

Two old guys riding slow

The usual ride but not the usual pairing for today's ride. Larry, ex-racer from my way back days, was in town and wanted to ride to the coast. Kevin (my son) has no interest in a ride where he'd be waiting quite so long at the top of each climb. He had a point. My heart rate was in record low range today! This was the ride I could have used right after I recovered from the pelvic fracture. But hey, first time I've seen a lemonade stand on Canada Road in years!