

Hard to stand while climbing more than normal... is that even possible?



Just another pretty picture on West Old LaHonda. Must have a million of them. After Tuesday's tough (for me) ride, I was wondering how things would go today as we rode the tougher version of the Tuesday/Thursday ride, heading up Kings via Huddart Park. Surprisingly, despite my back feeling a lot worse than on Tuesday (I could hardly get out of bed this morning), I felt a lot better on the bike... provided I was standing. Of course, me standing more than I normally do is tough to fathom, since I spend so much of my time out of the saddle as it is!

Today we had Kevin (pilot), Marcus, Karen, Scotty, JR... younger Kevin skipped the ride this morning, after spending part of yesterday in the ER again due to kidney pain issues (likely micro-stones). Jr was taking it easy ahead of a big 3-day ride this weekend so I wasn't last this time, although I certainly would have if JR had been trying. The interesting thing was that I was 2 minutes faster today than on Tuesday. It didn't feel like I was going faster, but I was. I'll take it.

What about the odd weather? Terribly hot yesterday (Wednesday), but pretty cool this morning? Cool enough that I even wore leg warmers, which turned out to be a good choice as a saw it hit just 50 degrees several times. Hopefully there will be a few more opportunities to ride with bare legs though.