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Too fast to photograph! (Back home & on-schedule)

My son and I got home from France around 9:30 last night, and the first thing my wife says is something about she figures I'm not riding in the morning. Something further about jet lag and not really sleeping for a day and a half, that sort of thing. Something she thought to be reasonable. Something my son agreed with.

Me? You've got to be kidding. Best way to get back on schedule, meaning Life, The Universe & Everything, is, of course, to ride! I'm not going to pretend I got the best night's sleep, but I didn't feel that bad, and there was something comforting about the simple routine of mixing Cytomax for my water bottle.

I hadn't ridden since last Friday (the day Kevin and I did the twin climbs of D219, a cliff road opposite Alpe d'Huez, and then Alpe d'Huez itself), but felt a bit better than "ok" during those first few pedal strokes up the hill & away from the house, and in fact passed the three timing points on the way to the start with very good numbers. Not that I'd notice.

Big group this morning so I won't even bother with trying to name everybody. OK, a few. George, Eric, Karen, Mike (a friend of Andrew, one of our employees in Redwood City), Zack, Todd, oh darn I'm losing it quickly, at least three others including a customer who recently purchased a time trial bike from us, Marcus... main point is that these are all pretty fast guys and it didn't take long to be put in a world of hurt heading up Kings. And, frustratingly, my Garmin computer was in a mode where it wasn't showing lap splits so I had no idea how fast I was going up the hill (and wouldn't know until I got home and downloaded the ride, seeing a respectable 26:42).

There were few points to catch your breath, which explains the earlier-than-normal return to the start (9:17; normal is 9:18-9:22). But what a beautiful morning! Nicer than any of the weather we saw in France, and a reminder that, sometimes, what you get from traveling is the message that, cycling-wise, we have it pretty darned good right here at home. Great, even. Maybe phenomenal.
--Mike--