

It's getting nicer out there. It's really getting nicer. Soon, it might even warm up a bit!

Not a big group this morning, but what it lacked in quantity it made up for in quality. Karen, Karl & Eric on a crisp morning (42 degrees at the start as well as up on Skyline) with broken clouds and dry roads. Yes, dry roads, maybe just one or two spots with a little bit of moisture, but I think it's finally safe to believe in nicer days ahead.

It's also safe to think that I've topped out on the scale for the winter, a good two pounds lighter than last year's peak weight. That's definitely helped me keep closer to the front on the climbs, and gives me hope of yet another year that I'll be able to pretend that getting older isn't slowing me down.

But not everything ages so well, as the video I took on west-side Old LaHonda clearly shows. In particular, check out the section 8 minutes, 10 seconds in.