

Last Tuesday's ride

Sorry, in all the getting-things-ready-for-France confusion, I neglected an entry for Tuesday's ride! A very nice morning, and I actually got my best time of the year up the hill at 27:20. Of course Kevin got his best time too, 24:40. Keith had gapped Kevin & Nigel & Dan (Dan Connely, who we haven't seen for quite a while, little guy who climbs really well). But I was feeling pretty good about being able to suffer and soldier on. Overall average speed was about 17mph, .5mph higher than typical, also an indication that I'm feeling a bit stronger. Of course, the climbs in the Pyrenees will truly answer that!