

Possibly a very slight improvement in breathing? Plus update on 84 traffic delays.



Kevin moving towards the light on this-morning's ride! It's possible, just possible, that I might have seen a slight improvement in my breathing this morning. That would make the first time I've seen a positive trend in that regard in... well, at least 5 years. Sure, I usually see some improvement when things warm up, but that goes away as soon as it cools back down. This was different; it was still darned cold out there, but I felt... better. I was actually able to talk with Kevin a bit while climbing Kings, instead of permanently gasping for air.

Oddly, it was just myself and younger Kevin today. Maybe everyone else was waiting for it to get warmer before riding? Temps ran between 34 and 37 degrees for most of the ride, with roads still damp from the weeping hillsides (which will likely be the case for some time, given how much rain we've had this month). As you can see in the photo, it was quite beautiful up on Skyline, as well as on West Old LaHonda, where it's always beautiful.

The single-lane section of 84, between Skyline and Woodside, looks to be a problem that will continue for some time. Today we were delayed about 5 minutes, while Tuesday it was closer to 15. If you're in a rush, I'd suggest finding another way down the hill!

Now, as for the breathing getting better, the question is, why? Hopefully it's because I added Qvar back into the mix. Originally, I was on Qvar as a maintenance (every day) med, plus situationally (before a hard ride). Since that didn't seem to do much, Singulair was substituted for the Qvar. Another 6 months without improvement (and frankly, things just seemed to continue to get worse). So about 10 days ago I added Qvar back into the mix, while still taking the Singulair. Qvar takes about two weeks to get up to speed, but today I think, I hope, I might have seen some real benefit. I sure hope so! We'll see how things go this weekend.