

It's going to be a long road back

First time on a bike since Sunday afternoon's easy "loop" ride, and today it was nothing more than riding to the shop in the morning, and then home in the evening. Actually felt better riding home than heading to work; seems that my cough & hacking are more of an issue on the flats than climbing. Theories? None. Well, maybe. Maybe it's all about the forced rhythm you can attain when climbing?

But it did feel good to work up a sweat climbing up the hill to home, and having to take a shower before dinner. Makes me feel like I can still do something. But scary how much strength & endurance it feels like you can lose in just 10 days.