

Another long dry spell from posting



Been an interesting last couple of weeks. Finally broke through the really slow times up Kings and just generally feeling badly; I had a string of pretty strong rides, maybe three in a row, that made me feel hopeful for the future! Would have loved for the temperatures to be a bit warmer though; this morning was the third consecutive ride with temps below 39F up on Skyline. Last Sunday's ride was different than most; it was pretty gray and drizzly-looking up on Skyline so we stayed on this side of the mountain, but did a pretty unusual ride in the high foothills above Los Altos.

And then there was this morning. No legs, no lungs, nothing. It was an accomplishment simply doing the full ride with Kevin, Kevin & Karen (actually, Karen doesn't do the full Tuesday/Thursday rides; she skips the West Old LaHonda loop so she can get to work on time). I didn't get that feeling of being stronger as the ride went on, but the rest of the day definitely went better than it would have, had I not ridden. There's something very pleasant about your body giving you a gentle reminder that you rode, a slight soreness that says yes, you did something.

The photo above is from last Tuesday's ride, with a Raven carrying a small mouse across the road in front of Kevin. And below is the strava mapping for Sunday's unusual ride.