

## It's not been easy lately, at least not on the climbs

Sunday Kevin and I did a nice ride out to the coast, the direct route over Old LaHonda then 84 all the way to San Gregorio. At least it wasn't like a few weeks ago, where all I could do was try and hold onto Kevin's wheel as we motored west; this time I was able to pull up alongside at times and actually talk. Big improvement! But. We had a bit of a tailwind heading up the lower part of Tunitas, and Kevin decided not to waste it. Oh my. We hit the entry to the forest, the beginning of the climb, a full minute under my previous best. We were flying. Once the hill started I lost sight of Kevin pretty quickly, and lost that minute completely pretty much exactly at the bridge of death. From there it was all about limiting my losses, eventually finishing at 48:26, my best time in two years. Kevin would have had a PR if he hadn't had a seizure on the steep part and lost a few minutes. He still looked quite well rested by the time I caught up to him!

Tuesday morning? As was the case last Thursday, the lungs are telling me no, I don't want to work that hard, slow down. There's just not much ability to try and push through. Hopefully I'll break through soon and feel normal again; maybe it will take some sort of really tough Santa Cruz ride?