

"Help, we need food and massage!" Traveling on the road for a month is no easy task and as a team we welcome comfort wherever we can get it. In Sedona, we found it at the Amara Resort and Spa. Manager Dale Gannon and his illustrious staff took care of our every whim. I'm confident his valet employees quickly lost count how many times we asked for the Pedal America production vehicles to be waiting in front for us, even so our Sound Mixer, Wil Masisak, could record voice-overs in the car while sitting in the parking garage. The resort's 100 Rox restaurant catered to my crew's high-maintenance dietary needs. The dishes and plating far-exceeded what our palates would expect from any other high-end hotel and resort fare. But my real treat was mountain biking with Dale Gannon himself. Thanks Dale for sporting a ride with me and for helping to arrange a special in-room massage for my endearing and hard-working production manager, Stephanie Rabiola. If anyone ever wants to know what it's like to carry backpacks, a computer, multiple cell phones up and into the mountains while slating scenes, and carrying on discussions with contacts at our next shoot location, just ask Stephanie – well...uhm...maybe don't ask. After listening to her, You'll need a massage at the Amara too.

My only disappointment in Sedona was not spotting any of those Havelon Pigs. The closest thing I saw to wildlife was a dead baby snake and one red ant. Oh well, onward to Napa Valley!