

Donuts. Consider it grease to keep things flowing through your arteries!



Well sure, I could be talking about Tuesday morning's ride, the first Tuesday/Thursday-morning ride in AGES that we didn't have to wear leg warmers or base layers, the first Tuesday/Thursday-morning ride in at least THREE WEEKS that our bikes didn't get trashed in the fog & cold up on Skyline.

I was hoping that maybe I could be talking about getting a bit closer to the 30 minute barrier on Kings, but not yet. Hopefully I'll make some progress on that Wednesday morning, when I go back to Kaiser for more breathing tests. I got to thinking that I might be running out of time getting my breathing fixed (assuming it can be), because I still have quite a bit of power in my legs, but how much of that power comes from the past, when my lungs worked better? How long can muscles go on memory?

Ok, the important stuff. Donuts. Not why I ride, but it helps that riding burns a whole lot of calories so I've been able to maintain stable weight the past 15 years or so. They say that donuts are the sort of food that clog arteries, but I think they've got it all wrong. Don't arteries need high-quality grease to keep things running through at high speed? That's my story and I'm sticking to it!