

Fresh meat on the morning ride; later on, Kevin's first day back on a bike



Yet another nice morning to ride! I'm much happier this time of year; as it warms up, my weight finally starts to drop and get back down to where it should be (under 170). I like running out of notches on my belt.

This morning it was Kevin (pilot), Karl and new-guy Eli. Eli's a summer employee in our Redwood City location, and turns out besides selling bikes, I might find it useful to hook up a toe line on the climbs. I hung back a bit to ride with Kevin, who was bogging down a bit, likely because he'd already done a swimming workout before the ride.

Seemed like a tougher ride than the 98 Strava "suffer score" implied though.



Kevin's back! I mean seriously, that's his back. First day on the bike in quite some time. But today was more significant to Kevin (the kid) though; this morning he got his (57!!!) staples removed and, after work, his first time on a bike, riding home, in weeks. First time other than a couple stints on a trainer. He's got just 13 days to go before France; this was cutting things about as closely as possible. Three brain surgeries behind him, and now, an electronic implant that is going to begin its job of trying to short-circuit his epilepsy seizures within a week. It was originally thought it would be quite some time down the road before the gadget collected and downloaded enough data for his doctors to analyze and program prior to "turning it on" for real, but today his main doc told him they had some good data; come in early next week and they'll start it up.