

## Ride cut short as Kevin's legs were MIA



I thought I was the one who'd be in trouble today, due to a really painful left calf that decided to spasm painfully last night and today could hardly be walked on. But fortunately cycling is not at all like walking so, while I was aware of the pain, I could push through it without making it worse.

Kevin, on the other hand, seemed to leave his legs at home. He was doing great until about halfway up Old LaHonda, and then just fell apart. The planned ride to Pescadero wasn't going to happen. Nor a direct run to the coast and then back Tunitas. The only thing Kevin was up for was his favorite climb, West Alpine.

Favorite or not, it was pretty slow. Just under an hour and I think Kevin's best-ever is just under 40 minutes. But maybe it's not so bad that my last Sunday ride as a 55-64 year old isn't too impressive, leaving more room for improvement next week when I bump up in age to the 65+ group!