

## Why we ride, #67



Big Wheels Keep on Turning! Check out the shadows to the right of us. Mornings like this, like every morning on a bike, are special.

So how many times can you show photos of west-side Old LaHonda before everyone gets the idea it's one of the world's great cycling roads, something we tend to take for granted or, worse, never try at all? How many hundreds, maybe thousands of cyclists have ridden up the east side of Old LaHonda (from Portola Valley) and never thought to go down the other side? It's certainly not my fault they haven't ridden the west side!

I was wondering how I was going to feel this morning, after having ridden a pretty fast but flat ride on Sunday, and then a 112 mile loop to Santa Cruz on Monday. Answer? Not so bad! At least better than I expected, but afterwards, different story. Definitely felt it in my legs today! Doesn't matter; it was worthwhile. It's always worthwhile climbing up through the fog into the clear up on Skyline, and then climbing back up the west side and earning the fantastic view of the coast, with just the ridges of the hills popping up above the fog, and the long morning shadows cast by our bikes on the hillside.

This is why it doesn't matter that I'm not as fast as I used to be. I might be slowing down a bit, but if anything, my appreciation for the places, both physical and in my mind, that my bike takes me to... that appreciation is as strong as it ever was.