

## It's going to be nice when they finally get Kevin fixed up!

What a nice morning! The rain's gone (for now), mild temps (low 40s), great group of people. Large group too, including Kevin, Kevin, Karl, Karen, Zack, Eric, George, Jan and at least one or two more. That's right, we came across JR, who's on a strict training program that doesn't allow him to "goof off" on our ride. And we saw Brandon, one of my neighbors, about halfway up the climb.

I made it up in just over 28 minutes, and got to admit I was hoping for something just a bit better, but not today. People were up the road ahead of me, and people behind. Well actually, not that many people behind. I really thought there were more, but no, not today. Maybe Thursday. Or not, since it's supposed to rain. Fun!

But for Kevin and I, it was yet another shortened version, as his kidney continued to act up. Before it did, Kevin took the first sprint (at Skeggs) while I took the second, at Sky Londa. I was looking forward to more, but you could literally see beads of sweat on Kevin's face that weren't from his riding, but from the pain. We later found out that the pain isn't being caused by kidney stones after all, but likely scarring from his prior operation. This is both good & bad news; bad in that he's been through an awful lot and the prospect of yet another operation isn't very appealing, especially if it involves a stent (essentially a plastic tube placed in the ureter, causing great pain for a number of weeks until removed. But the good news is that it can be fixed!

Thankfully his pain isn't constant, and it had eased up enough so that, once back down on Canada Road, it was his idea to take a loop up through Canada College, to give the ride a bit more credibility. He actually wanted to descend Farm Hill and head back to Jefferson via Emerald Hill, which is a wicked-steep climb. Instead I talked him into a big loop through the college, dropping down to Farm Hill and then back up and around and down to Canada Road again. Even with that it was 5 miles shorter than normal, which I'm making up by commuting to work today by bike, something I need to do more of! --Mike--