

## Back to the Tuesday/Thursday ride, already in progress

I arrived back home right around midnight Wednesday, and there was a small part of me that thought, wouldn't it be nice to just sleep in, instead of get up at 6:57am and go ride? But that's not the way it works. Not for me anyway, and by extension, not for Kevin either.

Kevin wasn't any too happy about me getting him up; apparently he didn't get to sleep until pretty late, and wondered why he should have to ride, even pointing out that, at 18, he ought to be making his own decisions about such things. Well sure, he can, but without consistency he knows he's going to fall back and there's no denying he enjoys being in decent shape. Plus, I know that he's going to enjoy the ride once things get going.

And, generally, he did. After we got yet another seizure out of the way on the climb up Kings. Getting a bit tired of that, but I'm working on a theory that his heart rate has something to do with it, with anything about 180 being far more likely to see a seizure than something below. I told him ahead of time to keep it below 180, and he thought he was, but checking out the download after the ride shows he was up to 185 when it hit. Next step? I'm going to set up my bike's second computer to display his heart rate instead of mine.