

An interesting week



Far left, JeffZ quickly riding away up Kings, center, Lauren on her birthday ride, far right, it's fog not smoke for once!



Last update was a week ago? I can claim a very clouded mind... clouded by smoke from the fires up north. But today the air finally cleared, at least in the morning.

Sunday's ride almost didn't happen. The air was so bad I didn't think it would be a good idea to get smoke-coated lungs, so I grabbed my son's Ebike with the intention of keeping my heart rate and breathing not much higher than they'd be if I wasn't riding. Basically let the heart rate max at 110, although really did try keeping it below 100. Compared to my usual rides, where my heart rate might be above 150 for the majority of the ride, I was basically in idle mode. And yet, I was still out there riding, still spinning the pedals. Tried to go up West Old LaHonda but it was open to local residents only, so I backtracked and rode Kings via the park. Met up with an interesting group of middle-aged folk all on ebikes! Actually saw them first heading over Jefferson, then again at the base of Huddart after my backtracking.

Virtually zero traffic; a small number of cars and even smaller number of bikes. But a lot of smoke. First time I've ridden actually wearing a mask while riding!

Tuesday? Smoke again! So Kevin's ebike again. Solo ride, which was probably a good thing since I was on an ebike. After heading down 84 (still no West Old LaHonda loop due to the road closures) I decided hey, who would this bike be heading up Summit Springs? Turns out, really nice! Didn't even have to ride in Turbo mode.

And now today. I was really anxious to get back out on my "real" bike again, although with a small amount of fear & trepidation since I'd been spending so much time on an ebike. Thankfully beautiful blue skies; the air actually smelled clean. I wasn't sure how my legs would feel, but once I started climbing, they responded ok. As I made the right turn onto Greer (to head up Kings through the park), I spotted a rider heading up Kings the "normal" way, quickly with an orange bike. Had to be JeffZ. Well, bye-bye, no way was I catching him (he's in the far-left photo above).

Midway through the park I came across Lauren (middle picture), who was riding very strongly, making me wonder why I bothered to pass? I waited a short time at the top of the Park (actually a very short time) and spoke with her; she was out doing a ride on her birthday, claiming to be 48. I said her riding age was 38. She turned to head back down while I rode up, not cranking out the normal wattage but not doing too badly either. Passed another guy about 2/3rds of the way up.

Heading south on Skyline, saw JeffZ in the opposite direction; he'd done a u-turn at 84. Glad I wasn't trying to hang with him today!

Overall nice ride, although it would have been nice to be back on West Old LaHonda too. Super nice views in the clean air. I'll take more of this.