

Tough solo ride



Not sure exactly what the plan was, but it involved riding with my son for sure. But Kevin's nasty cold isn't clearing out as fast as mine, and he's more the sort that wants to take a rest when not feeling well, vs me thinking I can burn whatever it is out of my system.

Normally, I'd head to the coast, but done enough of that lately, so decided to loop south through the foothills, then torture myself up Redwood Gulch. Redwood Gulch is never a pleasant experience, but today, it seemed like it was the "easy" ride up Highway 9 to Skyline that was the real challenge. Looking at Strava, it really surprises me that I was actually faster (by 3 whole seconds) than a month ago. Of course, I was 7 seconds slower on Redwood Gulch, so I'd say pretty much a wash.

Skyline was really windy as the storm slowly moved in. I finished well ahead any rain, but did get blown around a bit. The usual beautiful views reminding me just how nice an area we live in.

The good news is that, despite how hectic things have been at the shop, riding still helps keep my blood pressure in check! 124/74, for me, is very good.