

Actually rode before it got super-hot this time



Saw the end of today's Tour de France stage, got something to eat, and then, amazingly, got out on a ride at 9am. Not the usual 11:30. And it only got to 101 degrees!

I didn't go too far; just up Old LaHonda (super-slow) and out 84 to the coast, then back via Tunitas. About 88 degrees heading up Old LaHonda, and just a little bit cooler on the other side. Not the typical headwind out to the coast, which was nice. Not many people out on the bay side of the hill, but a fair amount on the coast side.