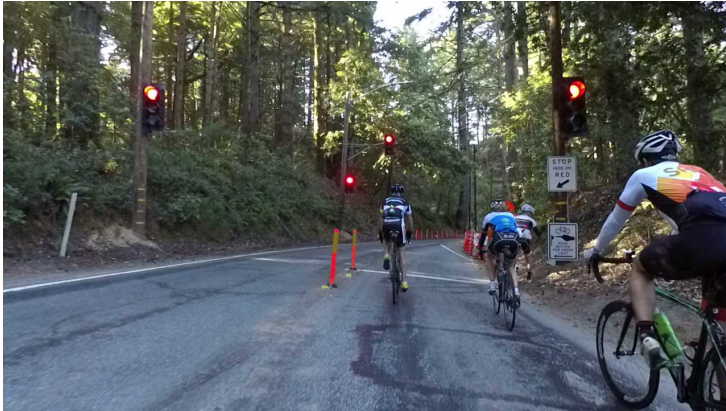


## I'm back (but our roads... still some work to do)



I can pretty confidently say "I'm back." The initial dark days following my diagnosis of Essential Thrombocythemia (essentially a really-mild version of leukemia) have been replaced with a bit of defiance. An ironic defiance at that, believing that my life isn't dictated by a couple of screwy numbers in a blood count. Irony because I certainly spend a lot of time going over the various performance parameters on my bike!

And on the bike, things are going very well indeed. The time I posted Thursday morning going up Kings (through the park) was my best since Oct 1 2015. I'm definitely riding stronger than all of last year, despite the obvious (being a year older) and the unusual (this is happening despite being on a medication that should be causing fatigue).

People have "accused" me of claiming that bicycling is the cure for everything. I really haven't seen much reason to back away from that.

Now, if they can just finish fixing up our roads!