

## Kevin's back!

First ride for Kevin in two weeks; maybe, just maybe, he's turning the corner on the pain from his latest kidney procedure. Of course despite my warnings that he should take it easy he had to try and ride with Marcus up Kings and, what do you know, ends up with something like a pulled muscle in the groin area sort of thing. We ended up not doing the West Old LaHonda loop, shortening the ride by about 6 miles, but the good news is that he can ride and went through the day without the continuous pain that's been his partner for a while. This is good!