

Kevin's back, George hit a wall, and who was that woman in tennis shoes?



Things were almost back to normal this morning; Kevin's coming back up to speed on Kings, dropping me just over halfway up the climb. As it should be. A bit worrisome that Kevin had been having some issues climbing for a bit. Of course, Marcus was on another level entirely.



Kevin well-rested at the top by the time others arrived.

George, on the other hand, had used everything he had... I mean everything... on the infamous "morning" ride. He looked OK at the start, but drifted off the back very, very quickly. In fact, the rest of us (myself, Kevin, Eric, JR) waited 5 minutes at the top before deciding it would be a good idea to head back down the hill and see if he'd run into trouble. We found him, but then had to re-ride the last half kilometer of the climb, which despite the rest, didn't feel very good at all.

West Old LaHonda was beautiful, as always, but notable mostly for the sudden stop, shown in the photo, due to road & tree work up ahead. Just a couple minutes wait and we got through, but by this time, we were way, way, way behind schedule. In fact, we finished the ride around 9:30am, which is 8-13 minutes late! Still plenty of time to get home, showered, upload to Strava and get coffee before work.



Almost forgot about the group we saw just before we started out. Don't know who they are or where they came from, but that

woman in red in the photo? She's wearing tennis shoes. And they were flying! They had maybe a 30 second head start on us, and were steadily increasing that gap as they went. Thankfully they turned off on Kings. Would hate to have been beaten by someone in tennis shoes.