

## Late solo ride as Kevin has his occasional kidney event



My Sunday rides rarely find me riding north on Mountain Home Road. The plan was to watch the finish of today's Vuelta stage and then head out on an earlier-than-normal ride so Kevin could spend some time in the afternoon with his girlfriend. Kevin did end up spending the time with his girlfriend, but the ride didn't happen due to his semi-regular recurring kidney pain that sent him to the ER this morning. It was 3:30 by the time he finally got home, and about 4:45 I finally got out on a ride. Nothing into the hills; just an extended loop, heading towards Los Altos & back.

Kevin's fine; there was no issue with his semi-functional kidney becoming less-functional. This appeared to be another micro-stone, something that wouldn't give any of us any issues, but causes havoc with Kevin's multiple-times-spliced-and-diced internal plumbing.

The good thing about scrapping the regular ride? More Strava PRs! It's almost impossible for me to get any PRs on the usual coastal loops; I've done them so often, for so long, that I'd really have to put in an extraordinary effort. Or turn back the clock a few years. But put me back on flatter terrain and shorter Strava segments, and I can do something. Strange to think I do a lot more riding on roads further from home than closer.