

2010

432.7

dd/mm/yy	Party	Bike	Km	Trip
25/07/10	Solo	GY	67.7	Sunny day, hot, intense bright sun. Temperature about 24, with enough humidity to bump the humidex. Winds were up to ESE 10 kph, steady, with some sustained pressure in exposed areas. It was the Beach Drive route to Mt. Douglas, Royal Oak across to Elk Lake, Lakeside trail, Oldfield etc to Saanichton, Wallace along the ridge, then down to and across the Pat Bay Hy., onto Lochside and back into Victoria.
18/07/10	Solo	GY	63.1	Lochside to Sidney. Sunny most of the day. Strong east winds, with a little veering. The start and finish were held up by a tourist event, Deuce days. Belleville was closed in front of the Leg. Government was closed from Superior to past the Empress. Wharf was closed. This caused a gridlock and isolated James Bay from the rest of Victoria.
11/07/10			0.0	Nanaimo Dragon Boat Festival. 2 day event. No ride
04/07/10			0.0	Wind, some rain, work. No ride
20/06/10	Solo	GY	60.0	The Goose - 30 k out and back. Cloudy most in the AM and most of the early PM. Fairly windy. I have taken a few weeks off. It has been to take time for work related travel, to attend to housework and yardwork, to canoe (a camping trip in May and several outings in my new Clipper Solitude) or to avoid crappy weather - rain and wind. I had some problems today with endurance, but my chronic complaints about right with hip, knee and foot not, fortunately, being a factor.
25/04/10	Solo	GY	70.2	The Goose to Matheson Lake and back. That's about 31 k. on asphalt, the rest on gravel, evergreen needles and horseshit. There has been rain, so the dust was not a problem. Out at the western end of the ride, the roadbed is soft in places. It was cool day, windy, from the east, mainly cloudy. Parts of the ride we in shade. There are some great views out in East Sooke - I need to remember to take a camera. The last 8 k on the ride out seem easy - with wind and grade. The ride back was tougher, with fatigue, running into an east wind, and the train grade for the first 7 or 8 k. after turning around. The shoes seem to be set up well. I may tinker with cleat angle on the left to get the knee and ankle lined up a little better.
22/04/10	Solo	GY	5.0	Local in James Bay. Three short rides to test the location of the cleats in my new shoes.

18/04/10	Solo	GY	70.8	Almost to Sidney. The forecast changed in last day. It turned out to be sunny and about 12 degrees at 9 AM, and stayed clear, with a haze and distant cloud over the Olympics. The wind got brisk, mainly from the east, more from the south closer to the Strait in the early PM. I did the basic loop around the shore and up to Mt Douglas, across Royal Oak to Elk Lake, along the lakeshore. Lots of horses - there was an equestrian poker derby. Out of the park and then along Oldfield, East Saanich Road to Saanichton (stopping for coffee at the former Robin's) and down to McTavish, then back home by the Lochside. The new cranks are working well. I have little twinges but no discomfort, if I stretch and flex to work out the kinks in my right hip before I ride.
10/04/10	Solo	GY	55.4	The Goose to Bennett Road. There has been some construction since last fall - there is new asphalt as far as Wales. It is now all paved from downtown to Wales, except for 700 m. of gravel east of Burnside. Out and back, turned off at Tillicum on return, through Esquimalt. Mixed sun and cloud, 12 degrees, quite windy.
03/04/10	VCKC Canoes		0.0	Day paddle from Pat Bay around the end of the Peninsula and out in at the park in Sidney. An interesting day in relatively calm water the day after a huge storm.
28/03/10	VCKC Canoes		0.0	Lake Water level 1 & 2. Rescues in the Esquimalt Rec Center pool. Lake Water level 2 (solo canoe) on the Gorge.
20/03/10	VCKC Canoes		0.0	Lake Water level 1 - basic tandem paddling strokes. On the Gorge.
06/03/10	Solo	GY	40.5	Michell's Farm (Island View Road). Out and back along the Lochside Trail. First ride of the year. Sunny, above 10 degrees, cool breeze from the north east.