

## Rode naked this morning



Riding back up into the fog on West Old LaHonda

At least that's how it felt, naked. I grabbed my Garmin computer without noticing that it had zero charge. Apparently, after last Thursday's ride (I didn't ride Sunday because I was on my way back to Wisconsin for the Trek gig), I didn't notice it had gone into "sleep" mode, not off. Battery drained completely. So no heart monitor, no power meter, nothing to show me speed or time. I didn't even have a camera on the bike this morning! If it wasn't for the iPhone Strava app, it would be as if I hadn't ridden at all!

But of course I did ride, along with both Kevins, Eric, Mark P and JR. A bit cool at the start, nice & sunny up on top. Summer in California! Hey, I'll take it over summer just about anyplace else I've been. But I'll also remember to make sure my Garmin's got a full charge. Yes, I know, some ride without any computer at all, the only thing keeping track of their ride being their memories. Not me. I'm the guy who even installed a power meter on his BikeFriday for my recent trip to France.