

Finally, back to the regular routine



It's been a while since doing the "full" Tuesday/Thursday-morning ride; "life" has gotten in the way, many times. I've actually wimped out on a few wet mornings and ridden the trainer indoors, on Zwift, which is not nearly as good a workout, for me, as being on the road. Just cannot get much power on Zwift. Tuesday was one of those Zwift days, rode with Kevin on side-by-side trainers in my family room. Kevin can crank the watts; climbing the virtual Alpe d'Huez, he was up there at 5 watts/kg while I was struggling at literally half that.

But today, the sun was out, the roads are drying (still wet most places) and ex-Pilot (Kevin K) was back on the bike after some surgery on his back to correct pain while walking. Pain while walking? Just ride your bike instead, right?

It was a pretty easy pace up Kings (thank goodness for ex-Pilot's month off the bike!), and he rode with me as far as Swett Road before turning around to meet up with others who were riding later. Ah, the life of the retired! Me, I kept going, and it really wasn't that hard. I need the miles, for sure! Real miles.

West Old LaHonda wasn't easy but still worth the beautiful view high up. Note the new mini rockslide if you're heading at speed down the hill. Normally I'd move debris out of the way, but that thing is a bit too big (and if I could, what would I do, roll it down the hill and hope it didn't do serious damage to something?).

And where was younger Kevin? Long story but basically he thought I wouldn't be riding this morning because I'd made plans to take my wife to Las Vegas to see a show. Unfortunately, she didn't have much interest so I was available to ride after all. Very glad I did. It feels so good to get in the full ride... so much better than when it has to be shortened by lopping off the West Old LaHonda section.