

Has it really been 4 months since I've been under 30 on Kings?



The picture's not great; a bit fuzzy, not quite enough light so the shutter speed's a bit on the slow side. Just like me. But today was the first time I've been under 30 minutes climbing Kings since... 10/27/15. I knew this winter had been tough on me, but didn't know it had been THAT tough! But numbers don't lie.

Speaking of numbers, Monday morning I had a pulmonary function test, a bit different from the one I did a couple years ago because this time they tested me during exercise. The plan is to figure out why I sound like a steam engine on the climbs; why I'm always gasping for air like a fish out of water, while everyone else is yakking away. The initial tests verified that nothing's gotten better over the last couple of years but, curiously, my deficiency in breathing is actually less during exercise than it is at rest.

They did re-test with Albuterol and apparently my lungs are more responsive to it (Albuterol) now than they were two years ago. So, I'm back on a regular regimen of Qvar (night & morning, every day) and Albuterol (30 minutes before riding). Will it work? Maybe it already is. I started last night, and this morning's ride, getting back under 30 on Kings, might be an indication it is.

Still more tests to go; next comes a CO2 diffusion test. They know my lungs don't work like they should; this test should help determine why. Funny, how for literally decades I avoided doctors, and now I'm seeking them out for something that most people wouldn't bother with. My heart & legs are strong enough that I can ride 100+ miles at a pretty good clip without trouble. What I can't do is ride 100+ miles really FAST without trouble!

OK, switching gears for a second, how about the rest of the ride? Nice morning, a bit cool, no rain but the hillsides were literally weeping water. Younger Kevin, Eric, Karen & JR today. Nobody was taking it too hard up the hill, although Kevin got bored and ditched everyone pretty quickly. I lost Karen's wheel about halfway up, but as it began looking like I could get under 30, I picked it up just a bit and caught back up to her right at the top. Eric and JR were taking it easy, actually enjoying the ride. What a concept!

Since it wasn't raining we brought our nicer bikes, but between this morning and Sunday's rides, they're pretty trashed and in need of serious cleaning! Looks like Thursday will be a true rain ride, which I'm sorta looking forward to, and sorta not. Would have been nice to see if I'm actually going to be getting faster again, and there's a fair amount of difference in speed between my Emonda road bike and my Boone 'cross bike. The long range weather forecast makes it look like I'd better start getting used to rain for a while!

--Mike--