

What the truck?

YouTube Video: [YouTube.com/watch?v=RMwcGgekubs](https://www.youtube.com/watch?v=RMwcGgekubs)

Not sure why I was feeling so much better this morning. Both Kevins showed up; a bit colder than Tuesday, but I think we're well past the worst winter can throw at us. I'm not expecting it to be really nice for a couple more months, but low-40s is way better than low-30s. I was able to have a bit of fun on Kings, sprinting ahead, then backing off until Kevin & Kevin caught back up. Kevin (ok, ex-pilot) wanted to know why I don't just settle down and ride a constant pace; I didn't realize I had to explain, to someone who rides with me a lot, that's not how my lungs work.

The only section I did put in a fairly sustained effort was through the park, and nailed my fastest time since August, and over the past year, only three rides faster, with only 4 seconds separating my effort today from the fastest (past 12 months).

Looking at the Strava data, I came really close to finally getting to 200 watts average weighted power again... 199. Still well below the 209 I used to routinely pull off, but maybe I can get there again.