

Still more catching up to do

Thursday... nice morning, felt really good climbing up through the park, with Karl, Karen & Mark P joining Kevin & I. Mostly civilized pace; Mark P had just gotten back from an overseas trip where he added some extra ballast (to keep his wheels from spinning, like they do for train engines?).

This morning, Sunday, we got out a bit earlier than normal (for us), sometime around 9am because I had to fly to Wisconsin later in the day for the Trek dealer show. I wanted to do something not too long but challenging... and what would be better than West Alpine?

Unfortunately, Keivn's going through one of his seizure clusters, and this morning the first one hit him while climbing Old LaHonda (after, of course, he'd thoroughly ditched me). No biggie. The climb up West Alpine went better than expected; any time I can do West Alpine under 44, I'm pretty happy. It really didn't feel that fast... maybe I can do even better!

Descending Page Mill was a tad bit more exciting than it should have been. Kevin spent too much time trying to figure out if what felt like it might be an aura (what he gets before a seizure) really was an aura or not. Well, it was, and instead of immediately coming to a stop at the first indication, the time he spent figuring out if it was real or not allowed the seizure to set in, causing him to run off the road and down an embankment. Thankfully, his fall was cushioned by vegetation; neither Kevin nor bike ended up with anything more than a bit of dirt. Next outing, he's going to be far more conservative!