

A wild windy day on Skyline; the weather will get nicer soon, right?

It was a dark & stormy night... no, not quite, but sure am glad I haven't bothered to clean my bike for a while. It's been one damp ride on Skyline after another.

Normally Kevin and I would be doing the Pescadero loop, but the coast looked to be as fogged in as we could visually see on Skyline, so we opted instead for the always-painful loop through the foothills, up Redwood Gulch and return on Skyline. Even with the tailwinds heading towards Los Altos, I wasn't feeling on top of my game, which was too bad since it would have been a great day to pick up some Strava records.

Kevin had already had enough coffee prior to the ride so we didn't make the usual stop at the Peet's close to our former Los Altos location; this would come back to haunt me towards the end of the ride, as I started feeling a bit bonked. But the upside was that I didn't feel quite as badly as I expected to, heading up Redwood Gulch and Highway 9.

No Mr. Mustard at Saratoga Gap; where has that guy gone? A quick Google search turns up nothing. We wouldn't have wanted to hang around up there too long though; it was about 42 degrees, foggy and windy. We gamely turned north, heading into gusty sidewinds that made us forget about the fog and cold and focus instead of just holding our lines. The video gives you an idea of what it was like. Some challenges are fun; this one was an ordeal we were happy to be done with once we started heading down 84 into Woodside.

Tomorrow morning I hope to find some answer to better riding through better breathing. New lung test to see how things compare this year to last, and whether there might be something different I can take, for better results. Last years' efforts got derailed when my bone marrow issue was discovered, but I'm not letting my pulmonologist off the hook that easily! --Mike--