

How not to prepare for the STP (2007 edition)

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I signed up for the annual Seattle-to-Portland bike ride, known to Seattle-area bicycling dorks as STP. My bicycle riding is mostly just commuting to and from work, nothing even approaching the 200-mile trek that STP entails, but one of my friends who recently started bicycle-commuting inspired our little bicycle commuting group to sign up. One of my colleagues rode the STP last year, and when he returned, I asked him how it went. He conceded that he was riding with a group that wanted to go faster than he was prepared to ride, and the ride was not quite as enjoyable as it could have been. “I should’ve trained better.” *Oh? What was your training?*

“I sat around and drank beer.”

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