ariana Grande (3:35): a top 10 hit in 10 different countries from this up-and-coming star. You know there's a hill right? Let's climb.

24. Gasoline and Matches (Dave Aude Radio Mix) – LeeAnn

Rimes, Rob Thomas and Jeff Beck (3:47): Rob Thomas put out one of my all-time favourite sprinting songs, **This is How a Heart Breaks**, so I get excited whenever he has new music. This collaboration with LeeAnn Rimes and Jeff Beck is a grind of a climb with a country edge.

25. Hideaway – Kiesza (4:12): a climb from this young Canadian performer's debut album. She was inspired after listening to her mother play 1990s dance music, such as CeCe Peniston and Robin S, and those influences are readily apparent in the music. The song became a #1 hit in the UK, Belgium, Italy, the Netherlands, Russia and Scotland, but strangely, not in Canada (#5) or the USA (#51).

*A few more songs that I enjoyed and used quite a bit in 2014 but didn't quite make the top 25 (tough choices) include **Fireball (feat. John Ryan)** – Pitbull, **Summer** – Calvin Harris, **Maps** – Maroon 5, **Love Runs Out** – OneRepublic, **Love Someone** – Jason Mraz, **Boom Clap** – Charli XCX, **Sing** – Ed Sheeran, **Living for Love** – Madonna. Iggy Azalea's **Fancy** and Ariana Grande's **Problem (feat. Iggy Azalea)** were everywhere this year, and there are workout remixes of both songs out there, but I just didn't find them good for cycling.*



What do you think? Did I get it right? Did I miss any of your favourites?

Happy New Year to all, and best wishes for a healthy, prosperous, and vital 2015 with as much time in the saddle as you can manage.

Cynthia

Christmas / Holiday Indoor Cycling Mix (45 minutes)



I love to do something special in my classes around the holidays, so for the last week of classes before the holidays, I use a holiday playlist and give out chocolates afterward. There are enough holiday tunes out there to make a full class, but be warned – a little holiday music goes a long way. I usually only use a handful of holiday songs and try to pick

songs that won't be on heavy rotation at the mall. I fill in the rest of the playlist with a mix of (mostly) songs from the year gone by. Here's my holiday class for 2014. It's an interval profile heavy on jumps and climbing, with only one sprint that comes right at the end.

The Nights – Avicii (2:57): Warm up.

Under Control (feat. Hurts) – Calvin Harris & Alesso (3:04): Another minute of warm up, and at 1:00, add some tension and come out of the saddle into a standing climb.

Strong – Arno Cost and Norman Doray (5:54): A combo seated flat/standing climb, one minute of each, 3 sets. This is a long working interval, especially if you move right to it from the previous song.

Oh Come All Ye Faithful – Weezer (2:05): Okay, now this is

just totally mean: 8 count double-time quad-killing jumps (like a series of short standing runs), at moderate resistance takes us to 10 minutes of work before the first break comes into sight.

Waves (Robin Schulz Radio Edit) – Mr. Probz (3:28): Ahhhh... recovery. As much as you like. The whole song, if you need it. When you're ready to work again, find a flat road, close your eyes, and just ride. It's just you and the bike.

Shake It Off – Taylor Swift (3:39): I love the message in this song, "oh the haters gonna hate... shake it off..." I was in my 20s before I truly accepted that not everyone is going to like me, or what I do, and it really has nothing to do with me. That's just how it is. 8 count jumps, moderate resistance.

I Bet My Life – Imagine Dragons (3:13): Move into a seated climb for this sweet ode to parents and parenting difficult children (confession: I was one of those – sorry mom). Lead singer Dan Reynolds croons, "I know I took the path that you would never want for me/I know I let you down, didn't I?/So many sleepless nights/Where you were waiting up on me ... I've told a million lies/But now I tell a single truth/There's you in everything I do." Holidays and family occasions can be ... complicated.

Fireball (feat. John Ryan) – Pitbull (3:55): Now, in contrast, there's nothing complicated about Pitbull or his music. It's all about partying, or women, or for variety, partying *and* women. 8 count jumps. (Crikey, *more* jumps?) Yep.

Love Runs Out – OneRepublic (3:45): Here comes one mother of a hill. Seven minutes to the top. Find a moderate-hard hill and dig in. Stand and attack at each chorus.

Break Free (feat. Zedd) – Ariana Grande (3:35): Adjust the tension to a comfortable challenge level and tackle the rest of the hill standing. Who had a better 2014 than Ariana

Grande, except maybe Iggy Azalea?

Run Rudolph Run – Bryan Adams (2:43): Finish with a bike race.

All About That Neis – Maccabeats (2:44): It wouldn't be the holidays without this a cappella group and their tongue-in-cheek Hanukkah parodies of the year's most popular songs. Cool down.

Winter Wonderland – Tony Bennett (2:12): Some additional cool down, stretching and goodbye music. Substitute any favourite holiday song here.

It's getting quiet at the gym. I had only half the usual number of riders in my class today. But we all know we're only a couple of weeks from the complete chaos of every gym in January.

Every year, I set goals for myself in a number of different areas, including teaching indoor cycling and this blog. Last year, my indoor cycling goals were (1) to increase ridership in my classes, (2) learn the names of all of my regulars, and (3) support new riders in making exercise a habit. (My goal for the blog was to create and launch the new and improved Bike Cafe – yay! completed just in time.)

*To reach my indoor cycling teaching goals, I created **Cynthia's Cycling Challenge 2014** and announced it at the outset of class for the first two or three weeks in January. The challenge was simple: complete 12 indoor cycling classes in 12 weeks and win a prize package. I printed business cards at home that had room for each rider's name and the numbers 1-12. When they signed up for the challenge, I put their name on a card and gave them a check mark on the card at the end of each class. (Of course, I hoped they'd take my cycling classes, but I wasn't fussy – if they told me they'd been to another cycling class, I gave a check for that one, too.)*

About two dozen riders signed up and the results were pretty

much what you'd expect: some got one check mark and I never saw them again, others got to three or four checks before dropping out. One inexplicably completed the challenge and never returned to collect her prize. In the end, half of the participants completed the challenge, which I thought was pretty good, and about two-thirds of the participants remain regular or semi-regular riders in my classes. And I know all of their names now!

In early April, after the challenge was complete, I made up a prize package for each successful rider with a Certificate of Completion, a CD of my favourite workout songs, half a dozen healthy recipes, a copy of [Nutrition Action](#) magazine, and some swag from my gym (a t-shirt and head band). If you haven't seen Nutrition Action magazine, you should check it out. It's the publication of the Center for Science in the Public Interest, a non-profit consumer watchdog in the field of food, health science, and nutrition. They're sort of like the Consumer Reports for food. They summarize the latest science plus review and rank foods, which definitely makes it easier to choose healthier foods at the grocery store, even if you're a consummate label reader.

*I'm going to run an **Indoor Cycling Challenge** again in 2015, but with a twist: I am going to ask each participant to set his or her own goal for the challenge. I found that one class a week was too easy for those who were already regulars (my most regular rider hit 12 classes about 3 weeks into the challenge), and I want to offer something for them, too. I will also collect email addresses and send out a short weekly note with a couple of health or fitness tips and maybe a preview of my playlist for the next class.*

How about you? What are your indoor cycling goals for 2015?

Up and Down the Ladder Cycling Mixes (50 minutes)



Mixes (plural)? Yep, I'm going to bust out of this long hiatus with not one but two new playlists, both based around the same profile.

I've been experimenting a bit with Spinning-style rides; that is, rides where the music is superimposed on a profile and where the music doesn't always support the work. I got the ladder idea from the indefatigable Chris over at Crispins (check out one of her ladder profiles [here](#)) who, in turn, got her idea from someone over at [Pedal On](#).

My version is made up of three 10 minute "ladders" plus a warm up and cool down. Each ladder starts with a standing climb up to the top:

30 seconds on/30 recovery (seated)

40 seconds on/30 recovery

50 seconds on/30 recovery

60 seconds on/30 recovery

Now, we head down the ladder with a fast seated flat:

60 seconds on/30 recovery

50 seconds on/30 recovery

40 seconds on/30 recovery

30 seconds on/30 recovery

Then we start the whole thing again for ladder #2. I inserted a jump song at the end of ladder #2 for variety and to introduce a longer working interval. After the jumps, we move on to ladder #3 and finish as usual with a cool down and some stretching.

Here's the playlist I used for the first **Up and Down the Ladder** class:

PLAYLIST #1

Warmup

Prayer in C (Robin Schulz Radio Edit) – Lilly Wood & The Prick & Robin Schulz (3:09): Schulz's remix topped the charts in 21 countries this year and made the Top 40 in both the USA and Canada. Ride easy to this finger-tappin' warmup while you explain the day's profile. For new riders or those who've been off the bike for a while, the news that there is only one working interval longer than 60 seconds will come as a relief. Regular riders will need to push during the working intervals and ensure they need the breaks when they come, or they may not find it challenging enough. I coached them to push for something that feels just-short-of-breathless in each working interval.

I've structured the playlist so that the music will mostly – 90-95% – support riders' effort, but there are a few spots in this ride where riders will still need to work when the music slows down or fades. In those situations, it's mind over

matter. I like to warn them to expect this and focus on maintaining their effort.

Ladder #1: Dueling DJs

Fine Without You – Armin van Buuren (6:26): Currently the #3 DJ in the world, according to DJ Magazine.

Long Road to Hell – Avicii (3:43): Currently the #6 DJ in the world, but he's a mere pup, born in 1989 to van Buuren's old-timer status (born 1976).

You'll notice each ladder is made up of one longer song and one shorter song totaling about 10 minutes.

Ladder #2: Guitars and Drums

Swamp Thing – The Grid (7:15): Heading back to the '90s for this ladder, Swamp Thing was released in 1993. (This is the song people ask me about after class.) Yee-hahs optional.

Drum Trip – Rusted Root (3:45): Released in 1994.

Intermission:

Jump (Malinchak Dub Mix) [feat. Nelly Furtado] – Flo Rida (7:01): I'm gonna go out on a limb here and theorize that Flo Rida has taken an indoor cycling class or two. 4 count jumps, moderate resistance – basically, anything in the range of 65-75% of riders' maximum capacity is fine with me. This is what I'd call a comfortable challenge – it's work, you know it's work, but it's not hard work. Riders should be able to converse in full sentences.

Ladder #3: Techno v. Metal

This ladder is a shout out to two of my regular riders, one who loves trance, and the other who can't get enough metal. I like both genres, but I think I might be the only person in the universe who does.

Blade (Jon Doe & Kutski Remix) [feat. Red Monkey] – Warp Brothers (6:51): We don't know why it's called Blade, because the song is entirely instrumental.

Kickstart My Heart – Motley Crüe (4:43): We do know what this song's about. Nikki Sixx wrote it about a 1987 drug overdose in which he was declared dead but was revived by a paramedic. We won't mention that bit in class. Or the bit where the song was used in an episode of The Office when Dwight gets pumped up before meeting a client. BTW, if you haven't seen the clip where Dwight takes over an indoor cycling class, you can watch it [here](#).

Cooldown

ART OFFICIAL CAGE – Prince (3:42): Some new Prince!

Dangerous – David Guetta (3:21): Some extra time for cool down and stretching.

PLAYLIST #2

I got really good feedback from my class on my first ladder class so I decided to run the ladder ride again a couple of weeks later with a different playlist. I think I might even like this playlist a teensy bit more than the first one.

Warmup

The Days – Avicii (4:38): Goodygoodygoody, a new Avicii song. That's Robbie Williams on vocals. Dare you not to tap your feet to this sunny, upbeat tune.

Ladder #1:

I've kept the idea of a longer and a shorter song in each ladder, but reversed them for this profile so that the shorter song comes first.

Blame (feat. John Newman) – Calvin Harris (3:33): More new music (released September 2014) from Scotland's Harris, who might have come in at #11 on DJ Magazine's Top 100 poll but was the highest paid DJ in the world this year according to [Forbes](#) magazine, which reported that the 30 year old Harris pulled in a cool \$66 million dollars – more than double the take of the #2 DJ on the list, David Guetta, who earned a paltry \$30 million in comparison.

Pistolero – Juno Reactor (6:14): I've had this song on my on deck list for a while, so I was delighted to finally use it. It has a Latin vibe and great energy.

Ladder #2:

Dangerous (feat. Sam Martin) [Robin Schulz Remix] [Radio Edit] – David Guetta (3:21): New Guetta, released in October 2014.

Tosh (Gosh) – Fluke (6:31): Dates from 1995 but when the drums kick in at 0:45, its relentless.

Intermission:

Uptown Funk (feat. Bruno Mars) – Mark Ronson (4:31): Brand new (released in November 2014) and hovering near the top of the iTunes chart. Everybody needs a little funk now and then. Four count jumps. As with the previous profile, anything that riders can call 'work' with a straight face works for me. New riders might prefer to ride easy and just recover before the final ladder.

Ladder #3:

Divine Sorrow (feat. Avicii) – Wyclef Jean (4:39): A new song from Haiti's Jean, the proceeds from which will benefit the Global Fund to Fight AIDS, Tuberculosis and Malaria. I've been sweet on Jean since his 2008 tribute to Venus Williams in **I'm Ready** in which he urges her, "don't stop, even if you clash with the Titans." It's a rare song about a woman that

has nothing to say about her beauty or appearance but instead celebrates that she's a "master of all turfs" and that her "serve is like lightning." If you like, you can swap out **Waves** or **Rather Be** and use it for one of your cool down songs.

Strong – Arno Cost and Norman Doray (5:54): Finish up with some inspirational lyrics and a cheeky, cheeky disco vibe.

Cooldown

Waves (Robin Schulz Radio Edit) – Mr. Probz (3:28): A beautiful, contemplative song. This would be a great track to just close your eyes and ride.

Rather Be (feat. Jess Glynne) – Clean Bandit (3:48): from the lilting beat to the strings and the backup vocals, it's pop perfection. When I first heard **Rather Be** in a shop, I couldn't wait to Shazam it to find out the title and artist. (Yep, I'm that weird person holding her iPhone up to the speaker in the ceiling.)

Other Uses for Ladders

Both of these playlists have lots of energy and would probably work well with a number of different profiles. Any of the six single ladders (2 songs) will also work well if you need to expand one of your own rides to fill a longer class. I subbed a 55 minute early morning class a few weeks ago, and since my lunch time classes are all 45 minutes long, I needed to add 10 minutes to the ride I planned to use. I added a single ladder to the end of a different ride and hey presto, a 55 min ride.

And a confession...



Augh, I know I promised an iTunes widget so folks can preview songs right from the blog. But I can't &%?&? figure out how to insert it, and it's nearly 11:00 p.m. on a Sunday night, so I'm going to have to call Dave Moore (a.k.a. my web guru), and edit this post to add one later. I neglected to mention that web guring is actually Dave's sideline – his main gig is [Satya Tea](#). The company tagline is Liquid Wisdom. I don't know if I'm any wiser for drinking the tea, but it is some of the best tea I've ever had. The Jasmine Sunset Green tea is heaven in a cup and they have a delicious Oolong tea called Iron Goddess.

Look for an updated post with an iTunes widget this week, along with a **Christmas Ride**. And stay tuned for The Bike Cafe's annual **Top 25 Indoor Cycling Tunes of 2014** before year-end. What were your favourite indoor cycling songs of 2014?

[Welcome to the Bike Café!](#)

SpinningMusic
Songs and Playlists for Indoor Cycling / Spinning Classes

HOME ABOUT WARMUP CLIMB SPRINTS LIFTS/JUMPS LEAD/SINGLE LEG COOLDOWN READER PLAYLISTS THE BIKE CAFE

Beautiful Day Spin Mix (41 minutes)

No thematic connection here - these are just some of my favourite songs each of the major spinning drills. Mix and match at will.

Beautiful Day - 02 (4:58) I've always felt that warmup and cool-down songs aren't interchangeable. A good warm up song has an expansive energy about it. It lifts you up and makes you want to move. This song fits the bill perfectly.

Stronger - Kanye West (5:52) Crank up the tension to 8/10 and start climbing. After each chorus, jack up the tension another notch or two. This is a challenging climb because it's more than 5 minutes long.

Tongue-Tied - Faber Drive (3:33) A bit of recovery for the first 30 seconds of this song, then three sprints down the hill: 30/30/50 seconds at each chorus. Stay with it through the a cappella bit near the end.

Ohk La La - Goldfrank (5:28) My good friend Jen put me on to this song, which is just what I needed - 4/10 and counting. It starts at

PAGES

- About
- Climb
- Cooldown
- Lead/Single Leg
- Lifts/Jumps
- Reader Playlists
- Sprints
- The Bike Cafe
- Warmup

ARCHIVES

- March 2014
- January 2014
- December 2013
- October 2013
- September 2013
- July 2013
- June 2013
- April 2013
- March 2013

Same blog, new name and location! After 6.5 years and 3.6 million views, Spinning Music has become The Bike Café and moved to www.thebikecafe.com. (When you visit the blog from now on, you'll automatically get redirected to the new site.)

When you check out the Bike Café, you'll find some major

improvements:

- All posts and profiles are now printer-friendly. (Just click on the printer or PDF buttons at the bottom right of each post). The PDF prints a longer document with a larger font, while the Print widget is more compact.
- The Reader Playlist page and Bike Café page have both become forums. No more clunky loading, plus the ability to comment on topics separately. Most important, the forums are searchable, so if you remember seeing a great theme ride, you can find it quickly and easily when you need it. The forums will look skimpy at first, but will soon be filled with kick-butt playlists and profiles and great advice from indoor cycling instructors worldwide. Meanwhile, you can access all previous Reader Playlist and Bike Café posts under the Forum Archive tab. Those contributions are now separated into pages so they should load faster than before. Unfortunately, we were not able to extend the search function to the archives or to comments but most of the blog content is included.
- Social media integration. The Bike Café now has a Facebook page (like it to receive new posts there!) and you can follow me on Twitter @thebikecafe1.
- Mobile compatibility. The site is now optimized for mobile viewing.
- iTunes playlists for new profiles going forward, so you can preview songs and decide what you like right from the blog. (This is probably the #1 request I've had over the years.)
- Edited links. I've placed the freshest, most recently updated sites at the top of the list of other sources for indoor cycling profiles and playlists and moved the links for sites that are no longer being updated to the bottom of the list. (There's still good stuff there, which is why I kept the links.) For sites that are no longer being updated, I list the month and year of the last update if you hover on the

link.

– Most posts, more often. I've been holding off on creating new posts during the transition (which has taken way longer than I thought – sorry about that!) I have 15 profiles in the hopper and will be posting more frequently – about once every week or two – until they are up to date. Once up to date, you can expect one or two new posts per month. If you subscribed to Spinning Music, no worries – all 1,830 subscribers have been transferred to The Bike Café. Unfortunately, I was not able to transfer over those who've subscribed to comments only. If you are still interested in following a particular post rather than the blog as a whole, you'll need to re-subscribe. All you need to do is navigate to the post, scroll down to the bottom left, click on subscribe, then enter your e-mail address.

So far, The Bike Café tests fine in Google's Chrome browser and in Firefox but we haven't tested it in all browsers. If you experience technical issues, try a different browser. Please leave a comment or e-mail me at bikecafeblog [at] gmail [dot] com to let me know about any issues so we can fix them.

Why'd you change the name of the blog? I like Spinning Music.

I do, too. When I started blogging in 2008 I inadvertently chose an easy, descriptive name that became the #1 search result on Google for the terms "spinning music". But Spinning is a trademarked term, and the folks over at Mad Dogg Athletics (who own the trademark) asked me to change it, so I did.

I see ads now! What's up with that?

WordPress always incorporated some ads into their free blogs, but you might notice more ads now. Hopefully they will remain unobtrusive. Right now, I am using Chitika, but I will likely move to Google AdSense in 2015. I decided to include ads on

the site for three reasons. First, I want to be able to devote more time to the site, and that becomes easier to do if there is a revenue stream coming from it. The blog will always be a labour of love for me and it's been entirely a volunteer effort for the past six and a half years. I am looking forward to being able to set aside more time for it on a regular basis. Second, I am not exactly a tech guru. I knew what I wanted to do to improve the blog but not how to do it. I enlisted the help of web designer extraordinaire Dave Moore, over at [ShadesColour](#) to do the heavy lifting for me, and I think he did a great job. (Mobile compatibility was Dave's idea.) Thanks for pulling me into the 21st century, Dave! Third, I love free content, and I want the content at The Bike Cafe to remain free forever. No pay walls or subscriptions or premium memberships. Just kick-butt profiles and playlists and the same amazing community of indoor cycling instructors from around the world.

What's the donation button all about?

It's my stab at crowd-funding for the site improvements. If you enjoy the site and use the profiles and playlists in your classes and you'd like to contribute, there's now a way to do so via PayPal.

When will you post your next ride?

Very soon! Look for it this week.

Dave and I have worked hard on this over the past few months and I really hope you like the changes. I'd love to know what you think. You can leave a comment on this post, or e-mail me at bikecafeblog [at] gmail [dot] com. C'mon over to The Bike Café, order a latte, and hang out for a while.

Warm regards,

Cynthia

Important News about Regular Contributor Lisa Goldman

Folks, I have important news to share. Longtime Spinning Music contributor and guest-blogger Lisa Goldman has just been handed the fight of her life. In January 2014, she was diagnosed with Stage 4 lung cancer.



Lisa first guest-blogged at Spinning Music way back in 2010 when I took a mat leave from indoor cycling after having my daughter, but was a regular commenter long before that. You can find her very first guest post [here](#). Lisa also guest-posted one my all-time favourite rides, the Sh*tload of Climbing Ride, [here](#). Over the years, we've been in touch via e-mail and Facebook and discovered we have a lot more in common than our love of indoor cycling. We're both 40-something moms of young kids, lawyers who've found a path outside the traditional practice of law, both with interests in nutrition, photography, reading, and a keen love of handmade ceramic mugs. If we lived closer than 6,000 km apart (that's 3,700 miles for American readers), I know she and her husband Eric would be regulars on the back deck, and no doubt my husband Terry would do his level best to convert them from vegetarianism to his love of barbeque.

Lisa has decided to blog about her experience over at [Every](#)

[Breath I Take: A Blog About My Journey With Lung Cancer](#). She gave her permission for me to tell you about her diagnosis and link to her blog. Lisa has chosen to blog about this very personal subject for two important reasons: first, to spread awareness of the early symptoms of lung cancer (hers wasn't caught until nearly three months after she first experienced symptoms) and second, to advocate for more attention, research and funding for this stigmatized disease and to remove the stigma. Nobody deserves to get cancer.

Early lung cancer can masquerade as a bad cold involving chest congestion, coughing and body aches. It might look like a lingering dry cough you can't shake, or be misdiagnosed as pneumonia.

Lung cancer is the second leading cause of death in the USA yet it is the least-funded of the major cancers in terms of research dollars per death, in part because of the notion that it is self-inflicted. (In Canada, only 7% of cancer research-funding and fewer than 1% of cancer donations are directed to fighting Canada's deadliest and most common cancer. That's not a typo.)

Did you know that 80% of lung cancer patients are non-smokers, just like Lisa? In North America, 15-20%, like her, have never smoked? In Asia, 30-40% of lung cancer patients have never smoked. In Lisa's words, "Lung cancer can strike anyone with lungs." Did you know that women are 1.5 times more likely to develop lung cancer than men, and that lung cancer – not breast cancer – is the deadliest cancer for women? Did you know that an estimated 15% of all lung cancers are caused by exposure to [radon gas](#), in our homes, schools and workplaces? Other causes include exposure to second-hand smoke, asbestos and other substances, as well as genetics. (All stats are from the [Lung Cancer Canada](#) website.)

What can you do? Lots, actually.

First, you can support Lisa by sending prayers and good vibes to her and Eric and their kids and by following her journey via her blog. Lisa's blog is not set up to accept comments but you can send well-wishes to her by commenting on this post. I will forward a link to her when I post it, and she can sign up to receive notification of comments on the post. She is using all of her energy to fight this cancer, so she will not be able to respond to you personally, but if you ever wonder whether your support makes a difference, Lisa explains what this support means to her [here](#).

Second, learn and memorize the early symptoms of lung cancer. Chest CT scans are the latest tool for early detection and it was a chest CT that caught Lisa's cancer.

Third, if you or anyone you love still smokes, do whatever you can to support them in quitting. (Full disclosure: I started smoking in high school in a misguided attempt to appear cool. I quit nearly 20 years ago, but I still remember exactly how hard it is to quit. Honestly? Giving birth was easier. A lot easier. So was completing law school.)

Fourth, do what you can to avoid exposure to second-hand smoke. Most North Americans now live in communities where all indoor smoking is banned in public places but if you live in another country, or with a smoker, it may still be an issue.

Fifth, find out if radon gas is a problem in your area. (It is idiosyncratic and levels can vary widely among houses on the same street.) If radon is present in your neighbourhood, get your home tested for radon gas and ask if your workplace or school has been tested. If your home, school or workplace is high in radon, effective remediation options exist.

Sixth, reach into your pocket today and make a donation to lung cancer research in your country – in Canada, you can donate online here: <http://www.lungcancer canada.ca/> and in the USA, here: <http://www.lungcancer foundation.org/contribute/>.

Last, talk about lung cancer. Tell the riders in your classes. Share this post. Help erase the stigma. Ask your riders to consider making a donation if they can. This blog had more than 400,000 visitors last year. If each visitor told one class of 20 riders about lung cancer and shared Lisa's story, we would reach more than 8 million people in 189 countries. And folks, that's a movement.

Big hugs and props to you Lisa, my dear, witty, intelligent, passionate, brave, all-round fabulous friend. F*ck cancer.
