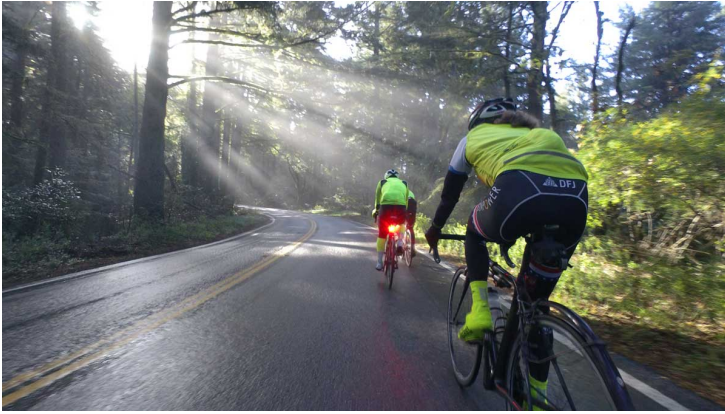


Ride report two days late, hopefully last cold ride!



Yes, it was pretty. Pretty cold! Kevin, Kevin & Karen (3 Ks!) plus me bringing up the rear. And I mean really bringing up the rear! It was 40 at the bottom and gradually declined as we rode up the hill. Well, the 3K's rode up the hill; I was huffing and puffing behind. I was in a bit of a dark place on the climb, thinking this might have been the last ride I could leave with the group.. 40 years of doing this and I'm finally not qualified for my own ride. The indignity! Idea being that I could leave 5 minutes early and not hold everyone up too badly.

But hopefully it was because it was still pretty cold, 35 at the top, plus I was at the leading edge of a cold. This cold was the plague that nailed many pretty hard; fortunately, for me, and hope I'm not speaking too soon, it never got all that bad. We'll see how I do tomorrow (Sunday).

Meantime I'm going to see if I can get another breathing test and maybe switch to something stronger. There was a time when I would have wanted to stay with "mild" stuff, meds without much in the way of side effects, but I'm on enough things now that I feel like that ship has sailed. Give me the good stuff!