

We kinda phoned in Tuesday's ride. Seemed like a good morning for it.



There are Tuesday/Thursday-morning rides where you don't feel it, you ride like a slug, and you're not exactly proud of the effort. You feel better at the end of the ride than you did at the beginning, but that's about as much as you can say about it. And considering that's what a "bad" ride is like, one where you still feel better for having done it, well, at least you're doing the right thing.

Tuesday morning was different. It wasn't fast, neither Kevin nor Karen nor I had a lot of fight, but on a cool (almost cold) foggy morning, it seemed about right. Karen was the strongest, Kevin the most-variable (slow start up Kings; I waited for him at the park entrance, then he rode on ahead about mid-way). As you can see in the picture, no great views Tuesday morning. Hopefully better tomorrow.