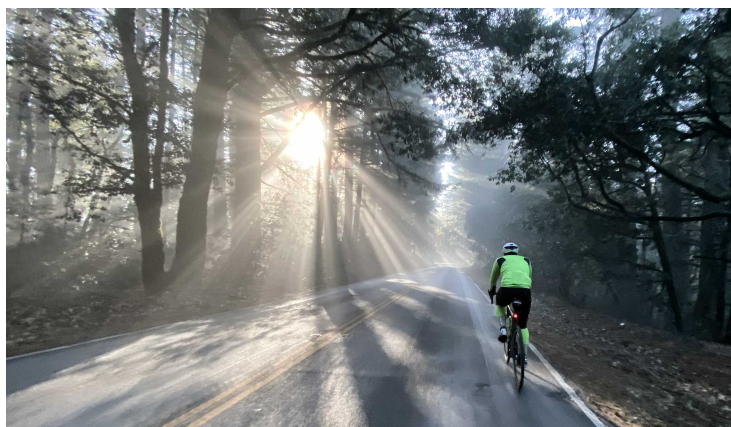


Tomorrow I discover life as a Strava 65+ age grouper



Those rays on this morning's ride? That's a trans-dimensional time compression artifact created by Inca scientists secreted away in a Peruvian cave for the past 30 years. It's claimed to effectively drop you back up to two age brackets on Strava. Like all trans-dimensional time compressors, it doesn't work until the surrounding atmosphere is chilled to precisely 33.1 degrees Fahrenheit, the exact conditions Kevin and I encountered this morning.

It will be a few days before I find out if it worked; the initial feeling is one of cold, stiff joints that don't go away until the weather warms up. But we did get to enjoy another nice day on West Old LaHonda.