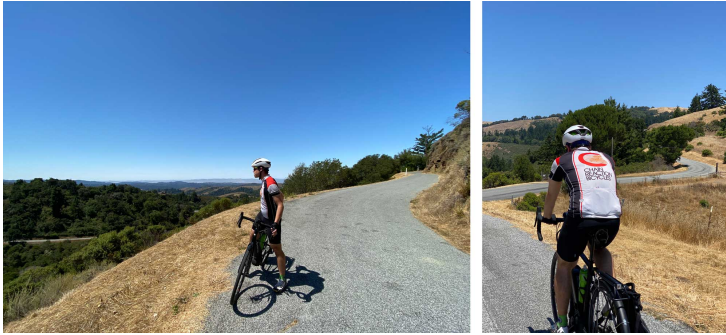


Another ride with Kevin on an e-bike



One of these days Kevin's knee will be in one piece and we can go that mano-a-mano thing, trying to ride each other into the ground. But for now, it's more rides on his e-bike, bringing along an extra battery to extend its range in the hills.

Today it was Old LaHonda followed by West Alpine. A bit warmer and curiously, for the first time in a while, the heat got to me. It wasn't THAT hot, nothing more than mid 80s, but sweat was pouring off my forehead. Maybe because I was trying to stay on the wheel of an e-bike? Not really; my times were respectable but nothing extraordinary, and there were a number of times I was actually holding back some for Kevin.

So that was today. Thursday's ride went missing from the diary; it was a solo effort, getting up Kings in under 30 via the park so I was OK with that.