

## Back to the usual! And what a view.



It was time to get back to the usual Sunday ride and pay a visit to Pescadero again. Leg warmers, base layers and long-fingered gloves on the way out to the coast, with a plan to remove them if the forecast was correct and it was nice and warm "out west." And it was!

Kevin is amazing; he can be out of shape and pull off a 20 minute ride up Old LaHonda almost at will. I saw how he looked at the start and didn't even try to stay with him for even a little while; just told him go for it and watched him... go!



This wasn't a ride where I felt a whole lot better as it went on, but I didn't feel any worse either. Distance tends to be kind to me, even though Pescadero was out of cookies. Hey, what's with that? It hasn't been THAT long.

Very very slight breeze but guess it was enough to completely clear the air and give a wonderful view of the Farallon Islands and a ship or two. Another nice view was the barn on the left just as you enter Tunitas. Is it in a state of arrested decay? It's not looking too healthy, but I've probably said that for the past 15 years.

And.. my weight is almost back to normal. Just took two weeks to get the Greece off, so to speak.