

From: Dietz, Sidney
Sent: 10/4/2013 11:01:30 AM
To: 'Campbell, Michael' (Michael.Campbell@cpuc.ca.gov)
Cc:
Bcc:
Subject: RE: comparison function?

Interesting!! So you really can (and probably should) save it a bit. The problem with that strategy is it looks horrible. And have I mentioned that I've been feeling more lightheaded than pukey when I've been doing that recently?

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]
Sent: Friday, October 04, 2013 10:58 AM
To: Dietz, Sidney
Subject: RE: comparison function?

I've been really surprised to see that a moderate to high tempo for the first 2/3rds, followed by lung busting all out pedal-till-I-puke gets me times equal to or better than balls out from the start. True of long and short climbs. Part of that is I think my aerobic motor is simply adequate, but my anaerobic capacity is a bit above average.

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Friday, October 04, 2013 10:55 AM
To: Campbell, Michael
Subject: RE: comparison function?

I prefer to compare against myself. It's totally interesting to see where I get ahead on my 'all out' days. Short answer – I ride harder on the easy parts, and still manage to be average on the tough parts. It's pretty consistent on that, and it's not what I would have guessed. My perception, instead, is that I am getting ahead on the tough parts too. Strange.

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]
Sent: Friday, October 04, 2013 10:50 AM
To: Dietz, Sidney
Subject: RE: comparison function?

Yes. I use it all the time. Only in the last few months did I realize you can compare against yourself. Sometimes I comfort myself by comparing against people I'm following, when I'm far down the leaderboard.

MC

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Friday, October 04, 2013 10:24 AM
To: Campbell, Michael
Subject: comparison function?

Do you use comparison on strava? It's when you are comparing yourself with others on a particular segment, and it shows you against your own best time and against the KOM. It's very cool.

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