

## 43 degrees on Skyline... nearly tropical!



After the ride, Coffee or Scratch energy drink? Why not both?

Yes, it's definitely warming up. Lowest temp we saw this morning was 29, and got up to a balmy 43 up on Skyline. Can't knock that! Not too many out there though; just myself, Kevin, Kevin and JR. Seriously, I think the really cold weather the past few rides has taken its toll on people. You can ride safely and comfortably when the average temp for the entire ride is at or below freezing (as it was a week ago and almost was last Tuesday), but you're not going to be very fast. Your body just doesn't crank it out like you'd like, even on a climb where you'd think you could get warmed up. And little aches & pains and maybe bruises? They feel a lot worse.

Or maybe it's not the cold. Maybe I'm just getting old. Nah, that's not it. Kevin (my son) wasn't such hot stuff this morning either. And cold sure beats rain, no question about that!