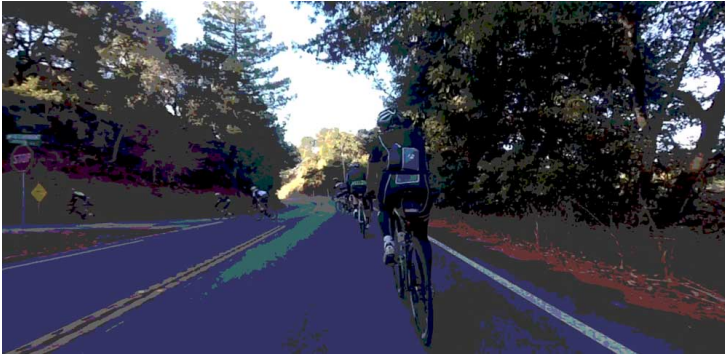


Figuring it out as I go



The story to this abstract image? I spent quite a while trying to find something from today's ride to use, finally settled on something I didn't like that much, but then I goofed saving it in the wrong format, and got what you see here. I kinda like it, so I kept it. Eight of us this morning; I'll try to get it right. Both Kevins, Eric, JR, Emil, Mark P, a surprise showing by Keith and myself. Got 'em all! I felt a lot better today than the previous couple of rides, I'm sure because I made a change in when I take the meds for my Raynauds issue (something that causes my hands to feel like ice, as circulation shuts down to the fingers). Instead of taking it just before the ride, I decided I'd try it in the middle of the night, when a near-60s kind of guy needs to "get up & go." Pretty sure the secret is to take it a good three hours before riding, then you're good.

Kevin wasn't quite so good this morning, having a seizure heading up Kings and never quite getting back up to speed afterward. Well, that's not entirely true. He did complete the whole ride, and even contested and sneaked in a win in the final sprint. Me, I'm just glad my legs felt normal and my heart rate acted normal instead of hitting a plateau at much-too-low a rate. --Mike--