

Every day is an adventure when you ride with Kevin!

Some adventures are better than others. A typical ride-with-Kevin adventure involves getting dropped like a rock when the climb gets steep. A less-typical but still-common adventure involves Kevin getting a seizure. And today? I got dropped like a rock and Kevin got a seizure!

Rank	Name	Date	Speed	HR	Power	Watts	Time
1	Mike Jacobsonsky	Jul 9, 2012	9.4 min	167bpm	202w	1129	26:01
2	Mike Jacobsonsky	Jul 13, 2016	9.5 min	162bpm	209w	1129	26:12
3	Mike Jacobsonsky	Sep 1, 2008	9.5 min	164bpm	204w	1119	26:16
4	Mike Jacobsonsky	Sep 9, 2008	9.4 min	162bpm	209w	1111	26:25
4	Mike Jacobsonsky	Jul 26, 2011	9.4 min	-	202w	1111	26:26
6	Mike Jacobsonsky	Aug 25, 2007	9.4 min	162bpm	219w	1108	26:28
7	Mike Jacobsonsky	Aug 6, 2013	9.4 min	162bpm	207w	1106	26:32
8	Mike Jacobsonsky	Sep 15, 2009	9.4 min	167bpm	207w	1103	26:34
9	Mike Jacobsonsky	Sep 11, 2012	9.4 min	162bpm	207w	1103	26:36
10	Mike Jacobsonsky	Jul 27, 2016	9.4 min	160bpm	209w	1103	26:37
11	Mike Jacobsonsky	Sep 26, 2010	9.2 min	162bpm	202w	1101	26:28
12	Mike Jacobsonsky	Oct 12, 2013	9.3 min	162bpm	209w	1101	26:40
13	Mike Jacobsonsky	Jan 23, 2010	9.3 min	160bpm	207w	1099	26:44
14	Mike Jacobsonsky	Aug 17, 2010	9.3 min	165bpm	200w	1096	26:48
15	Mike Jacobsonsky	Aug 19, 2009	9.2 min	167bpm	209w	1090	26:53
16	Mike Jacobsonsky	Aug 2, 2011	9.2 min	169bpm	207w	1088	26:58
17	Mike Jacobsonsky	Jul 10, 2012	9.2 min	-	270w	1087	27:00
18	Mike Jacobsonsky	Sep 2, 2008	9.2 min	167bpm	270w	1080	27:03
19	Mike Jacobsonsky	Aug 21, 2010	9.2 min	164bpm	207w	1084	27:05

26-something Kings times since 2008

I can't complain too much though; had another 26-something time up the hill, so that's twice since getting back from France. This is not an unusual pattern for me. If you look at my Strava records, which go back to 2008, I have no decent times up Kings prior to July; clearly I take a very long time getting warmed up!



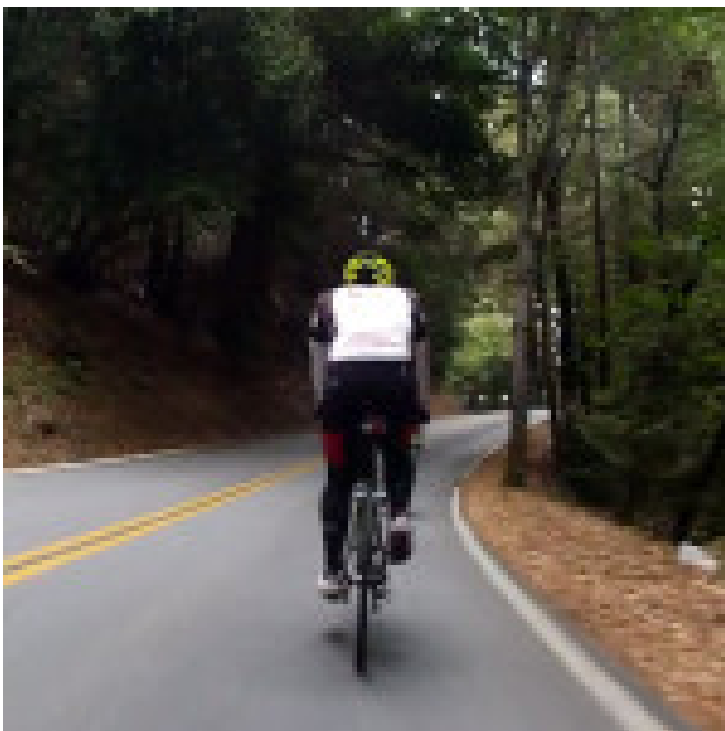
It was like riding into a matte painting on a movie set. Nothing past the road.

We actually started pretty slowly up the hill; it wasn't until we were three or four minutes into the climb that people got moving. Kevin actually didn't even get going then; he was letting everyone ride away from him, with me sitting on his wheel. Finally, just past the first creek crossing/hairpin, when Karen came around me, Kevin took off. I mean, took off. He had spotted the rest quite a good lead, but something clicked and boom, gone. I lost sight of him pretty quickly, and everyone else for that matter, except Karen and JR, who had very specific plans for riding the hill that involved taking it at a slower pace. But given that it was another 26-something time at the top, I was happy, aside from coming over the top and seeing Kevin lying on the ground, having a seizure. Not that it's anything to worry about, just a data point at the moment, although this was a longer seizure than usual, and came immediately after finishing the climb (a good time for him too, 25-something).

Foggy? Yes. Cool? Yes. In fact, at 48.5 degrees, it was less than half the temperature where I am not, in Texas. Why Texas? Working to make the world a better place for bikes... again. Trying anyway.



West Old LaHonda is *OUR* turf!



Kevin pulling away from me