

Just got back to "normal" but no biking for a week?



A couple enjoying a beautiful winter day in the sun, with kid in tow. Finally, a "normal" ride for the first time in a while! No rain, a bit on the cool side, but hey, it's winter, right?

It was a foregone conclusion this would be a relatively easy ride, although things did pick up a bit as we went along. Old LaHonda was a leisurely 26 minutes, just as planned, but inevitably things picked up a bit on Haskins; I'd figured maybe 14 minutes but Kevin and I made it up in 11. It was like so many other rides, where you're in no hurry to get on the bike in the first place because it's nice & warm inside, but as the miles go by it just gets better and better.



Still not any better for the poor Mastadon that remains fallen over in the field just east of Pescadero, with the Triceratops still looking on. It's been at least a year since it's been upright, toppling after a major rainstorm. It had actually happened before as well, but its guardians had put it upright shortly after. Not this time though.

Pescadero Bakery was crowded with cyclists; first time we've seen that in a while! Slight change in the menu; they'd run out of tomatoes so it was a Chicken Club with avocado & bacon. Still darned good. Coffee instead of a coke (since it was on the cool side). And, of course, the cookies.

Stage Road had the usual headwind, but fortunately fairly mild. We modified the usual route by heading back via 84 instead of Tunitas. The idea was to check out the road damage on 84, making sure it wouldn't be a problem for Kevin on Tuesday's ride. Kevin only. Unfortunately, I'm off on a biz trip through Friday, missing out on the Tuesday & Thursday rides. It's actually nice to ride up 84 from the coast once in a while, and remember that it's not quite as bad as you remember.

Regarding the damaged section of 84, it really doesn't look all that bad. I won't be surprised if they do have it all fixed up in a couple weeks. In the meantime, it's only going to be a couple minute's delay through the single-lane section for our rides. No biggie.

60 miles, 205 watts weighted average power. Less than 10% below where I ought to be, so maybe things are getting back to normal. Just in time to spend almost a week off the bike again and lose it all! Hate that.