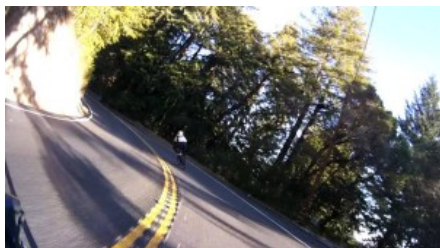


No cars, not many of us either Thursday morning



Nothing altered in photoshop, and the camera is mounted exactly parallel to the handlebars. So yes, this is how much the bike leans over in a corner. Looks more impressive than it feels. Day after Christmas, quite a few people off work, kind of surprising to find only three of us this morning. Just me, Joe & Eric. Darned few cars too; almost no traffic at all on Kings Mtn or Skyline. Great day to ride! And ride we did, up through the park at a pretty easy (for Eric & Joe) clip. Once I make it to Skyline I'm much better and can actually contribute a little bit to the ride, realizing that I can put down 240 watts pretty much forever, so not much excuse to pretend I'm tired if the power meter says less than that. One more way to keep me from cheating. First the heart monitor, now the power meter. What's next? Something that actually measures physical levels of pain?

Looking to the end of the year, just two rides left, and at only 6558 miles so far, I'm going to be a fair amount short of the 7200 miles I anticipated for this year. 6650 isn't all that bad, but when I see the miles some are putting in, it could be better. Interestingly, the overall "toughness" sits just above the 100ft/mile threshold that separates a tough hilly ride from the ordinary, so it's not all bad.