

3 Monkeys off my back in 48 hours. There's hope!



Aside from the personal stuff, it looks like West Old LaHonda might finally be getting some love! This morning, it was my first time under 30 minutes up Kings since October 4th last year, and best time since July 26th. And Sunday, I finally got under 23 up Old LaHonda. Oh, wait, I just looked things up on Strava and I was actually 4 seconds faster a week prior. Well, still, it had been since September that I'd been getting times like that.

The 3rd monkey was being able to contest a sprint again. The sprint into Sky Londa, after the descent from the Kings direction... finally felt good enough to nail it. That's been a really long time too!

So it's possible I might finally be seeing a stabilization of my level of fitness, and perhaps be able to claw something back. The last few years really haven't been much fun, in terms of watching my times get gradually slower. I'm ready for more fun!

The picture today? That's some men and equipment working on West Old LaHonda road. Finally! Obviously, it's likely that the road will be closed completely at some point, while the surface is being repaired. But the good news is that the county isn't giving up on the road.