

Almost 38 minutes = 100% effort? 2 old guys going slow.

It's not really that cold out; year's past we would have seen a number of days at or below freezing, but so far this year, according to data from Purple Air, we're just barely touching it, temps from 31.5-33.5 being pretty common at the coldest spot along Kings, just before the climb. It's been quite a few years since we've seen a 27F show up, and a very long time since that day we saw 23F. Fortunately, at or near freezing, my electrically-heated gloves are still up to the task.

Kevin (ex-pilot) says he would have wimped out if I weren't riding. Normally I'd check in the morning to make sure he was going to be out there, but why? I know I have to be there, I have to get out in the real world and ride as much as possible. Otherwise the scale is not my friend.

Somehow I forgot to use my inhaler prior to the ride, but not sure I felt much difference. The other change I made was moving my blood pressure meds from the evening to morning, hoping they might have more effect that way. Is high blood pressure really an issue when sleeping?

We did have a rabbit ahead of us, which I used to think was fun but now, not so much. You almost don't want to find yourself gaining ground, pushing yourself harder, but that's something that likely will never change. It's in my DNA. We did catch her before the mid-point, about the same time I started losing steam and watched her and Kevin ride on ahead. Soon as they were out of sight Kevin apparently dropped her; at the end of the climb I had her in my sights, about 45 seconds ahead. She seemed to have no interest in conversation or riding with two old guys and just kept on going, probably descending 84 since otherwise we'd likely have seen her ahead of us on parts of West Old LaHonda.

Fog! First day in a few weeks we saw a pretty heavy marine layer along the coast, extending inland several miles, with just the tops of the hills poking through. Thankfully not where we were riding; cold and dry isn't so bad, cold and wet is another thing entirely.

Rain. Supposedly coming our way, but not quite yet, not in time to make a mess of things Thursday. Showing rain from Friday through Tuesday, so Sunday's ride could be questionable... may be back on the trainer. That's the one area I've "given in" over the past year. Rain rides, especially solo rain rides, just aren't likely to be something I look forward to anymore. We'll see.