

Nice morning for a slow solo ride



Albion Road in Woodside on a nice clear winter day.

I was a bit surprised just how slowly my legs wanted to turn this morning; I knew after Mt Hamilton on Wednesday, well, in the winter, it might be a bit much. And it was. Much as I tried to tell myself hey, in France, I might go 6 or 7 good rides in a row without much issue, there's the cold, less riding, and, of course, it's not France. No stops for pastries.

But there is the bit about being able to take notice of more things as you ride, which kept me entertained.

How will I feel Sunday, when I've got to convince myself I'm worthy of a ride to Pescadero, no matter what? We'll see. I think it will go well. Just not terribly fast.