

## Did better than I thought I would, but Strava thinks otherwise?

I surprised myself this morning; my time through the park seemed pretty decent (Tripp Road to the upper park entrance in 9:30), but there's not even an honorable mention on Strava. Similarly, it seemed like Nigel was hitting it pretty hard on west-side Old LaHonda, but no, quite a bit off my better times. Maybe it was the road surface (lots of loose gravel).

At least concerns that a couple days in Las Vegas might cause me to suffer were unfounded. I suffered anyway! But it seemed like suffering with a point, because I really did feel like I was able to get moving.

Todd, Nigel, Kevin, Kevin, Jan, Eric & Marcus today, with a moderate pace up Kings that allowed me to pretty much keep everyone in sight (very unusual!). Of course Eric was on his second trip up the hill; he and pilot Kevin are in training for the Everest Challenge the week after this, 28,000ft of climbing in two days. Ouch!

Most-interesting thing on the ride came during the Sky L'onda sprint, when it seemed that something flew off Jan's bike. Jan went back to look but found nothing; we later concluded it must have been a pinecone hitting the road. Jan actually thought it was something from Todd's bike and yelled up to him, but Todd had to get to work early today and had already turned down 84.

Two hours later I get an email at work from Todd, who'd lost his iPhone someplace between the start of the ride and getting to work. Aha! Jan had the idea of calling Kevin (pilot) who lives up that way, and sure enough, Kevin found it on the side of the road, still working. Todd and his iPhone, reunited. How touching, except that tomorrow his new iPhone arrives and he sells the old one.