

## May have numbers to prove things are getting better!



The obligatory pretty ride picture; nice to see temps in the mid-60s once we got out towards the coast! No rain, almost entirely-dry roads, slightly warmer... what's not to like? I did the "reference" ride with both Kevins today, that being the usual Sunday event up Old LaHonda, Haskins, lunch at Pescadero, Stage Road then back via Tunitas. It was really nice not having to bring rain gear and the stuff you have to wear for really cold weather.



Kevin (pilot) telling us how he's too health-conscious to eat a cookie, with his Diet coke in the foreground. Old LaHonda, well, it wasn't easy but it was nice getting back into 24 minute territory again. The two Kevins still rode away from me though. Haskins I was feeling stronger and able to keep up. On the run into Pescadero it was nice having "pilot" Kevin along, pulling strongly into the slight headwind. Lunch was the usual Chicken Club sandwich shared with the younger Kevin, along with coffee instead of coke. Seems like the coke-in-Pescadero ritual may be moving on. Pilot Kevin, on the other hand, remains addicted to his Diet Coke, and won't touch a cookie because he wants to avoid the sugar. As if there's nothing bad for you in Diet Coke?

As usual, I'm at my best on the three Stage Road hills, for reasons I'll never understand. I don't particularly like any of them! Especially the second one, just prior to San Gregorio. I've never felt like I could get into a rhythm on the lower part; it's only when it begins to get steep that I feel OK. Perhaps the best thing about those three hills is that each is pretty short, something around 6-8 minutes long, and maybe that's about what I can do before running out of gas. Whatever, I'll admit it was fun to have both Kevins trailing behind by a bit.

Tunitas of course digs out the real truth. I began to fall off before we even got to the Bridge of Death, and barely kept them in sight until they waited for me at the grassy knoll.



The Olive Hill Corgis  
The good news came later, when I looked at the data and found my 20 minute power is beginning to come back. 281 average watts for 20 minutes is something I haven't seen in at least half a year! My climbing times are still slower than they should be, but most of that is probably from the extra 6 pounds I'm carrying right now. Hopefully the worst of the rain is behind us, and since nicer weather = longer and harder rides, which will help to get that weight off!

Oh, almost forgot one of the best parts of the ride! For the first time in many months, the Olive Hill Corgis came out to see us. Life is good.