

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 Jacobsen	Jul 9, 2012	9.4 mph	167 bpm	202 w	1129	26:01
2	Mike Jacobsen	Jul 13, 2016	9.5 mph	162 bpm	209 w	1129	26:12
3	Mike Jacobsen	Sep 1, 2008	9.5 mph	164 bpm	216 w	1119	26:16
4	Mike Jacobsen	Sep 9, 2008	9.4 mph	162 bpm	209 w	1111	26:25
4	Mike Jacobsen	Jul 26, 2011	9.4 mph	-	202 w	1111	26:26
6	Mike Jacobsen	Aug 25, 2007	9.4 mph	162 bpm	219 w	1108	26:28
7	Mike Jacobsen	Aug 6, 2013	9.4 mph	162 bpm	201 w	1106	26:32
8	Mike Jacobsen	Sep 15, 2009	9.4 mph	167 bpm	207 w	1103	26:34
9	Mike Jacobsen	Sep 11, 2012	9.4 mph	162 bpm	207 w	1103	26:36
10	Mike Jacobsen	Jul 27, 2016	9.4 mph	160 bpm	209 w	1103	26:37
11	Mike Jacobsen	Sep 26, 2010	9.2 mph	162 bpm	202 w	1101	26:38
12	Mike Jacobsen	Oct 12, 2013	9.3 mph	162 bpm	209 w	1101	26:40
13	Mike Jacobsen	Jan 23, 2010	9.3 mph	160 bpm	207 w	1099	26:44
14	Mike Jacobsen	Aug 17, 2010	9.3 mph	160 bpm	210 w	1099	26:48
15	Mike Jacobsen	Aug 19, 2009	9.2 mph	167 bpm	209 w	1099	26:53
16	Mike Jacobsen	Aug 2, 2011	9.2 mph	160 bpm	201 w	1088	26:59
17	Mike Jacobsen	Jul 10, 2012	9.2 mph	-	210 w	1087	27:00
18	Mike Jacobsen	Sep 2, 2008	9.2 mph	161 bpm	210 w	1080	27:03
19	Mike Jacobsen	Aug 21, 2010	9.2 mph	164 bpm	203 w	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!



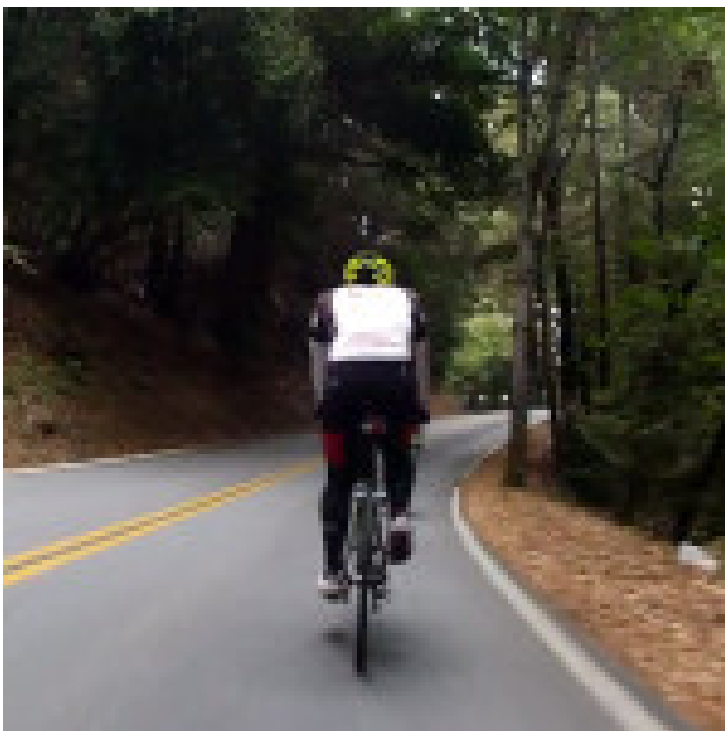
It was like riding into a matte painting on a movie set. Nothing past the road.

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