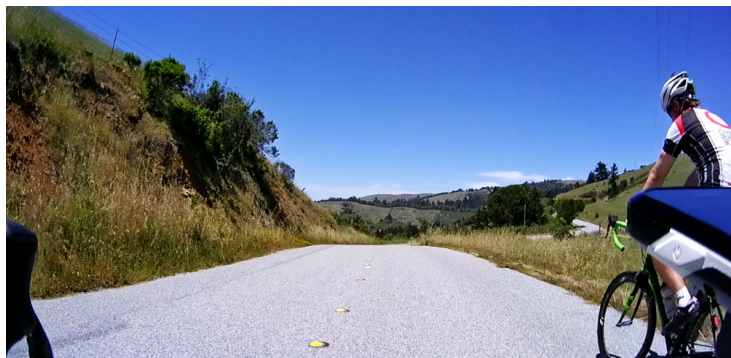


## An "easy" first ride back for Kevin



West Alpine Road, heading towards Skyline. Low 80s, light winds, and Kevin's finally back on his bike again.

A rough ride these past couple of months for Kevin, and Friday it was looking like it might keep staying rough for quite a bit longer. Thankfully, his crash on Friday left him a bit battered and bruised but still able to ride. The original plan, the pre-crash plan, had been to do the full coastal classic, heading out to the coast and back via Tunitas. That seemed like a bit much now, so instead we simply rode over Old LaHonda, down 84 to LaHonda and back via West Alpine. As it turned out, even without Kevin's recent crash, this was about as much he could have handled. His speed on the climbs is as you'd expect after not riding for so long, and especially interesting was how badly he suffered when his VNS (and electronic gadget for his epilepsy that sends a jolt to the system for 30 seconds once every 5 minutes) kicks in, interrupting his normal breathing. While he was riding regularly, his lungs essentially worked a bit harder to compensate, no big deal. But today, different story!

Tomorrow (Monday) we'll do an easy ride through the foothills, and Tuesday he'll rejoin the morning ride up Kings. I asked him today if he thought it might not be a bad idea to head up a couple minutes early, and he didn't toss the idea aside as he normally would. It's going to be a tough road back for him, but I'm sure it won't be too long before he's flying up the hills again and I wish I had a bungee cord to attach to him.