

## Nice day for a nice ride... Coastal Classic #127?



Why the "shortcut" in LaHonda is worth taking

I'm sure I haven't really ridden the "[coastal classic](#)" 127 times, but it has become the default moderately-challenging Sunday ride over the past few years. Redwood City, Woodside, over Old LaHonda to LaHonda, Haskins to Pescadero, Stage to San Gregorio, Tunitas Creek to Skyline and back down Kings. 58 miles, 6300ft of climbing. Normally no big deal, but it was a bit of a challenge getting Kevin to sign off on it; he hasn't been riding too much lately, due to some pain issues (kidney related, but y'know, we're really not even sure about that and it's not like he can have any more x-rays without everyone needing sunglasses around him at night, he'd be glowing in the dark so much), and has been getting a lot of seizures the past few days, maybe 10/day. But I talked him into it. :-)



Helping a guy with a stuck chain

Along the way we got to help a guy close to the base of Old LaHonda; shifting from large to small chainring, it had jumped off on the inside and wedged itself between the chainring and the frame, threatening to do some real damage to the carbon-fiber. Darned thing would not budge; finally got the idea of loosening up the crank a bit to get some wiggle room, and the chain was safely pulled free. While doing work on his bike Kevin had a seizure (one of four on this ride), and I got to do the usual thing of telling someone that this is normal, he's fine, don't worry. Turned out the guy's a surgeon at Stanford who'd just moved into the area. We don't need a surgeon. We need a miracle-capable neurologist!



Seeing Jeff Z, good customer and great guy, on West OLH

Took it fairly easy up Old LaHonda, as planned, and Kevin actually stuck to the plan this time instead of dropping me first chance he could. It was nice doing Old LaHonda in 24-something instead of going for time! We also took it fairly easy over Haskins, an extra minute or two slower than normal, and pulled into Pescadero feeling pretty good. Coke and a sandwich later and we were on our way over Stage Road, thankful we had our lightweight windbreakers 'cuz it was a bit cold and foggy out there. What's with that? Summer's over and I didn't get the memo?



Our "rabbit" on Tunitas today- we spotted her 5 minutes



Catching our "rabbit" after a long chase!

On Tunitas we spotted a woman 5 minutes when we stopped to change the battery in my camera and let Kevin have a powerbar (actually not a powerbar but that's becomes kinda generic for any mid-ride snack food); she was climbing pretty well and I was thinking we might not see her again! But a steady but not-deathly pace reeled her in, about two miles from the top.

Overall a pretty good ride, despite Kevin's numerous seizures.



West side Old LaHonda



Kevin on Pescadero Road prior to Haskins



The "lying sign" saying just 300ft to the top, more like 1/4 mile!



Descending Haskins and noting some fog along the coast



Approaching the "Flamingo House"; bridge on Pescadero Road



Video camera, Garmin GPS, electronic shifting; I'm not a tech geek!



Note the very old Pepsi trailer on the left, as we head towards the mountains on Tunitas