

Felt pretty OK once I got past Kings. Maybe better than OK!

No records set; no way that's ever going to happen again on the regular Tuesday/Thursday-morning ride. Over 10 years of Strava data to beat, and the 62 year old me just can't touch the 52 year old version. I'm generally OK with that, but would still like to do battle once in a while.

Today it was just me, Kevin & George. The other Kevin (pilot) is off in Switzerland. Kevin left us somewhere around the park and finished a few minutes up on us; at 31-something, I can tell it's not going to be easy getting back under 30. Once up on Skyline I just hung onto wheels for a while, finally starting to feel pretty decent just in time for the descent into Sky Londa. We bombed it pretty good, but still a good 10 or 12 seconds off my best time (Strava says I've got the 8th best time on that descent and sure, I'd like to try to improve on that, but it might take a slight tailwind to do it).

West Old LaHonda was where things felt pretty good. The first half I was wondering how I was going to stay on wheels, but the second half it was simply a given. No way was I going to get dropped. Not today. And I didn't. Maybe Kevin was holding back a bit, don't know, almost don't care, but I was there all the way to the end.

The rest of the day I felt it in my legs, in a very, very good way.