

## Done with benchmarks, time to improve!

First Sunday ride after returning from France, so what better to do than ride again the last Sunday ride we did before leaving? And, actually, the Wednesday prior to that.

Today's ride, with Kevin-

Last ride prior to leaving for France (Bike Friday "test" ride), also with Kevin. The Bike Fridays seem to run about 10% slower on the climbs, but it's not entirely a fair test we also loaded them down a bit with racks & bags (on my bike anyway).

Exact-same ride a few days earlier, on my Madone (like today). Just me that day; July 4th and Kevin was off paint-balling.

Obviously, I have a whole lot of comparative data! Weeks, months, years, even decades of the regular Tuesday/Thursday-morning ride, and then quite a few like this, often called the "Coastal Classic". And, over the years, I've watched myself get steadily slower, at least past 50. I'd actually done pretty well in the run-up to 50, working hard to be in as good, if not better shape at 50 than I was at 35, and pretty much succeeded at it. But since then it's been downhill, and not in a good way. My breathing issues have caught up to me, but soon that will be a thing of the past (once all testing is finished and they figure out the best therapy, as in drug, to open up my airways).

I've got enough benchmarks of the "old" me. Soon it will be time to start posting identical rides with a new trend. Faster times up the hills. Can't wait!