

Which version of me shows up tomorrow?

A week ago, Thursday, I had a pretty darned good ride. Finished Kings ahead of everyone else, although I don't think anyone else was going all-out. Then Sunday, just a quick ride out to San Gregorio and back Tunitas, thinking we couldn't do something longer due to incoming rain. Which, of course, didn't hit until much later. And worse, we lost out on epic winds blowing from the south, which would have made Stage Road a blast! The shortened ride was OK, but it would be way wrong to suggest I was feeling anywhere near as strong as that Thursday ride just a few days before.

And then Tuesday this week. What. Happened. Maybe it was because it was a bit colder, a bit damp, and maybe also that I'd left my heart monitor off so I didn't have a good feel for what I was doing vs what I could do. But Tuesday I was as slow as the prior Thursday I'd been (relatively) fast. Temperature has a lot to do with it; when it's colder, my lungs are that much worse, and I also tend to weigh a bit more.

Definitely looking forward to warmer days ahead. Where are they? Long-range weather report says 84F a week from tomorrow. Works for me.