

## Yes, rode yesterday

Sorry for the delay in getting Sunday's ride posted. This was Kevin's first ride on his new Trek Madone 7 (assuming you don't count his 3 mile ride home after building it), and for that we chose the usual reference ride, the Coastal Classic (Old LaHonda, Haskins, Tunitas). The ride couldn't have been more different than the same route a week prior; instead of temps running from 80-101 degrees, it was in the upper-40s to low-60s, and damp! What's with that? This is summer, right? Well, not quite, but close.



Kevin on the steep middle section of Tunitas, looking up in a fashion eerily similar to that seen the first time he neared the top of Kings Mtn, 7 or 8 years ago. Unfortunately, despite the excitement of a new bike, Kevin was just not quite his old self. Part of the issue was that we got off to a late start, close to noon, and by that time he's settled into something of a sloth-like pattern. Plus he's a bit more prone to small seizures lately, nothing big, but definitely annoying. As a result, I'm still able to outclimb him. For now. I doubt that will be the case by the time we head to France in just over 4 weeks though!

Scary thing about not riding hard; you end up eating too much and not burning off the calories. The weight swing ends up about a ridiculous 4 pounds. Ouch!