

## We are really spoiled



What if you had to quantify a ride, or at least bullet-point it?

- Old LaHonda/Haskins/Pescadero/Tunitas loop. 57.6 miles, 5,863ft of climbing.
- Easy ride up Old LaHonda. How easy? 25 minutes easy, nearly 3 minutes off normal pace.
- Noted LaHonda store, closed last Sunday, was open today. Blue Herons, Turtles, Ducks, and what's the bird with the really tall legs? Almost stork-like?
- Easy ride up Haskins, about 12 minutes, 2 minutes off normal pace.
- Arcangeli Grocery (fancy name for Pescadero Bakery & store) now sells "real" Coke from Mexico (cane sugar instead of corn syrup). They still recognize Kevin at the sandwich counter in back, remember his order and start making his sandwich (Chicken Club) before he gets to the front of the line.
- Saw super-skinny cyclist in a Stanford kit in Pescadero; saw him again at the Bike Hut on Tunitas. Assumed he'd pass us on the way up but never did.
- Pretty strong headwinds on Stage Road heading north.
- Other than the wind, the weather was about as perfect as you can get, between 65 and 75 degrees.
- Kevin was the weakest link on Old LaHonda and Haskins, but found his strength on Tunitas.
- Trying to keep Kevin in sight on Tunitas, I started feeling some hamstring issues, a rare thing for me. A lower gear might have helped, but since the pain comes with each turn of the cranks, and a lower gear means more turns of the crank, does it really matter?
- Kevin had no seizures, a major accomplishment lately!