

Jul 10

TRACK MUSIC

- | | | |
|----|-----------------|--|
| 1 | RIDE | Alive • The Black Eyed Peas |
| 2 | TERRAIN | Sweet Dreams • Beyoncé |
| 3 | ROLL | Life In A Northern Town • The Dream Academy |
| 4 | INTERVALS | Are You Ready For The Action • Kanasutra |
| 5 | CHASE | Saturday Night's Alright For Fighting •
Mickieback feat. Kid Rock and Dimabag Darrell |
| 6 | SPIN | Magnificent • U2 |
| 7 | CLIMB | One (Always Hardcore) • Scooter |
| 8 | CELEBRATE | In The Summertime • Shaggy |
| 9 | STRETCH | Haven't Met You Yet • Michael Buble |
| 10 | BONUS RIDE (1) | Party In The U.S.A. • Milley Cyrus |
| 11 | BONUS CHASE (5) | Thriller • Michael Jackson |

Not all songs are performed by the original artist(s)

BEHIND JUL 10

The campaign: *time flies!*

What they raved about in testing: "the music is very uplifting and gives off a lot of energy which is so fun when the class gets involved."
"loved the sound of heavy breathing and the 'spent' response when we hit it hard!"

"This was a very challenging release and the participants rated it very high."

Most memorable moment: "the climb it was great to see participants of all capabilities get so much out of this workout!"

Song & Programming that scored the highest in testing: u2's magnificent and the climb track.

Check out the Education: build greater workout success as you develop simple strategies: coaching resistance - jul 10.

Take your class from exercise to entertainment as you learn to make the most of your partner in the group fitness room: music - your assistant coach.

GROUP
RIDE

© BTS 2010. All rights reserved.

LET'S MOVE!

time flies!

FOR EDUCATIONAL USE ONLY

GROUP
RIDE

JUL 10

When we come down to bar as relaxed as you are at the top.

not just turning for looks

← This section is a great spot to help improve your participants' execution. There is plenty of time available to make good use of your ICD skills.

← Use cues like, "add resistance until it feels like a hill" or "add resistance until your pace must slow down". This will help establish the technique for the seated hills in Terrain.

legs sld be starting to feel alive

-hands - on, on, rise

TEACHING TARGET: Coach appropriate use of resistance for a climb when in the 1/2 pace Ride section. The pace should not slow until the resistance causes it to slow. After the climb, back accelerate back to 1/1.

P.S. It is important to stick with a new release for a period of time. This timeframe prior to Mixing and Matching is known as Shelf Life and it varies based on program and the number of classes offered. Confidence to push the limit a bit and find greater success with a release builds over time as familiarity with music and movement increases. Moving on too quickly may prevent some from experiencing this success. Honoring the Shelf Life is a means of building participant confidence.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
QV I got so much love	32	Seated Coast	slow		
QPC And it's TRUE that I	32	Ride	build	▲	
C You make me feel ALIVE	32	Ride	1/1		
V (Fergie) You SAY that I'm	64	Ride	1/1		
PC And it's TRUE that I	32	Ride	1/1	▲	
C You make me feel ALIVE	32	Race	1/1		
V (Fergie) You SAY that I'm	64	Ride	1/1		
PC And it's TRUE that I	32	Ride	1/1	▲	
C You make me feel ALIVE	32	Race	1/1		
Br (low synthesizer)	16	Ride	1/2	▲	
Chg (will.i.am) ■ Hey girl	64	Ride	1/2		
PC Chg And it's TRUE that I	32	Standing Climb	1/2	▲	
C Chg You make me feel ALIVE	32	Standing Climb	1/2		
RP I got so much love	32	Transition to Ride	build	▼	
Inst (synthesizer)	32	Race	1/1		34s
C You make me feel ALIVE	32	Race	1/1	▲	to end
Outro (low synthesizer)	3	Transition to Seated Coast	slow		

Calibration

5% start of 1st Ride turn

When choppy - rough then back off to smooth that about 50% sld be where you are before standing everyone will take a different number of bars to get there.

head drops

$R_a \quad R_a \quad R_a \quad R_{qst}$

29

BEHIND THE TRACK: This is the first time in Terrain that we have alternated between a climb in the Ride position and Race.

TEACHING TARGET: *The 1/2 pace Ride position sections are climbs. When transitioning, coach participants to add resistance until it forces the pace to slow down. Simply slowing without resistance will make the track slow without easy.*

... extremely

the acceleration from 1/2 Ride to 1/1 Race happens before the resistance is reduced from climb. If the resistance is appropriate, participants should really feel the effort of the acceleration. Be sure to use the appropriate resistance.

Strategies: Coaching Resistance - July 2010.

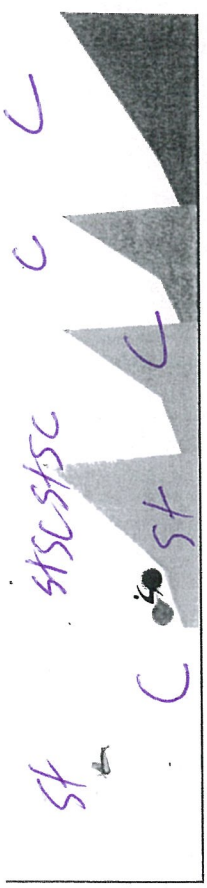
GRADUALLY INCREASE WORKOUT INTENSITY WHILE ROLLING OVER HILLS

6:31

The Dream Academy

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (guitar + piano)	16	Seated Coast	slow		
Inst (ADD synthesizer)	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
Inst (synthesizer + bass)	64	Standing Climb	1/1	▲	24 sec
QC And HEY ma ma ma	32	Transition to Ride	slow	▼	
V A SALVATION army band played	64	Ride	1/1		
C And HEY ma ma ma	64 1-16 17-32 33-48 49-64	Standing Climb Combo Standing Climb Ride Standing Climb Ride	1/1 1/1 1/1 1/1 1/1	▲ ▲	
V They SAT on a stormy ground	64	Ride	1/1	▼	
C And HEY ma ma ma	64	Standing Climb Combo	1/1	▲	
Inst (light bass)	32	Ride	1/1	▲	
Inst (synthesizer)	32	Ride	1/1 or 1/1+		10-12 sec
Inst (guitar + piano)	16	Seated Coast	slow	▼	6 sec
V A SALVATION army band played	64	Ride	1/1		
C And HEY ma ma ma	64	Standing Climb Combo	1/1	▲	
V They SAT on a stormy ground	64	Ride	1/1	▼	
C And HEY ma ma ma	64	Standing Climb Combo	1/1	▲	
QV EVENING had turned to rain	32	Ride	slow	▼	
V And though he NEVER would	32	Ride	1/1		
Br (empty)	4	Ride	1/1		
QC And HEY ma ma ma	1-16 17-32	Transition to Standing Climb Standing Climb	slow build	▲	
C And HEY ma ma ma	1-16 17-32	Standing Climb Ride	1/1 1/1		50s to end
C Chg And HEY ma ma ma	64	Standing Climb Combo	1/1		
Inst (light bass beat)	32	Ride	1/1 or 1/1+		12 sec

slides!



28
1/16
1/2

6 hills

1st-Preparation
find resistance that makes your
body rise
find resistance 1st then pace
preparation done!
- hot-flat just lighter
Stay close to the workout.

1st Hill
2nd Hill
3rd Hill
little steeper! each time 2 up 2 down
just a little break. share a little off
option to stay down - longer break if needed.

4th Hill
5th Hill
bigger break

6th Hill
3 up
3 down
BEHIND THE TRACK: The "Hey ma ma ma" lyric
found in this song appeared in the Spin track,
Sunchyeme, on the Summer 07 Group Ride
release. The full song was chosen here because
it has a great musical energy to meet the track
objective of Roll.

TEACHING TARGET: On the first of the six
hills, coach participants to adjust the resistance
as needed to find the appropriate climbing
or decreases and then to only make small increases
does not need to vary widely over the course of
the track.

Kamasutra 6:25 Are you ready

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (synthesizer)	16	Ride	slow		
Inst (ADD drum beat)	1-16 17-32	Ride	slow build	▲	52 sus
Inst (synthesizer builds)	96	Ride	1/1	▲▲	
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		40s 26 sus
MT (ADD countdown)	32	Standing Climb	1/1R	▲	to break 13 sus
Inst (synthesizer)	16	Transition to Ride	slow	▼	
Inst (ADD drum beat)	1-16 17-32	Ride	slow build		
Inst (synthesizer builds)	64	Ride	1/1		
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		
MT (ADD countdown)	32	Standing Climb	1/1R	▲	
Inst (synthesizer)	16	Transition to Ride	slow	▼	
Inst (ADD drum beat)	1-16 17-32	Ride	slow build		
Inst (synthesizer builds)	32	Ride	1/1		
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		
MT (ADD countdown)	32	Standing Climb	1/1R	▲	
Inst (synthesizer)	16	Transition to Ride	slow	▼	
Inst (ADD drum beat)	1-16 17-32	Ride	slow build		
Inst (synthesizer builds)	32	Ride	1/1		
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		
MT (ADD countdown)	32	Standing Climb	1/1R	▲	
Inst (synthesizer)	16	Transition to Ride	slow	▼	
Inst (ADD drum beat)	1-16 17-32	Ride	slow build		
Inst (synthesizer builds)	32	Ride	1/1		
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		
MT (ADD countdown)	32	Standing Climb	1/1R	▲	
Inst (synthesizer)	16	Transition to Ride	slow	▼	
Inst (ADD drum beat)	1-16 17-32	Ride	slow build		
Inst (synthesizer builds)	32	Ride	1/1		
Inst (drums build)	16	Ride	1/1		
Br Are you ready for the action	8	Transition to Standing Climb	1/1	▲	
MT (synthesizer + bass beat)	64	Standing Climb	1/1		
MT (ADD countdown)	32	Standing Climb	1/1R	▲	

first!

43 82 st 52 st 37 st 22 st
 113 45 slow 52
 Ride Ride Ride
 climb climb climb
 3945 ride 45
 1 ride (short)

BEHIND THE TRACK: Part of the reason this track was chosen was for the great opportunity to work with the lyrics to create intensity.

TEACHING TARGET: The work duration is consistent for each of the four working sections. The challenge increases because the rest duration between working intervals becomes shorter as the track progresses.

The resistance decrease at the end of each interval cycle should not be a large one. Coach the pedals don't get stuck when returning to Ride. Let participants know that if the resistance is appropriate they should be very ready for a break at the end of each countdown section.

Breaths getting shorter

4 identicals working sections of 40sec
 hunt the pace
 the breaks however are not so identical
 don't stand until you need to,
 back down enough that you don't get stuck.
 Just a little tighter
 preparation for 2nd interval.

1-22 34 41

117

1-44 1-7

157

Nickelback feat. Kid Rock and Dimebag Darrell 5:10

INCREASE ENDURANCE CHASING, CATCHING & PASSING THE LEADER

5 chances to go get it

Inst	LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
V	It's GETTING late	16	Seated Coast	slow		
Br	WHOOAAA	64	Ride	1/1	▲▲	
C	■ Don't give us none GET about as oiled	8	Ride	1/1	▲	
Ref	Alright, ALRIGHT, ooh	64	Chase Combo	1/1		
		1-32	Standing Climb	1/1		
		33-64	Race	1/1		
V	PACKED pretty tight in	16	Race	1/1		
Br	WHOOAAA	64	Ride	1/1 or 1/2	▼▲	
C	■ Don't give us none	8	Ride	1/1	▲	
Ref	Alright, ALRIGHT, ooh	64	Chase Combo	1/1		
		16	Race	1/1		
Inst	(guitar)	16	Ride	1/2	▼	
V	It's GETTING late	64	Ride	1/1	▲	
Br	WHOOAAA	8	Ride	1/1	▲	
C	■ Don't give us none	64	Chase Combo	1/1		11 secs
Ref	Alright, ALRIGHT, ooh	16	Race	1/1		up
V	PACKED pretty tight in	64	Ride	1/1 or 1/2	▼▲	
Br	WHOOAAA	8	Ride	1/1	▲	
C	■ Don't give us none	64	Chase Combo	1/1		
Ref	Alright, ALRIGHT, ooh	16	Race	1/1		
Inst	(guitar)	32	Transition to Standing Climb	1/2		
Inst	(guitar solo)	32	Ride	1/1		
Br	WHOOAAA	8	Ride	1/1	▲	
C	■ Don't give us none	64	Chase Combo	1/1		44s
Rep	SATURDAY, Saturday	1-16	Standing Climb	1/1		to end
		17-32	Race	1/1		
Rep	SATURDAY, Saturday	1-16	Standing Climb	1/1		15 secs
		17-32	Race	1/1		
Outro	(sustain + fade)	8	Transition to Seated Coast	slow		

quite slow, and in

BEHIND THE TRACK: The edgy feel of the guitars and the rhythmic intensity of this song make it a perfect choice to meet the track objective of Chase.

TEACHING TARGET: Coach the option of slowing pedal speed down briefly at the beginning of one or more of the verse (V) sections to reduce physical intensity.

by Saturday

0 st Ra 8 8 8 8

st Ra 34 15 23

st Ra 34 15 23

st Ra 41 15 23

st Ra 41 15 23

st Ra 41 15 23

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (light synthesizer)	32	Seated Coast	slow		
Inst (bigger synthesizer)	32	Stress Reversal UT L/R (lat flex neck w/ reach behind)	slow		
Inst (ADD electric guitar)	32	Ride	build	▲	
MT (full band)	48	Ride	1/1 or 1/2		
V I was born	72	Ride	1/1 or 1/2		
PC OH oh, oh oh	8	Transition to Race	1/1 or 1/2		
C Only love	80	Race	1/1 or 1/2		37s
V I was born	72	Ride	1/1 or 1/2		
PC OH oh, oh oh	8	Transition to Race	1/1		
C Only love	96	Race	1/1		45s
Inst (lighter) Only love	1-16 17-32	Transition to Seated Coast Stress Reversal Ant Delt (ext shoulders)	slow slow		
Inst (builds) Only love	1-16 17-32	Seated Coast Transition to Ride	slow build	▲	2m
C Only love	120	Race	1/1		to end
C ■ Justified 'till we die	24	Race	1/1		
Inst (guitar + rhythm)	32	Race	1/1		45s
Inst (light synthesizer) Only love	64	Race	1/1	30secs to end	

hand sweep

600
5/11

32
64
96
128

Connect eye contact.

let the pace go a little

2m to 2 mountains

BEHIND THE TRACK: This song scored the highest for music during the Testing Phase of Program Development.

TEACHING TARGET: Coach the fact that Spin is an opportunity to work endurance through maintaining a quick, steady pace. Participants self-select their intensity based on what they need and how they need to prepare for Climb.

P.S. Check out the video Teaching Target Spin Track - Under The Microscope from the Spring 09 release for more information about how this track fits into the brand architecture.

Only 2 mountains

Nothing compares to this

Not only climbing but we ramping

options

We gonna make this hill harder & the thing is we don't have to touch the dial

BEHIND THE TRACK: This track rated the highest for programming during the Testing Phase of Program Development.

TEACHING TARGET: Coach that if the resistance is correct and if participants are going for it physically it should become difficult to keep pace by the end of each ramp. This is especially true of the last ramp because participants will already be very fatigued and it is faster than the two ramps before it.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (acoustic guitar)	16	Seated Coast	slow		
Br (sound effect)	4	Transition to Ride	slow		
Inst (light bass beat)	16	Ride	slow	▲	
V (heavy) I am the horseman ■	64	Ride	1/1		
Inst (empty + pulsing synthesizer)	24	Ride	slow	▲	
QC Yea-ee-aa-AH, yea-ee	1-16 17-32	Transition to Standing Climb Standing Climb	slow build		
QC Yea-ee-aa-AH, yea-ee	32	Standing Climb	1/1		25
C Yea-ee-aa-AH, yea-ee	32	Standing Climb	1/1	▲	
Inst (synthesizer)	128	Standing Climb	1/1R	▲	50s
Br Want a lyrical	4	Transition to Ride	slow	▼	
V SEX, sex	32	Ride	slow		
V ME and my crew	32	Ride	1/1 or slow		
C ■ Yea-ee-aa-ah yea-ee	1-20 21-36	Transition to Standing Climb Standing Climb	slow build	▲	
C Yea-ee-aa-AH, yea-ee	32	Standing Climb	1/1	▲	
Inst (synthesizer)	128	Ride	1/1R		50s
Chg Alright, one world, one people	32	Standing Climb	slow	▲	
C Chg Yea-ee-aa-AH, yea-ee	96	Standing Climb	1/1R		37s to end

first up.

10 SC ST 30 ST SC ST
45 105 30 50 60

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (drums)	7	Seated Coast	slow		
Inst (banjo + drums) It's a summertime	32	Seated Coast	slow		
Ref In the SUMMERTIME	96	Seated Coast	slow		
V PRETTY little woman	32	Ride	build	▲	
V It's a SUMMERTIME affair	32	Ride	1/2 or 1/1		
V Gotta be ROLLING in my	32	Ride	1/2 or 1/1		
Ref Well we SAY what we want	96	Race	1/1		
V Sweat a RUN off	32	Ride	1/2		
V Where was IT that I reside	32	Stress Reversal Pec Major (abd shoulders)	slow		
V Say PRETTY little woman	32	Ride	build		
Ref In the SUMMERTIME	96	Race	1/1		
V PRETTY little woman	32	Ride	1/2		
V It's a SUMMERTIME affair	32	Stress Reversal Spinal Flexors (ext trunk, reach OH) <i>Clasp hands</i>	slow		
V Gotta be ROLLING in my	32	Ride	build		
Ref In the SUMMERTIME	96	Race	1/1		
Rep SUMMERTIME	32	Ride	slow		
Outro (fades)	8	Transition to Seated Coast	slow		

Victory lap!

load for control

BEHIND THE TRACK: This song provides a great opportunity to tie in with a summertime-themed launch.

TEACHING TARGET: Coach that the upper body stress reversals are intended to reverse the forward lean of the body and to reset the posture in preparation for getting off the bike.

Michael Bublé

4:18

LANDMARKS		BLK	POSITION
Inst	(piano)	16	Transition to floor
V	I'm not surprised	32	Gastroc (ext knee, dorsiflex ankle)
PC	I tried so very hard	32	Hip Flexor (ext hip, tilt pelvis post)
C	SOMEDAY that it'll all	32	Quads (flex knee, hold lower leg)
Inst	(piano) Met you YET	16	Ant Delt (ext shoulders)
V	I might have to wait	32	Gastroc (other side)
PC	I know that we can be	32	Hip Flexor
C	Somehow I KNOW that it'll	32	Quads
Chg	Met you YET, they say	1-16 17-32 33-36	Spinal Rotators (rotate trunk) Spinal Rotators (other side) Transition to next stretch
Inst	(trumpet solo)	32	Hams (fold forward)
PC	But I know that we	1-16 17-32	Glute min/med (foot on opp knee) Glute min/med (other side)
Br	(empty)	4	Transition to next stretch
C Chg	And someday I KNOW	1-16 17-32 33-36	ITB (add hip, lat flex trunk, reach OH) <i>in front</i> ITB (other side) Transition to next stretch
C	Ooh, you KNOW that it'll	1-16 17-32	Quads Quads (other side)
Inst	(piano) Met you YET	1-16 17-32	UT (lat flex neck w/ reach behind) UT (other side)
Rep	I said LOVE, love, love	1-16 17-32	Open arms to sides Spinal Flexors (ext trunk, reach OH) <i>clasp hands</i>
Outro	(sustain + fade)	16	Release

calf
 HIP
 *Quad up
 arms up
 calf
 *HIP
 Quad
 twist

don't speed to have head drop low
 if you want more stretch push hips back

ITB
 ITB
 Shoulder
 over behind
 back.

BEHIND THE TRACK: This track ends the
 release on a very upbeat note.

TEACHING TARGET: Coach participants to
 get a deeper stretch for the Hip Flexors or the
 Quadriceps by drawing the belly in and creating
 stretches without increasing the stress in the knee
 joint.

P.S. Stretches for Gastrocnemius or the calf
 muscles should feel good, especially considering
 More of the load is carried by the calf muscles
 when we stand and place the weight in the balls of
 the feet causing this muscle to contract more and
 become tighter.

Miley Cyrus

4:56

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Intro (guitar)	16	Seated Coast	slow		
V I HOPPED off the plane at LAX	32	Ride	1/1	▲	
PC ■ My tummy's turnin'	24	Ride	1/1		
C So, I put my HANDS up	40	Race	1/1		
V ■ Get to club	32	Ride	1/1	▲	
PC ■ My tummy's turnin'	24	Ride	1/1		
C So, I put my HANDS up	40	Race	1/1		
V ■ Get to club	32	Ride	1/1	▲	
PC ■ My tummy's turnin'	24	Ride	1/1		
C So, I put my HANDS up	40	Race	1/1		
Chg ■ Feel like hoppin' on a flight	32	Stress Reversal Pec Major (abd shoulders)	slow		
C So, I put my HANDS up	40	Race	1/1		75s
C So, I put my HANDS up	40	Race	1/1	▲	to end
C So, I put my HANDS up	40	Race	1/1	▲	

push up

BEHIND THE TRACK: This song was chosen because of its popularity and sing along feel.

TEACHING TARGET: Because the tempo of this track is a bit more relaxed, coach your participants to use the resistance to ensure they are getting warm. This is particularly true of the last two as preparation for the work that follows.

P.S. Ride tracks do not often have stress reversals; however, the programming is designed around the music. In this case, the Chg section of the music offers is also why there is no Standing Climb in this track. The music does not give the feel of a Standing Climb in this song.

4 Chases

Time to chase

performance heads on top + rise

BEHIND THE TRACK: The tempo of this Bonus Chase is actually slightly slower than Chase tracks in recent releases. The frantic feel comes from the musical line rather than the tempo of the song. This is intentional because it is well suited to achieving the physical objective of the Chase track.

TEACHING TARGET: Be sure to coach ETAs toward the end of this track, particularly the "58s to end" ETA. Also be sure to pre-cue the final 1/1+ and can push to the finish.

P.S. Thriller mixes well with the main tracks of the release and has some great entertaining opportunities. Feel free to launch with it.

LANDMARKS	BLK	POSITION	SPEED	LOAD	ETA
Inst (builds)	32	Seated Coast	build	▲	
Inst (light synthesizer) <i>Darkness falls</i>	32	Ride	1/1		
Inst (heavy beat) THRILLER	32	Ride	1/1	▲	
MT (frantic synthesizer)	32	Standing Climb	1/1	▲	
V Its close to midnight	32	Ride	1/1		
V You try to SCREAM	32	Ride	1/1		
C 'Cause this is THRILLER	64	Chase Combo	1/1	▲▲	
	1-16	Standing Climb	1/1	▲	
	17-32	Race	1/1		
	33-64	Standing Climb	1/1	▲	
Inst (lighter synthesizer)	16	Transition to Ride	slow	▼	
V Its close to midnight	32	Ride	1/1 or 1/2		
V You try to SCREAM	32	Ride	1/1		
C 'Cause this is THRILLER	64	Chase Combo	1/1	▲▲	
Inst (lighter synthesizer)	16	Transition to Ride	slow	▼	
V You hear the door slam	32	Ride	1/1 or 1/2		
V You close your EYES	32	Ride	1/1		
C 'Cause this is THRILLER	1-16	Standing Climb	1/1	▲	
	17-32	Race	1/1		
Br (heavy beats) TONIGHT	4	Transition to Ride	1/1		
Chg NIGHT creatures calling	40	Ride	1/1		
MT (frantic synthesizer)	32	Standing Climb	1/1	▲	20sec
Inst (lighter synthesizer)	32	Race	1/1		
QV They're out to get you	32	Ride	slow	▼	
V Now is the TIME	32	Ride	1/1		
C Chg That this is THRILLER	1-16	Standing Climb	1/1	▲	58s to end
	17-40	Race	1/1		
C 'Cause this is THRILLER	64	Chase Combo	1/1	▲▲	
Inst (lighter synthesizer)	32	Race	1/1		
Inst (lighter synthesizer) The NIGHT	32	Race	1/1+		11s