

It was a lot like last Thursday, and not at all like last Thursday



Last Thursday, temperature averaged 39 degrees for the ride. Today, temperature averaged... 39 degrees. Last Thursday, there were 4 of us (myself, Kevin, Kevin & Karen). Today, there were 4 of us (myself, Kevin, Kevin & George). Last Thursday, I was starting to come down with whatever this nasty cold going around is. Today, I'm starting to recover from whatever that nasty cold going around... was. Last Thursday, I couldn't get my heart rate up and was well of the back. Today, I actually rode up ahead of "pilot" Kevin and George, catching up to (younger) Kevin on Kings and finishing just over a minute ahead of them. To be fair, "pilot" Kevin was pretty worn out from a really hard ride yesterday, but anytime I'm not last on a climb feels like a minor victory!

Yes, it will be really nice when we can definitively say good-bye to the end of the cold & wet season and welcome warmer & sunnier days ahead. I'd hoped last Thursday would have been the last cold day, but at least I did a fair amount better today, giving me some hope. I even took on Kevin on that steep pitch at the end of West Old LaHonda. First sign of real improvement in a very, very long time.