










INDOORCYCLINGTIDBITS.COM

MIXED FLAT

SONG: WHERE I'M GOING, 2:24

ARTIST: RANCID

ALBUM: TROUBLE MAKER

0:00	intro		adjust resistance to maintain cadence between 80-85
0:26	"don't understand"		out of saddle to run
0:37	"have you ever"		return to saddle
1:00	"don't understand"		out of saddle to run
1:11	"Let's go!"		increase cadence by a few rpms
1:13	beat change		return to original cadence
1:34	"retaliation"		return to saddle
1:58	"don't understand"		out of saddle to run
2:19	"don't understand"		increase cadence to finish!