

Yesterday's fog a welcome relief!



It was the best of times, it was the... no, yesterday morning was pretty much the best of times. For some reason I had two great Tuesday/Thursday-morning rides in a row, days where I felt like I could climb away from people if I wanted to. That's a really odd thing for me. Yesterday, as was the case on Tuesday, I did several sustained higher-power efforts on Kings, well over 300 watts. Back in the day that wouldn't have seemed like much, but today, it's as welcome as the fog that came in to cool things down.

Kevin and Kevin rode with me, on a day where, a couple weeks earlier, we might have considered leg warmers. Not yesterday. Not because it didn't get a bit cool a few places (as low as maybe 51 I think?) but because we just weren't going to wear them. A protest of sorts. It had been too cold until recently, too hot the past week, so yesterday we were going to believe, whether true or not, that it was just right. And it was pretty darned close to that.

My time up Kings was nothing fancy, because I'd drop back and let Kevin & Kevin catch back up after each hard pull. Nevertheless my time through the park was my best in 7 or 8 months. Maybe I'm getting used to my post-fractured-pelvis body that weighs a bit less. One thing's for certain though- I'm on track for pretty much the same results as this time last year, which means no deterioration from age 62 to 63.