

Hot road avoidance, bad shape

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I reckon I'm not in very good shape right now, but so what.

It's been hot out here. When the mercury reads 90 something and you want to go for a ride, what do you do? I've kind of been cheating and riding my 'cross bike up to Forest Park. I've got a nice little route all set up. I go up Springville road, which is hot, but often shaded. Then I ride over to Germantown, and hit the entrance to Forest Park, which is well shaded. I ride up something, sometimes ride back down, and stay in the shade. I like shade.

Lately, I've preferred to ride under a shady canopy of trees, over an inferno of hot reflecting asphalt. I've really enjoyed getting out on the cyclocross bike, refreshing my memory of how to take a fast corner in loose gravel and accelerating through a silent cushion of pine needles.

There's a couple criteriums races coming up on my calendar that I'd really like to ride respectably. If I even want a chance of that happening, I will have to shift gears back to roadieVille pretty soon. Maybe tomorrow. Certainly Thursday. Maybe.