

## It wasn't *\*that\** cold, but the lungs sure felt it



Sunday's ride was OK, but just a bit off the mark, which I attributed to temps cooling a bit. I wasn't absolutely certain that was the issue until this morning. And it really wasn't all that cold! Yet it was the first time in many months I've worn both leg warmers and a base layer, and it felt like I could have used gloves.

Just four of us today; myself, Kevin (pilot), JR & Marcus. Younger Kevin ditched the ride so he could get a haircut (???!). Priorities for Kevin seem to have changed a bit with a new girlfriend. I was OK for about... well, maybe 6 or 7 minutes up Kings. The first hairpin, where you cross the creek, and I started running into trouble. Breathing. Something that, in all seriousness, really hasn't been bothering me much since my Essential Thrombocythemia diagnosis back in May. But today, oh yeah, even though the guys weren't going up very quickly, I lost them about half-way up the hill. I eventually made it to the top, 32 minutes after I started. Wow. Just a few degrees drop in temperature and I'm toast!

I fear a long winter is ahead of me...