

## Yes i did ride yesterday

Not only did I ride but I have video to prove it! Except that I didn't realize it was recording upside-down...  
Felt much better than I thought I would. I'll get the ride roster added later, but we had a nice group riding at a civilized pace, a good thing since it was down to 44 at one point so I was wheezing a bit. I really did feel better than expected, after not riding Tuesday and just a short 40 miler on Sunday.