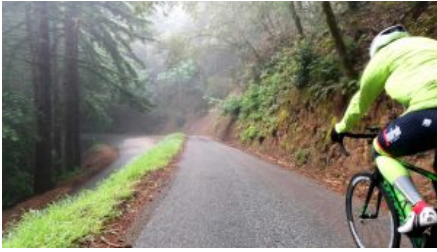


Back to the Fog



Sunday's ride was in glorious sunshine and temps warm enough to wear short fingered gloves and shed the base layer and leg warmers.

Not so this morning. Back into the local hills; there's really no alternative ride where we can get such a good workout in so few miles. At least Thursday might be an opportunity to ditch the base layer; weather says a low of 55 so maybe no fog.

Watching this weekend very carefully; would really like to finally get back to Santa Cruz again but absolutely positively not interested in riding with cold weather gear and having to figure out where to stash it when it warms up. Without Mr. Mustard atop Skyline, it's very important that we have room to carry a Coke or Mtn Dew to drink at the top of Highway 9.

As for this morning's ride speed, it was pretty subdued; Kevin had quite a few sore muscles from the many seizures he had yesterday. Those really take a toll on him physically. Hopefully he can get them all out of his system before France, which is just two weeks away. It's going to be a lot more crowded this year; you can tell just from the plane loads. Stuck in economy+ with no chance for an upgrade in either direction. We leave Wednesday, arriving in Geneva 11:30am Thursday morning. Get on a train at 12:30pm, arriving Annecy about 2:15pm. Unpack, build the Bike Fridays, take a short test cruise around part of the lake and then get ready for a pretty big day seeing the Tour on the Grand Colombier the next day. The plan is to ride myself into shape!

The first big test will be the stage on Friday, featuring the Joux Plane, and the likelihood of not making it back in time to catch the last train to Annecy, requiring about a 60 mile ride back. Several other stages are similar, with time schedules that will be tough to meet, but the Plan B, riding all the way back, will be entirely feasible.

But yeah, gotta get Santa Cruz under the belt!