

## Total reboot for Kevin; what a difference a day makes



Kevin looking and feeling a whole lot better than yesterday, when he was battling seizures all day. Kevin's seizures yesterday continued up until he finally went to sleep, 27 in all. It was lights out for him before 9pm, much earlier than normal, but I think he was hoping that he could just make it go away by going to sleep. And amazingly, it seems that's the case. When I woke him up at 7:50am to get ready to ride, he was just that... ready. Seemed to feel fine and was looking forward to a ride. I kinda expected to have him tell me no, he wasn't riding, he didn't sleep much, etc.

We didn't have time for a really long ride since the shop's open today (our Redwood City store isn't normally open on Sundays, but the Sunday before Christmas we typically are), and I thought it would be a good idea to do something different, maybe even something we would normally avoid, to "reboot" and start over. And that's how I came to suggest the "ugly" ride. North on Canada Road to 92, up 92 to Skyline, and south on Skyline. South on Skyline from 92 just isn't a whole lot of fun, with a couple of really long straight stretches at a steady incline so you just don't feel like you're getting anywhere. Nice ride in the reverse direction.

Well today, it was a nice ride in the "ugly" direction. Beautiful views, just a bit of mist coming off the late, and out on the ocean, there was this one little spot that had its own mini fog bank. Very cool. We tacked on part of West Old LaHonda but had to do an out & back because we didn't have time for the full loop. 37 miles, 3,875ft of climbing so technically a "mountainous" ride but ridden at a nice pace. On almost but not-quite the shortest day of the year (yesterday was shorter by 6 seconds). Maybe next year we can plan a more-adventurous ride on the shortest day of the year, just because.

Today, I'm just happy Kevin's not having a lot of seizures. Zero so far. Don't want to jinx things, but at this point, I think it would be difficult for him to catch up to yesterday. --Mike--