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Coastal Classic Week 2 and dubious Strava accomplishment

Second week in a row of doing the "Coastal Classic" (Woodside/Pescadero/Tunitas) loop, and it's not getting any easier. In fact, today felt like the toughest yet, but some of that might have been from a bit of fatigue due to getting up early to watch the finish of Paris Roubaix, and then heading down to Kaiser Santa Clara to get Kevin out of the hospital.

It was a really late start; 2:05pm or so, one of those racing-the-sun rides. On my own again; it's going to be nearly 7 weeks before Kevin's ready to do any serious riding again, and not knowing when I'd be picking him up precluded plans to ride with others.

I forced myself to climb all of Old LaHonda seated, definitely not my normal style, but figured I should try something a bit different. Besides, you get better video that way (less wobbly). But with almost nobody else out on the road, the video is pretty boring. Not a bad idea to build up different muscles, and a test of will-power, as you find yourself rationalizing all sorts of ways to stand up for a moment or two that wouldn't constitute cheating on the concept. But can't do that; it wasn't the plan.

Old LaHonda rolled past in just under 23, Haskins just over 10, and Tunitas from coast to top in a very-frustrating 50:14. But in-between I was pushing pretty hard, making good time despite some pretty strong headwinds.

I finished the ride feeling... well, finished! I was definitely running out of power climbing Tunitas, and it felt really good having muscles that felt like they'd done something.

Ah, nearly forgot about the "dubious Strava accomplishment." PR for descending Kings, now 14th on the list out of 294 for the stop-sign to stop-sign segment. I'm getting slower climbing, but faster descending. Would definitely rather have it the other way around.