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Slowing down slowly

There's a definite relationship between the gradually-cooling weather and gradually slowing down on the climbs. I've spoken before of â€œhibernation modeâ€• that seems to kick in as the warm weather leaves, and this year doesn't seem to be an exception. It starts before I'm even on the bike, as I simply eat more in the evenings than I do in the spring & summer, and I eat the wrong stuff. More sugar, more starches. Is it any wonder I'd feel less lively? Yet it's still great weather for riding, maybe low 50s at the start and warming up nicely as we head up the hill. This morning it was John, Jan, Eric & Ludo at the start, although we were greatly outnumbered by the local women out walking their dogs and heading into town for coffee. Us? Heading for the hills, as always. This morning we chose the alternate routing up through the park (using Greer road), and it must have been meant to be as it was one of those rare times they had left the gate open at the bottom. It was a relatively civil pace up the hill, although at the half-way hairpin I thought we might have dropped someone when I caught a glimpse of a rider on the lower section of the turn. Slowing down and waiting would have been exactly the wrong thing to do, as it turned out to be Chris catching up to us, flying up the hill at his usual warp 9. I did my best to try and stay seated and ride smoothly, thinking that would get me better ride videos, and it would have were it not for the camera mount being just a bit on the loose side. Still some work to do on that, but the camera holds a great deal of promise, once I figure it all out. I would like to believe I can keep the seasonal hibernation at bay, but realize that's a tough order, with 35 years of history giving evidence that it's not very likely. But I will try!