

If you just keep riding long enough, it always gets better



This wasn't the "better" part... that came much later in the day. Another pretty slow day for me climbing... anything. Kings, West Old LaHonda, but seriously off-the-back. Good day for Kevin though; he's consistently under 26 again climbing Kings, dropping guys who are, well, OK, twice his age! JR, Pilot Kevin, George... all over 60. Mark P, Karl... not too close to 60 yet, but still twice Kevin's 22 years.

Me? The only time I was in contention for anything was the Skyline sprint, but it was too close to call; I was coming up on George very fast, but may not have gotten him at the line.

It was only very much later in the day, on my post-work errand run to the Apple store in Palo Alto (and subsequent return ride home, both in the dark) that my legs started feeling good today. Finally, it felt like I could deliver some power to the pedals and have it not feel like something desperate but rather my body responding appropriately to my commands. While I was having great difficulty getting over 230 watts climbing Kings (amazing I wasn't zig-zagging!), there was no problem tonight accelerating when needed and holding my speed. Maybe I just need to do more rides at night?