

## Heart just wouldn't respond this morning

I was hoping I'd be up to speed this morning, fully recovered from last week's rides in the heat, by apparently not. Maybe it was the change from extreme-heat & low humidity to cool & drizzly that caught my body off-guard. Or maybe it was just one of those things, my body rebelling a bit, not wanting to always be pushed. Whatever it was, I just could not get my heart rate about 152 or so climbing Kings, a good 10+ lower than normal, and you just can't go very fast at that low a heart rate.



Watching everyone ride away on West Old LaHonda. This was not my day.

Good crew this morning; Kevin (pilot), Karl, Eric, Joe, JR & Marcus. Not that I spent much time with anyone on the way up! But once on top it wasn't so bad, and the wet pavement didn't seem too slippery. Hard to believe that just a week ago we were having to make sure people didn't run out of water mid-ride!

Hopefully Thursday I'll be back on my game. The last Thursday without the other Kevin (my son) who will be cleared to ride after a minor procedure to remove a stent on Thursday morning. For a very brief time, I'll likely be faster than him up the hill. Likely a very brief time!