

## Kevin's first ride on his "real" bike in two months wasn't very fast



95 degrees climbing West Alpine, while the view of the coast shows something a whole lot nicer. I knew it had been a very long time since Kevin had ridden his "real" bike (his Trek Emonda instead of his e-bike) when I inflated his tires and they were down to 30psi.

Kevin actually started out pretty strongly, powering over Jefferson, Canada and Mountain Home on our way to Old LaHonda. No sign of knee issues, and close to strong-like-bull. Given that he hadn't really ridden hard in two months, I didn't think he could keep it up, and I was right. Old LaHonda quickly showed his limits, as he geared down and slowly ground his way up the hill. As he later noted, he didn't recall a time in recent history that he'd only passed one person going up, while many passed him. Over 30 minutes to the top, a time Kevin likely hasn't seen in 13 or 14 years???

Kevin was game for the full ride though, down to LaHonda, up West Alpine and back Skyline. I tried to talk him into stopping in LaHonda for a coke, but no, he just wanted to keep going. In retrospect, I think he needed a coke. We made it up West Alpine, but certainly not in style. It was really REALLY strange for me to have to hold up for him. Climbing West Alpine my heart rate should be in the 155-160 range, and I was seeing... 125? At least the reduced effort made the heat a lot easier to deal with (got up to 96 on West Alpine).

165 watts average weighted power is lowest in like... forever? 12.5mph average speed is lowest in like... forever? This too shall pass and I'll have faint memories of a few rides where I was faster than Kevin.