

## Why we ride #84- To support local businesses

After that bacon shake at Jack In The Box last week, a coke and polish sausage seems like health food! And it sure tastes a lot better. Of course, after the bacon shake I could sleep (or was it a coma?) but today we've got quite a distance to cover before arriving home.



(Next section added after the ride)- Details on our ride below. The original intention was to descend West Alpine and head back up 84, but the fog was so thick on Skyline (and all points west) that I decided to get the heck out of there and did a rare descent of Page Mill instead. Not that tough a ride at exactly 100k (had to ride around the block once home to get in the required mileage), but it did include Redwood Gulch, so it could hardly be called easy.

Kevin ended up with a string of personal best times for various segments, something which is to be expected as he continues to improve, but only if he rides on ahead of me! I can match and even beat him on a relatively-shallow grade, and can still outsprint him, and if the ride's long enough, outlast him. But not for long, unless I really step up my game. The steeper stuff? That ship has sailed. Unless I wake up some morning with a new pair of lungs. :-)^ ^ ^ --Mike--