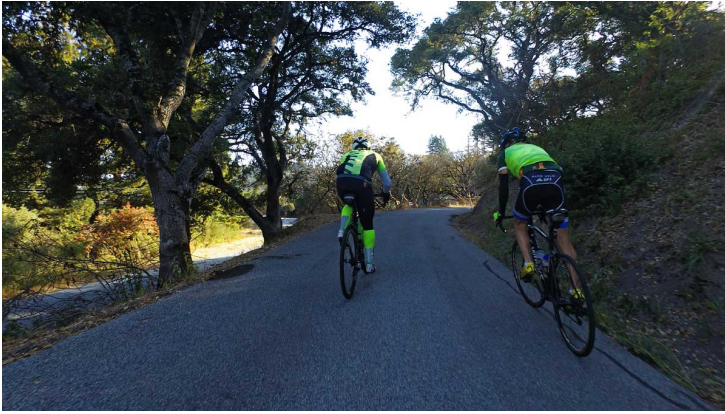


## Tuesday's ride was OK even though nobody felt fast



The two Kevins beginning the assault of West Old LaHonda Maybe the ride was OK precisely because neither of the Kevins, nor I, felt particularly frisky. A leisurely ride up Kings (35 minutes I think? Dim memories of when 25 minutes wouldn't have been all that fast... very, very dim memories...). Just a bit of dampness on top, not much. You know it wasn't too tough if I was able to hold conversations on the climbs.

Tomorrow morning I plan to ride quite a bit harder; I have an appointment for a blood pressure check at Kaiser, and when I ride hard, my post-ride blood pressure can be a fair amount lower. That's the plan. We'll check in on the reality tomorrow!