

## Is Caffeine the answer?



The hardest thing about taking this photo? Riding ahead of the group to get it!

Following up on last Sunday's successful ride, where Kevin rode 84 miles seizure-free including new personal-best times up Old LaHonda and West Alpine, we tried the Caffeine supplement (a bottled Starbucks Mocha Frappuccino, complete with 100mg+ of the good stuff) again. And again, no seizures!

Big group again, so no attempt to name everyone. It was a Thursday, technically our easier ride, but it didn't really feel like it, as we did have Marcus, Chris and Kevin (the pilot) pushing the pace, along with Karl a bit later (he tends to come on very strongly on west-side Old LaHonda.

Got a note from Karl after the ride- "No seizure today, but I think the caffeine makes him ride too fast! Was a bit surprised/disappointed to see you both hanging with me up WOLH." Actually there's a story that goes along with that. I was determined not to get dropped too early on the run up west-side Old LaHonda (WOLH) so I was hanging onto Karl's wheel for dear life. Kevin was hanging back a bit with the rest of the group, when Chris told him some variant of "You're not going to let your Dad get away, are you?" That was enough to kick Kevin into high gear, almost ditching me in the process. Almost but not quite. :-)