

## Getting further and further behind

It's Sunday morning, I should already be out riding but Kevin's got to head to Kaiser to get checked out for the plague that's taken out everyone else in the family (actually not all that bad for me, just a couple days of chest stuff, but my wife ended up with walking pneumonia, and since we're heading to France in just a few days, better get Kevin checked out fast!).

Last Thursday's ride though... another shortened event as Kevin just didn't quite have the knees up to speed yet. He's good about doing his stretching exercises, but the west-side Old LaHonda loop was out of the question. The good news is that he got his brain implant "turned on" Thursday, a couple months ahead of schedule. The doctors think they have enough info already to have programmed it to look for the beginnings of a seizure and stop them in their tracks. We're very hopeful. What's puzzling is trying to figure out whether it's actually working or not. Kevin will often go for many days between seizures, so the fact that he hasn't had one since having it turned on may, or may not, mean anything.

Getting back to today... I'm going to get out on some sort of ride, but it's not likely to be for awhile. Kevin's urgent care appointment at Kaiser isn't until 2:30pm, leaving not too much time afterward. Still lots to do to get ready for France though, including a bit more work on the Bike Fridays. This is definitely not the lead-up ride preparation I'd hoped for prior to France though! --Mike--