

Better than expected (day 2 back on the bike)



What a beautiful morning to be out on a bike! And for a little while, I actually stayed ahead of Kevin (pilot Kevin) and John on Kings. Who knows, maybe I could have stayed in front a bit longer if I hadn't put in a pretty decent effort on the climb through the park.

Kevin (pilot; my son is still in Disneyland with his sister), Zack, Karl, Eric & John showed up this morning. Easy to keep track of everyone when there's only a handful of us! And, just like Tuesday, it felt great to be sitting on my bike, completely comfortable, and admiring the absurdity of being completely relaxed while pushing myself as hard as I could up Kings. It doesn't make sense, but it's very real.

The 2+ weeks off the bike, in the middle of cycling prime-time (August), hasn't hurt me as much as I thought it would. Average speed today was 16.5mph, getting us back to the start at 9:22, including an unscheduled stop on Skyline where they were doing some heavy-duty tree trimming. Strava even claims it was my 2nd-fastest time through the park, but Strava only measures my efforts from mid-2008 to present; I was certainly faster 8 years ago, before I took on the mission of getting my son into shape.