

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 | 26:05 |
| 2 | Mike Jacobsonsky | Jul 13, 2016 | 9.5 min | 162bpm | 209w | 1129 | 26:12 |
| 3 | Mike Jacobsonsky | Sep 1, 2008 | 9.5 min | 164bpm | 206w | 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 | 201w | 1106 | 26:32 |
| 8 | Mike Jacobsonsky | Sep 15, 2009 | 9.4 min | 167bpm | 207w | 1100 | 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 | 1098 | 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 | 200w | 1088 | 26:53 |
| 16 | Mike Jacobsonsky | Aug 2, 2011 | 9.2 min | 169bpm | 201w | 1088 | 26:58 |
| 17 | Mike Jacobsonsky | Jul 10, 2012 | 9.2 min | - | 210w | 1087 | 27:00 |
| 18 | Mike Jacobsonsky | Sep 2, 2008 | 9.2 min | 167bpm | 210w | 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!



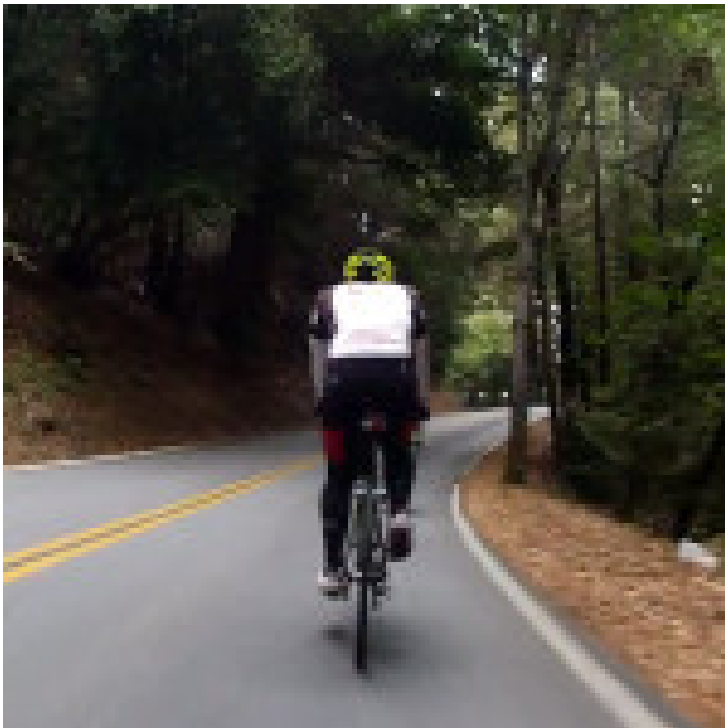
It was like riding into a matte painting on a movie set. Nothing past the road.

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