Bicycle to Truck Usage Comparison

Beginning October 16, 2005

date	truck odometer	total for truck since Oct 05	total gas 24 mpg since Oct 05	days truck idle for week	total days truck idle since Oct 05	bicycle odometer	bicycle total since Oct 05	week total for bicycle
10/16	100,200					2600		
11/6	100,311	111	4.6		17 of 21	2844	244	
11/13	100,350	150	6.25	6 of 7	23 of 28	2925	325	81
11/20	100,416	216	9	6 of 7	29 of 35	3012	412	87
11/27	100,440	240	10	6 of 7	35 of 42	3079	479	67
12/4	100,470	270	11.3	6 of 7	41 of 49	3163	563	84
12/11	100,495	295	12.3	6 of 7	47 of 56	3243	643	80
12/18	100,510	310	13	6 of 7	53 of 63	3327	727	84
12/25	100,583	373	15.5	5 of 7	58 of 70	3395	795	69
1/1/06	100,600	400	16.7	5 of 7	63 of 77	3431	831	36
1/8	100,643	443	18.5	6 of 7	69 of 84	3502	902	71
1/15	100,813	613	25.5	4 of 7	73 of 91	3578	978	76
1/22	100,940	740	30.8	5 of 7	78 of 98	3669	1069	91
1/29	100,952	752	31.3	5 of 7	83 of 105	3770	1170	101
2/5	101,001	781	32.5	6 of 7	89 of 112	3873	1273	103
2/12	101,048	828	34.5	5 of 7	94 of 119	3970	1370	97
2/19	101,136	936	39	4 of 7	98 of 126	4039	1439	69
2/26	101,162	962	40.1	5 of 7	103 of 133	4120	1520	81
3/5	101,188	988	41.2	5 of 7	108 of 140	4218	1618	98
3/12	101,232	1032	43	5 of 7	113 of 147	4315	1715	97
3/19	101,257	1057	44	6 of 7	119 of 154	4416	1816	101
3/26	101,273	1073	44.7	6 of 7	126 of 161	4526	1926	110
4/2	101,391	1191	49.6	4 of 7	130 of 168	4600	2000	74
4/9	101,412	1212	50.5	5 of 7	135 of 175	4702	2102	102
4/16	101,489	1289	53.7	6 of 7	141 of 182	4806	2206	104
4/23	Vacation road trip to the Southwest 4/14 - 23							
4/30	101,499	1299	54.1	6 of 7	147 of 189	4924	2324	118
5/7	101,587	1387	57.7	5 of 7	152 of 196	5045	2445	121
5/14	101,672	1472	61.3	5 of 7	157 of 203	5135	2535	90
5/21	101,783	1583	66	6 of 7	163 of 210	5223	2623	88
5/28	101,811	1611	67.1	5 of 7	168 of 217	5345	2745	121
6/4	101,827	1627	67.8	5 of 7	173 of 224	5388	2788	88
					Began riding 29er June 1 (see note page 3)		45	
6/11	101,916	1716	71.5	5 of 7	178 of 231	5400	2800	126
					29er		159	
6/18	101,932	1732	72.2	5 of 7	183 of 238	5445	2845	161
					29er		275	
6/25	101,975	1775	74	5 of 7	188 of 245	416	2986	141
7/2	101,984	1784	74.3	6 of 7	194 of 252	600	3170	184
7/9	101,984	1784	74.3	7 of 7	201 of 259	790	3360	190
7/16	101,999	1799	75	6 of 7	207 of 266	953	3523	163
7/23	102,005	1805	75.2	6 of 7	213 of 273	1092	3662	139
7/30	102,026	1826	76.1	6 of 7	219 of 280	1256	3826	164
8/6	102,026	1826	76.1	7 of 7	226 of 287	1477	4047	221
8/13	102,026	1826	76.1	7 of 7	233 of 294	1637	4207	160
8/20	102,042	1842	76.8	5 of 7	238 of 301	1769	4339	132
8/27	102,154	1954	81.4	5 of 7	243 of 308	1919	4489	150
9/3	102,154	1954	81.4	7 of 7	250 of 315	2033	4603	114
9/10	102,191	1991	83	5 of 7	255 of 322	2147	4717	114
9/17	102,202	2002	83.4	6 of 7	261 of 329	2263	4833	116

	date	truck odometer	total for truck since Oct 05	total gas 24 mpg since Oct 05	days truck idle for week	total days truck idle since Oct 05	bicycle odometer	bicycle total since Oct 05	week total for bicycle	
	9/24	102,238	2038	84.9	5 of 7	266 of 336	2388	4958	125	
	10/1	102,255	2055	85.6	6 of 7	272 of 343	2504	5074	116	
	10/8	102,264	2064	86	6 of 7	278 of 350	2630	5200	126	
	10/15	102,274	2074	86.4	6 of 7	284 of 357	2763	5333	133	
52 weeks	10/22	102,280	2080	86.7	6 of 7	290 0f 364	2893	5466	130	
	10/29	102,379	2179	90.8	5 of 7	295 of 371	2987	5560	94	
	11/5	102,429	2229	92.9	5 of 7	300 of 378	3091	5664	104	
	11/12	102,460	2260	94.2	6 of 7	306 of 385	3199	5774	108	
	11/19	102,468	2268	94.5	6 of 7	312 of 392	3216	5890	117	
	11/26	102,486	2286	95.3	6 of 7	318 of 399	3321	5995	105	
	12/3	102,501	2301	95.8	6 of 7	324 of 406	3445	6119	124	
	12/10	102,511	2311	96.3	6 of 7	330 of 413	3545	6219	100	
	12/17	102,530	2330	97.1	5 of 7	335 of 420	3662	6336	117	
	12/24	102,582	2382	99.3	6 of 7	341 of 427	3786	6460	124	
	12/31	102,589	2389	99.5	6 of 7	347 of 434	3882	6556	96	
Calendar year										5725, 110/week
	1/7	102,609	2409 20	100.3	5 of 7	352 of 441	4027	6701	145	
	1/14	102,619	2419 15	100.8	6 of 7	358 of 448	4143	6817	116	130.5 - 2
	1/21	102,619	2419 10	100.8	7 of 7	365 of 455	4282	6956	139	133.3 - 3
	1/28	102,619	2419 7.5	100.8	7 of 7	372 of 462	4416	7090	134	133.5 - 4
	2/4	102,660	2460 14.2	102.5	6 of 7	378 of 469	4545	7209	129	132.6 - 5
	2/11	102,667	2467 13	102.8	6 of 7	384 of 476	4676	7340	131	132.3 - 6
	2/18	102,677	2477 12.6	103.2	6 of 7	390 of 483	4826	7490	150	134.8 - 7
	2/25	102,690	2490 12.6	103.8	6 of 7	396 of 490	4935	7599	109	131.6 - 8
	3/4	102,690	2490 11.2	103.8	7 of 7	403 of 497	5039	7703	104	128.5 - 9
	3/11	102,743	2543 15.4	106	6 of 7	409 of 504	5190	7854	151	130.8 - 10
	3/18	102,749	2549 14.5	106.2	6 of 7	415 of 511	5318	7982	128	130.5 - 11
	3/25	102,759	2559 14.2	106.6	6 of 7	421 of 518	5476	8140	158	132.8 - 12
	4/1	102,765	2565 13.5	106.9	6 of 7	427 of 525	5606	8270	130	132.6 - 13
	4/8	102,783	2583 13.9	107.6	6 of 7	433 of 532	5763	8427	157	134.3 - 14
	4/15	102,800	2600 14.1	108.3	6 of 7	439 of 539	5910	8574	147	135.2 - 15
	4/22	102,806	2606 13.6	108.6	6 of 7	445 of 546	6055	8719	145	135.8 - 16
	4/29	102,813	2613 13.2	108.9	6 of 7	451 of 553	6223	8887	168	137.7 - 17
	5/6	102,820	2620 12.8	109.2	6 of 7	457 of 560	6362	9026	139	137.8 - 18
	5/13	102,820	2620 12.2	109.2	7 of 7	464 of 567	6536	9200	174	139.7 - 19
	5/20	102,820	2620 11.6	109.2	7 of 7	471 of 574	6697	9361	161	140.7 - 20
May 31 - one year on 29er	5/27	102,838	2638 11.9	109.9	6 of 7	477 of 581	6873	9534	173	142.3 - 21
	6/3	102,848	2648 11.6	110.3	6 of 7	483 of 588	7036	9697	163	143.2 - 22
	6/10	102,854	2654 11.3	110.6	6 of 7	489 of 595	7200	9861	164	144.1 - 23
	6/17	102,864	2664 11.3	111.0	6 of 7	495 of 602	7375	10,036	175	145.4 - 24
	6/24	102,875	2675 11.4	111.5	6 of 7	501 of 609	7560	10,221	185	147.0 - 25
	7/1	102,890	2690 11.6	112.1	6 of 7	507 of 616	7740	10,401	180	148.2 - 26
	7/8	102,890	2690 11.2	112.1	7 of 7	514 of 623	7965	10,626	225	150.7 - 27
	7/15	102,901	2701 11.1	112.5	6 of 7	520 of 630	8157	10,818	192	152.2 - 28
	7/22	102,910	2710 11.1	112.9	6 of 7	526 of 637	8291	10,952	134	151.6 - 29
	7/29	102,916	2716 10.9	113.2	6 of 7	532 of 644	8384	11,045	93	149.6 - 30
	8/5	102,995	2795 13.1	116.5	1 of 7	533 of 651	8390	11,049	6	145.0 - 31
	8/12	see notes			0 of 7	533 of 658				
	8/19	103,118	2918 16	121.6	1 of 7	534 of 665	8407	11,066	17	136.7 - 33

	date	truck odometer	total for truck since Oct 05	total gas 24 mpg since Oct 05	days truck idle for week	total days truck idle since Oct 05	bicycle odometer	bicycle total since Oct 05	week total for bicycle	
	8/26	103,124	2924 15.7	121.8	6 of 7	540 of 672	8568	11,233	167	137.5 - 34
	9/2	103,239	3039 18.6	126.6	5 of 7	545 of 679	8721	11,388	153	138 - 35
	9/9	103,249	3049 18.3	127	6 of 7	551 of 686	8875	11,542	154	138.5 - 36
	9/16	103,263	3063 18.2	127.6	6 of 7	557 of 693	9019	11,688	144	138.7 - 37
	9/23	103,288	3088 18.4	128.7	5 of 7	563 of 700	9177	11,854	166	139.4 - 38
						Ferrous	9			
	9/30	103,297	3097 18.2	129	6 of 7	569 of 707	9353	12,030	176	140.1 - 39
	10/7	Vacation England & Italy								
	10/14	October 3 - 15		14 of 14						
2 years	10/21	103,319	3119 17.4	130	6 of 7	589 of 728	9515	12,206	176	134.5 - 42
						Ferrous	32			
	10/28	103,325	3125 17.1	130.2	6 of 7	595 of 735	9643	12,392	186	135.7 - 43
						Ferrous	90			
	11/4	103,357	3157 17.5	131.5	6 of 7	601 of 742	9811	12,569	177	136.7 - 44
						Ferrous	99			
	11/11	103,367	3167 17.3	131.9	6 of 7	607 of 749	9947	12,713	144	136.8 - 45
						Ferrous	107			
	11/18	103,391	3191 17.4	133	6 of 7	613 of 756	10,111	12,877	164	137.4 - 46
	11/25	103,408	3208 17.4	133.6	6 of 7	619 of 763	10,220	12,986	109	136.8 - 47
	12/2	103,408	3208 17.2	133.6	7 of 7	626 of 770	10,395	13,161	175	137.6 - 48
	12/9	103,408	3208 16.7	133.6	7 of 7	633 of 777	10,577	13,351	190	138.7 - 49
						Ferrous	115			
	12/16	103,414	3214 16.5	133.9	6 of 7	639 of 784	10,752	13,526	175	139.4 - 50
	12/23	103,423	3223 16.4	134.3	6 of 7	645 of 791	10,907	13,681	155	139.7 - 51
	12/30	103,431	3231 16.2	134.0	6 of 7	651 of 798	11,068	13,842	161	140.1 - 52
Calendar year	12/31		7303 for calendar year					13,859		
	1/6	103,434	3234 3	134.8	6 of 7	657 of 805	11,158	13,932	90	- 1
	1/13	103,434	3234 1.5	134.8	7 of 7	664 of 812	11,306	14,080	148	119 - 2
	1/20	103,445	3245 1.5	135.2	6 of 7	670 of 819	11,437	14,233	153	130.3 - 3
						Ferrous	137			
	1/27	103,493	3293 15.5	137.2	6 of 7	676 of 826	11,529	14,325	92	120.8 - 4
	2/3	103,507	3307 15.2	137.8	6 of 7	682 of 833	11,675	14,471	146	122.4 - 5
	2/10	103,507	3307 12.7	137.8	7 of 7	689 of 840	11,682	14,643	172	130.7 - 6
						Ferrous	302			
	2/17	103,514	3314 11.9	138.1	6 of 7	689 of 840	11,682	14,833	190	139.1 - 7
						Ferrous	492			
	2/24	103,528	3328 11.9	138.7	6 of 7	695 of 847	660	15,001	168	142.7 - 8
	3/2	103,573	3373 18.7	140.5	5 of 7	700 of 854	805	15,146	145	143 - 9
	3/9	103,583	3383 17.8	141	6 of 7	706 of 861	1001	15,342	196	148.3 - 10
	3/16	103,599	3399 17.6	141.6	6 of 7	712 of 868	1209	15,550	208	153.7 - 11
	3/23	103,599	3399 16.2	141.6	7 of 7	719 of 875	1376	15,715	167	154.8 - 12
	3/30	103,605	3405 15.4	141.9	6 of 7	725 of 882	1606	15,945	230	160.6 - 13
	4/6	103,610	3410 14.6	142.1	6 of 7	731 of 889	1846	16,185	240	166.3 - 14
	4/13	103,610	3410 11.9	142.1	7 of 7	738 of 896	2048	16,387	202	168.5 - 15
	4/20	103,617	3417 11.6	142.4	6 of 7	744 of 903	2254	16,593	206	170.8 - 16
	4/27	103,624	3424 11.3	142.7	6 of 7	750 of 910	2465	16,804	211	173.2 - 17
	5/4	103,630	3430 11	142.9	6 of 7	756 of 917	2666	17,005	201	174.8 - 18
	5/11	103,630	3430 10.4	142.9	7 of 7	763 of 924	2874	17,213	208	176.5 - 19
	5/18	103,634	3434 10.1	143.1	6 of 7	769 of 931	3094	17,433	220	178.7 - 20
	5/25	103,651	3451 10.4	143.8	6 of 7	775 of 938	3305	17,644	211	180.2 - 21
	6/1	103,658	3458 10.3	144.1	6 of 7	781 of 945	3509	17,848	204	181.3 - 22
	6/8	103,674	3474 10.5	144.8	6 of 7	787 of 952	3712	18,051	203	182.2 - 23
	6/15	103,684	3484 10.5	145.2	6 of 7	793 of 959	3965	18,304	253	185.2 - 24
	6/22	103,704	3504 10.9	146	6 of 7	799 of 966	4218	18,557	253	187.9 - 25
	6/29	103,704	3504 10.5	146	7 of 7	806 of 973	4432	18,771	214	188.9 - 26
	7/6	103,710	3510 10.3	146.3	6 of 7	812 of 980	4633	18,972	201	189.3 - 27
	7/13	103,715	3515 10.1	146.5	6 of 7	818 of 987	4865	19,204	232	190.9 - 28
	7/20	103,722	3522 10	146.8	6 of 7	824 of 994	5089	19,428	224	192 - 29

	date	truck odometer	total for truck since Oct 05	total gas 24 mpg since Oct 05	days truck idle for week	total days truck idle since Oct 05	bicycle odometer	bicycle total since Oct 05	week total for bicycle	
	7/27	103,729	3529 9.9	147	6 of 7	830 of 1001	5291	19,630	202	192.3 - 30
	8/3	103,729	3529 9.6	147	7 of 7	837 of 1008	5492	19,831	201	192.6 - 31
	8/10	103,729	3529 9.3	147	7 of 7	844 of 1015	5703	20,042	211	193.2 - 32
	8/17	103,738	3538 9.3	147.4	6 of 7	850 of 1022	5968	20,307	265	195.4 - 33
	8/24	103,744	3544 9.2	147.7	6 of 7	856 of 1029	6183	20,522	215	195.9 - 34
	8/31	103,760	3560 9.4	148.3	6 of 7	862 of 1036	6414	20,753	231	196.9 - 35
	9/7	103,772	3572 9.4	148.8	6 of 7	868 of 1043	6631	20,970	217	197.5 - 36
	9/14	103,779	3579 9.4	149.1	6 of 7	874 of 1050	6865	21,204	234	198.5 - 37
	9/21	103,791	3591 9.4	149.6	6 of 7	880 of 1057	7090	21,429	225	199.2 - 38
	9/28	103,801	3601 9.5	150	6 of 7	886 of 1064	7322	21,661	232	200 - 39
	10/5	103,810	3610 9.5	150.4	6 of 7	892 of 1071	7541	21,880	219	200.5 - 40
	10/12	103,816	3616 9.4	150.6	6 of 7	898 of 1078	7757	22,096	216	200.9 - 41
Three years	10/16							22,268		
	10/19	103,847	3647 9.9	152	6 of 7	904 of 1085	7965	22,304	208	201 - 42
	10/26	103,854	3654 9.8	152.3	6 of 7	910 of 1092	8193	22,532	228	201.7 - 43
	11/2	103,876	3676 10.1	153.2	6 of 7	916 of 1099	8395	22,734	202	201.7 - 44
	11/9	103,883	3683 10	153.5	6 of 7	922 of 1106	8600	22,939	205	201.8 - 45
	11/16	103,888	3688 9.9	153.7	6 of 7	928 of 1113	8808	23,147	208	201.9 - 46
	11/23	103,888	3688 9.7	153.7	7 of 7	935 of 1120	8959	23,298	151	200.8 - 47
	11/30				Thanksgiving week - less than normal riding					
	12/7	103,951	3751 10.6	156.3	11 of 14	946 of 1134	9190	23,529		197.3 - 49
	12/14	103,963	3763 10.6	156.8	5 of 7	951 of 1141	9315	23,654	125	193.9 - 50
	12/21	103,980	3780 10.7	157.5	5 of 7	956 of 1148	9430	23,769	115	192.3 - 51
Calendar year	12/31	103,991	3791 10.8	158	8 of 10	964 of 1158	9536	23,875	**10,016 for year**	
	2/1	104,131	3831	159.6			9737	24,076		
	3/1									
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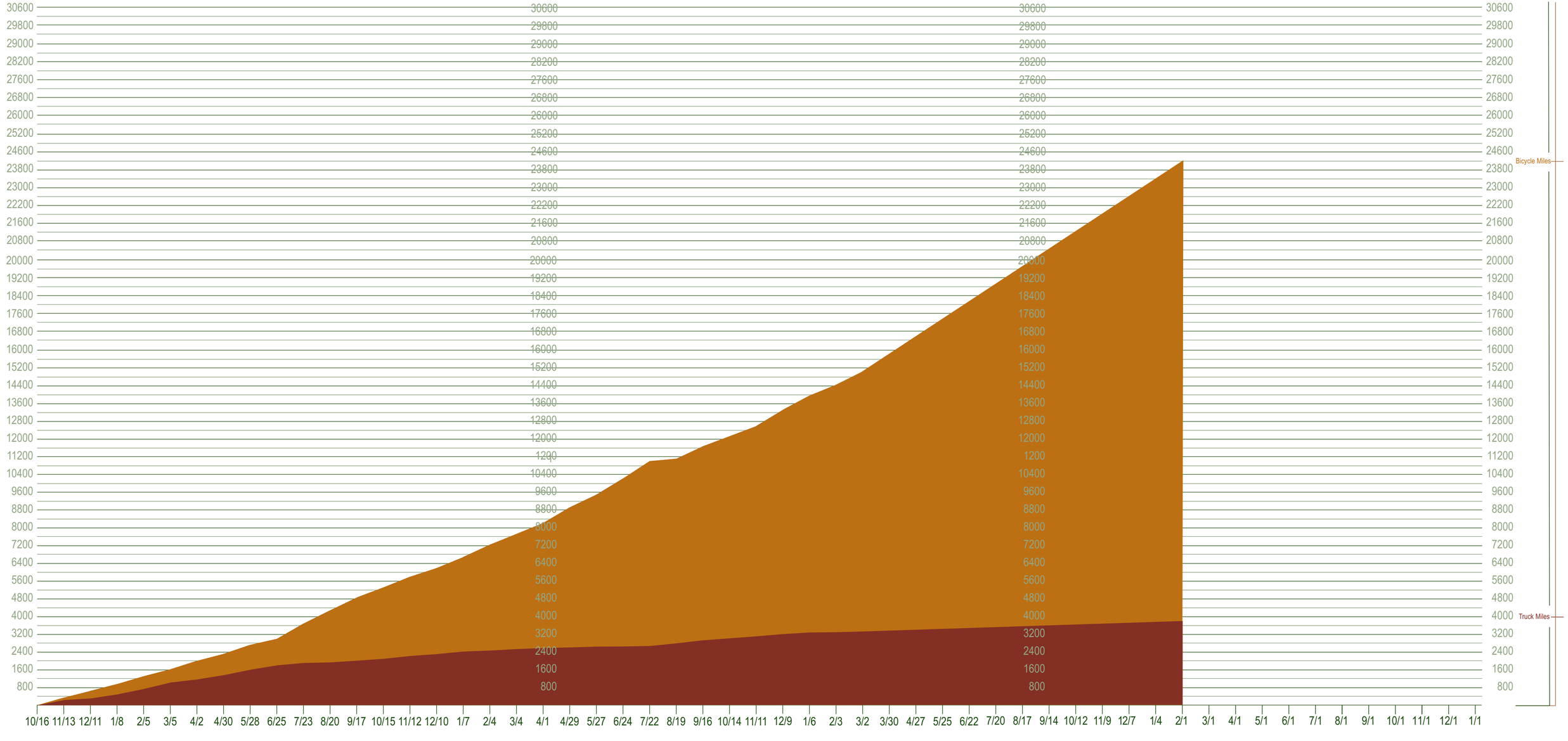
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Bicycle Miles
Truck Miles

Ride Notes:
2005
12/1 - rainstorm in the AM, in the 40s, wind
12/6 - in the morning, personal record low 37 degrees gusts up to 50mph.
12/15 - in the morning, personal record low 35.
12/28 - morning storm. Rain and wind. On the San Quentin 'loop' as I approached the Ferry Terminal there is a downhill that I normally do at 26 - 28 mph - on this morning had to pedal steadily to maintain 11 - 12 mph.

2006
1/8/06 - New cassette and chain. 3600 miles on them.
2/27- the PM ride home. Wind with teeth. Had to lean into it hard on the hill up around San Quentin Point. Near the top of Lincoln Avenue hill, I stopped pedaling and allowed the back wind to carry me along for some 50 yards. Rode into the neighborhood and darkness - no power until sometime in the morning. It was great. Lit candles and sat and read at my desk a la 19th Century.
2/28 - AM ride to Ferry. Thunder and lightning. My first ride in a hail storm.
3/31 - Proud moment as I was the only bicycle on the morning Ferry. It was raining off-and-on, but there have been mornings with much more intense weather and there were other cyclists.
Week of 3/26 - 4/2 - the numbers skewed heavier than normal on the truck because I worked at home one day and used it to drive around west Marin on a photo shoot for work. It was, however, a great day. Marin in spring is so beautifully green and it gave me the opportunity to have the best huevos rancheros in the county at the Station House Cafe in Point Reyes Station.
4/11 - The best ride home yet. Absolutely poured. Soaked through and through. I added a few miles and found, however, that I had to often make small detours in order to ride through some of the wider, deeper stands of water. This resulted in several sustained, gleeful cascades of water emanating from my tires and filling my shoes even more.
5/2 - Rode from the office to Lombardi Sports at Jackson & Polk in the City and bought a new bike. Gary Fisher Paragon 29er. Being as I was about 4 miles toward the bridge, I decided to keep going and rode home. Office to home is 26 miles.
5/4 - Turned over 5000 miles on the odometer.
5/17 - Got yelled at by a guy in a mini-van. Rolling down Water Treatment Plant hill he yelled something out at me and, of course, my first reaction was defensive. I didn't flip him off or anything cause I really couldn't hear what he said. About a mile later I passed him again as he was in traffic and stopped at a light. At the next light I had to merge left through his lane and he slowed to let me by. As he passed on my right this time he leaned out his window and said, in proud manner, "You were doing over 30 on that hill." I nodded and said, "Great. Thank you."
May - Been noticing more stamina. Often able to climb some of my regular hills now in mid-range rather than low. Also able to maintain longer sessions of standing when climbing hills. Used to be that when I would stand and pump, after just a handful of pumps I'd be schpentangous.
6/1 - Began riding new bike. A Gary Fisher Paragon 29er. The old one needs new forks - I've ordered some rigid forks made by Surly - among other tune-up things.
6/11 - New forks (Surly 1x1 rigids) on the old bike. Today, after riding the 29er all last week, I decided that I'd better test run the old Trek with the new forks. I approached it with a wee bit of trepidation. Would I be spoiled? The old bike would, I hoped, continue to serve me as my commute vehicle. This is especially true when weather returns in the Fall. But the 29er had captured my heart. It's smooth, new, fast, shifting like a dream. Downhill yesterday around the south end of the China Camp loop I was up to 33 mph and still had plenty of pedal left. The Trek runs out of pedal about 29mph. It's heavy and dirty and the tires look small and sad now. It's a truck. But happily, on my little ride today, it wasn't too bad. The differences are clear, but it will serve me well as a commute piece. I can beat it up and it will go. And I love the new forks. Don't get the suspension wobble when I stand and push hard to climb a hill. Plus they say "surly" on them. How fucking cool is that? I plan eventually, after several hundred miles on the 29er, to change it over to rigid. (July 8 - Okay, okay, so I'm using the 29er all the time now. I figured, "What the fuck am I saving it for." The Trek can still be my back up.)
6/17 - Rode 29er to the city. 48 miles round trip. Still more to go in high gear. Down the hill into Sausalito from the GGB had it up to 36 and still had pedal left.
6/29 - First time in low-low on the 29er. Rode up the very steep Hillside Road in Ross. Also set a personal best for commute mileage this week—June 26 - 30—every day was over 30 miles: 31, 31, 35, 33, 33 for a 163 mile 5-day total. And with another 21 on Sunday pushed it to my best overall week of 184.
7/3 - Holiday from work so took an early ferry from Larkspur into SF. Ended up doing about 42 of the 49 Mile Scenic Drive around the City. Would have done it all but missed a turn coming down from the top of Twin Peaks. Still a good ride day at 62 miles. Had my jacket on all day despite the heavy riding. Very foggy and crisp in the City. Perfect for riding. The 49 Mile Scenic Drive does some crazy twists and turns through town, but is a wonderful way to a get a taste of the entirety of San Francisco. I had to push about three blocks up California Street to the top of Nob Hill. Other than that I did pretty well in keeping it going and made the climb to the top of Twin Peaks (a place I had never been to, for some reason!) without stopping.
7/9 - Another new record for week distance: 190 miles and the four week total of 676.
7/10 - After looking at the above numbers, I realized that I was looking only at my usual Monday through Sunday week and that if I used Tuesday, June 27 through Monday July 3, then I have a 215 mile week.
7/22 - Hottest ride ever. Short ride downtown, about 10 miles round trip, to see a movie at the Rafael. 106 degrees. Took my good ol' sweet time and it really wasn't all that bad.
8/6 - Another record week. 34, 35, 32, 33, 32, 46, 9 - 221 total.
8/13 - Even though I did not use my truck again this week I did rent a small car to drive to Carmel Valley - used about 10 gallons of gas.
9/2 - New chain at 2000 miles. Lynn and I put the chain on when I visited for the "No Burning, Man" personal festival.
9/11 - Started riding the direct route to work. Weather is still beautiful, but just kinda tired of pushing it. Plus I can make it to my 5200 miles by October fairly easily now. Looks like I'll be over that amount.
9/17 - Fenders on, winter coming. Fabricated brackets for them as the ones that came with them were Mickey Mouse. Put rigid Surly forks on today. Test rode it. Much better. Standing while climbing now not so squirrely.
9/18 - 22 - Each morning this week I climbed the Los Ranchitos hill in 5th gear, standing the whole way up. As I ride fewer miles now toward winter, I am making a conscious effort to push myself harder within those miles.
10/4 - I guess winter's comin' on. First rain of the season. Rain gear in the AM and lights on for part of the trip both ways.
10/5 - And real rain last night and this morning.
10/8 - Made it to my first big goal two weeks ahead of schedule: 5200 miles since last October. Two more weeks to fatten that. Next goal is to surpass 5200 for this calendar year. At this date I'm at 4369. So 831 miles in the next two-and-a-half months plus will get me to 5200.
10/11 - Rode to Crissy Field for TPL picnic. 50 miles round trip. One little victory was climbing the hill up to the GGB. I rode down through Fort Baker and under the bridge to the little back road that climbs the west side. I had never made it the whole way without stopping, but was able to this time.
10/15 - New set of tires. 2763 miles on first set.
10/18 - Caffeine: after a tough teeth-cleaning decided to stop drinking tea and it's been a good change. I don't miss the caffeine, but only the warmth and ritual of a 'spo' a tea'.
10/20 - 28 - Ohio visit.
10/21 - 51 miles - (Assembled bike Friday at Ernie's) Massillon - Dalton - Massillon - Nave Rd. - Shepler - 212 - Riverland - Navarre. The Massillon - Dalton - Massillon portion was a poker run with Ernie, Debbie, Libby and Ernie.
10/21 - Wooster - 23 miles that felt like 43 with cold, wind, rain - straight west into the teeth, but great ride with Ernie and Ernie to see Molly in a College of Wooster band concert.
10/22 - 23 miles - Navarre - Massillon and around. New Sram 2006 PG 990 cassette at 2900 miles. Was able to get to 5466 miles for the 52 weeks to get my average to just over 105 miles per week.
10/23 - 52 miles - Navarre - Massillon. And Bath - Massillon. Went to TPL event with Ernie and rode back from Bath via the towpath trail, where it exists. Had to wander through Akron to pick up its breaks.
Total miles for the visit; 168. Much of it was perfect riding weather - cool, overcast. A little snow. Technically the first snow I've ridden in, but the flurries were so minimal that it is a technical actuality, not a moral reality.
10/29 - New brake pads. Originals went 2987.
11/24 - Visited my old favorite levee ride. Some new levee routes cleared. Hadn't been the whole way to Bel Marin Keys via the back route in quite some time.
11/28 & 29 - Temperature in the morning in the high 20s. But dry. I think they were the coldest I've ridden yet.
12/8 - Xmas party at work. Rode home late. It was beautiful in the City, but got off the Ferry in Larkspur and it was a differnet kind of beautiful. Cold, raining, blowing. Still got in a couple extra miles in the maelstrom. Fantastic. (Margery)
12/18 - 20 - Temperature in the morning in the low 20s. Certainly now the coldest I've ridden.
12/26 - Ass kicking rainstorm in the evening. High winds, street flooding, and I really wanted to stay out in it, but had a flat and pushed the bike the last mile home.

2007
1/1/2007 - Wanted to start the year right. Wanted to lay around all day and watch football, or spend the day in the theatre watching 2 or 3 movies, but decided to get a good start on the riding year. Got in 40 miles.
1/15/2007 - MLK Day off work. Wanted to ride into town to run a couple errands. Went via China Camp loop and ended up going up the trails. Got on a few I've never been on. Great day. In the high 30s or low 40s when I left the house. Sunny, little wind. Perfect for riding.
1/21 - Had a good utilitarian revelation today about another way to limit truck usage. Instead of shopping as much downtown which involves the ride up Los Ranchitos and up Lincoln Avenue on the way back, which I also have to do every commute day, I can start doing more of my food shopping at the little neighborhood market about 3 miles west from my place called Scotty's Market. It's actually got a great selection of things and I see it saving a number of truck trips throughout the year. That along with also riding to the movies now as well, even more normal truck trips eliminated.
2/13 - New crankset and chain - 4720 miles.
2/17 - 24 - Actually was under the weather for the first time in years. Still rode all week and did not miss work, but felt weak and it was tough to make it up the hills most days this week. Rode pretty much the minimum for the week.
2/26 - 3/4 - Second low week total in a row. But went into work only 3 days as I was in Santa Fe for 2 days for GIS meeting. So still not too bad.
4/1 - I know it doesn't have lot to do with cycling, but began a new era. Living alone in the 15 Roosevelt house. I believe it is the first time I have ever had a house completely to myself. Not sure how long I can afford it, but I am going to love it.
4/2 - My first 40 mile commute day. Did 41. I've been trying to ride ay lunch time 2 or 3 times during the week. Usually 6 to 8 miles though I did 12 one lunch. Couple-three of those a week makes it much easier to reach my weekly target totals.
4/7 - 4/12 - My first week since last summer of all 5 days over 30 miles: 31, 33, 31, 31, 32.
6/8 - New brake pads, 7180 miles.
6/15 - This morning, on the way to the Ferry, passed 10,000 miles since the start of this quest. Quest for what, I'm not sure... Quest for what it is, I guess. Not a thing, but just the doing.
6/11 - 6/15 - Another all 30 commute week: 34, 34, 34, 31, 32.
6/25 - 6/29: Commute week: 37, 30, 33, 33, 32.
7/4 - Oil Dependence Day. Finally made a ride that I've been wanting to do for a couple years. It starts out as the old favorite levee ride. But then I continued north along the eastern edge of 101 using fontage roads, bike trails, railroad tracks, and anything else that'll get through. Up past the airport north of Novato where the road ends and onto the old abandoned rail line. I walked the bike for a mile along the tracks and then onto 101 for 2 miles to San Antonio Road. West on San Antonio to Point Reyes-Petaluma Road. South on that to Novato Boulevard which turns east to Novato. This turned out to be the most difficult physical test I believe that I have ever had. Not the distance (51 miles) nor even the climbs, though there is a good one on Point Reyes Road. It truned out to be the heat - high 90s and probably a couple spots in the low 100s. Ran out of water at about 30 miles and had to ride about 7 or 8 until I got to Stafford Lake Park where I luxuriated with the water spigot. Filling both bottles a couple times and drinking about as much as I poured over myself. What a joy. Add to the heat a flat at 10 miles and another at 40 - both from thorns which embedded less than an inch from each other in my tire. Oh, and I fell once: trying to make a too-tight u-turn in gravel: bam. I have never had to stop so many times on a ride. Seems that every shady spot I would pull over and breathe and cool for a moment. I know now what I can do and cannot. The distance was not so bad, but the heat killed me. However, I felt okay the next day on my ride to work. The ride home brought back some of the muscle memory/trauma. By Friday, though I was able to have my best commute day ever: 45 miles.
7/2 - 7/8: 34, 40, 51, 30, 45 (my first ever 200 mile 5-day span). And with 25 on the weekend, my best week ever: 225.
7/9 - 7/13: 35, 43, 32, 34, 33. Hit 8000 on the odometer on Monday, 7/9.
7/14 - New tires and tubes: 8140.
7/16 - 7/20: 37, 17, 27, 28, 25. Weird week. Lost so much of my stamina and could barely ride to and from work all week. Not sure what I have, but hopefully it'll be better tomorrow morning.
7/30 - 8/5: ESW - The End of Streaks Week. It came crashing down this week as after last couple weeks - see note above - the stamina thing came on full-blown. Not only did I have to drive to the Ferry all this week, I also used sick days for the first time is about 15 years AND went to the doctor for the first time in about 15 years. So it's good and bad. I am having tests run (had an EKG Friday - the heart looks real good.) and I'll now have a complete picture of my health. I was very depressed about breaking my riding streak, but as Matt at work delightfully pointed out, I'm on the DL (Disabled List) so the time down doesn't have to count against my stats. Thank you, Matt for that out. But it does count against the streak. Both Monday and Tuesday I tried to ride in the morning, but both days made it about a mile and had to turn around. No knees, no breath, light headed. Hopefully in the next week or two after my return from Ohio I'll be able to pick it up again and kick ass enough to regain my form.
8/5 - 8/19: Figured out my physical problems. Acute anemia. After 4 units of blood transfused, iron transfused and mega doses of iron continued, I'm on the mend and actually got out this weekend. Back in the saddle.
8/20 - 26: Great week of riding again. 167 miles.
9/16: Passed 9000 on odometer. Brought new 29er home today. A few modifications and it'll be ready.
9/22: New brakes (Avid BB7 mechanical discs) and new cassette and chain on Paragon (9175 miles). Started riding the Ferrous yesterday. Little 9 mile jaunt downtown.
October 3 - 15 in England and Italy.
Friday, October 19 rode to work in the morning: 30 miles. Monday, October 22 rode the Ferrous to and from work: 58 miles. My first 50+ workday ride. Tuesday, November 13, 9:00am, corner of Howard and 3rd in SF. 10,000 on the Paragon.
12/9/07 - New tires and tubes on Paragon. 10,577 miles. Previous set at put on at 8140 - 2437 miles. Switched from the Bontrager Jones XR 2.20 to Kenda "Small Block Eight" 2.10 - not quite as knobby, rolls much nicer.
12/17/07 - Hit 7000 miles for the year.
12/25/07 - 40 mile Christmas ride - north as far as Rush Creek Park - really nice trails. I've ridden it before more deeply. Today a small loop.
12/31/07 - 17 mile jaunt today to put me at 7303 for the calendar year - 20 miles a day for 365, 140.4 per week. What is my goal for '08? 150/week would put me at 7800. I'd like to break 8,000.
482 miles on the truck in 2007!

2008
1/1/08 - 23 mile New Year ride. Not that big a deal except that I finally rode to the top of Lucas Valley Road without stopping - first time.
1/6/08 - Short ride week with the first big, big storms in a long time. Friday, the 4th I couldn't even drive to the Ferry as debris from construction on new 580 overpass was strewn all about 101 closing it for about 6 hours. 6" of rain, 70 mph gusts (85 on Angel Island and over 100 on Mt. Tam.) made it not possible to ride even for me. Oh yeah, and the Ferry service and bus service were both suspended for a number of hours.
1/7 - Monday morning near the Ferry Terminal, there is a wooden bridge on the bike path. It was frozen. I hit it and went down in an instant. Landed hard on my shoulder. Okay but still sore a week later.
1/21 - 27 - Short ride week - only 92 miles. Lots and lots of rain plus a 4-day work week. Also this week, did something I swore I'd never do - bought and started using an exercise machine. A rower. Figure that if I build my upper body a bit it'll help with my riding. We'll see.
2/11 - 2/15 - Good commute week: 36, 35, 37, 32, 36 and with a couple little ones on the weekend, 190.
2/18 - 2/24 - Lots of rain this week but was still able to do 41,32, 29, 35, 31 for a 168 week. AND - hit 15,001 since the beginning of commuting in October 05. 121 weeks for an average of 123.97 miles per week. And I've put 3328 miles on the truck in the same time period. 27.5 miles per week. I have officially switched over to the Ferrous 29er, having ridden it exclusively for 3 weeks.
Thinking about my goals for the year 2008. '07 was 7303 miles, 140/week which means 20/day for the 365. The next natural step would be 150/week. That'd add 520 miles for the year which would get me to 7820 miles. 'Course if I can do that, why not 8000? But then, if 8000, which is 153.8/week, why not 155/week? So now my goal is 8060 miles for 2008.
3/23 - Rotated tires. 1376 miles.
3/24 - 28 - Best commute week ever: 36, 38, 38, 51, 37 for 200 and then 30 on the weekend for a best week ever of 230.
4/5 - New tires. 1837 miles -Kenda, "small block 8".
3/31 - 4/4 - Best commute week ever: 47, 50, 48, 45, 45 for 230 and then a couple short rides to the movies on the weekend for a best week ever of 240. I rode the whole way into work all 5 mornings - 30+ miles.
4/14 - 20 - Another 200 commute week:54, 35, 36, 37, 38.
4/21 - 27 - Yet another 200 commute week: 60, 34, 40, 33, 36 for 203 (Monday 60 a first for commute day).
5/4 - 11 - 200+ commute week: 55, 38, 40, 38, 30 for 201.
5/12 - 18 - 200+ commute week: 56, 39, 41, 40, 35 for 212.
5/19 - 25 - 200+ commute week: 53, 50, 34, 33, 33 for 203.
5/26 - 6/8 - Couple interesting weeks as I was in Ohio May 28 - June 4. As I assumed missing ride time even though I shipped the bike with me due to travel time, I got in a 64 on Memorial Day (Rode to Tiburon via Paradise Drive). When I flew in to Akron-Canton Airport, I had Ernie meet me with his bike and he, Younger Ernie and I rode from the airport to Navarre (about 25 miles). The best ride day in Ohio was June 2: 75 miles out to Wooster. (Navarre, Brewster, Mount Eaton, 94 to Jericho Road, Kidron, Apple Creek, 250 to Honeytown Road, Secrest to the old County Home, back to Honeytown, Ely Road east to Kansas Road near Riceland, Arnold Road to just south of Dalton and then the rail trail into Massillon. Loved Arnold Road, but it was all good.) I was able to sustain my 200+ miles/week string including when I returned on Thursday the 5th by riding into work on Friday for 47 miles round trip and on Saturday did the Lucas Valley route to Nicasio, Point Reyes Station, down Rte. 1 to Olema and back across Sir Francis Drake for 57 miles.
6/9 - 6/15 - Earlier in the year I had set a few goals for riding. One goal I accomplished in Ohio last week; a 75-mile day (see above). Another I pulled off this week: 250 in 5. Commute rides of 50, 51, 47, 50, 53 for a 251 5-day.
6/16 - 6/22 - 48, 44, 40, 48, 43. 11 straight work days now riding in the whole way. With 20 miles around the City and out to Dolores Park for Cara's 30th birthday, a second 253 week.
6/23 - 6/29 - 44, 40, 42, 46, 41 - 16 straight work days now riding the whole way in and 14 straight 200+ mile weeks.
6/30 - 7/6 - 46, 42, 41, 42 - 20 straight work days now riding the whole way in and 15 straight 200+ mile weeks.
7/6 - 7/13 - 44, 45, 40, 41, 44 - 25 straight work days now riding the whole way in and 16 straight 200+ mile weeks.
7/14 - 7/20 - 42, 48, 42, 41, 41 - Streak ends on Friday, 7/18 with 29 straight work days riding the whole way in. I felt like it was becoming counterproductive - I was spent. But still 17 straight 200+ mile weeks.
7/21 - 7/27 - One more 200+ week... barely - 202.
8/4 - 8/10 - 211 - 20 straight 200+ weeks.
8/16 - New brake pads and cables 5953 miles.
8/11 - 8/17 - Great commute week. Rode in Monday - Thursday mornings. 51(37 am), 56(40), 51(36), 52(40), then relaxed on Friday with a 37 for a 5-day 247. With the weekend added in; 265.
8/18 - 8/24 - 47, 40, 38, 45, 37. 22 weeks over 200 (215). Put gas in the truck, for the second time this year.
8/25 - 8/31 - 231, 23 weeks.
9/1 - 9/7 - 217, 24 weeks
9/8 - 9/14 - 234, 25 weeks
9/15 - 9/21 - 225, 26 weeks
9/25 - New shifters. 7300 miles
9/16 - 9/28 - 232, 27 weeks
9/29 - 10/5 - 219, 28 weeks
10/6 - 10/12 - 216, 29 weeks
10/13 - 10/19 - 208, 30 weeks
10/20 - 10/26 - 228, 31 weeks
10/27 - 11/2 - 202, 32 weeks
11/3 - 11/9 - 205, 33 weeks
11/15 - New tires. 8800 miles (almost 7000 miles)
11/10 - 11/16 - 208, 34 weeks
11/17 - 11/23 - 151, streak ends at 34 weeks!
11/24 - New frame. (8900 miles) Replacement frame as original cracked on seat post.
1/4/09 - Made it. 10,016 for 2008 (560 on the truck). I've decide to not worry about big totals for 2009, but only to continue commuting and maybe some long rides throughout the year. I'm also going to start keeping track every 4 weeks rather than every week. With that ten+ thousand, at 12 mph I spent about 835 hours riding for the year. 16 hours a week, 2.3 hours a day.
2/1/09 - Now updating on the first of each month since I got laid off and will not be commuting all the time and with relaxing a bit more this year on the ride front.