

From: Campbell, Michael
Sent: 7/15/2014 3:41:57 PM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: RE: Do you ever wear

Glad bibs working out for you. Yeah, skinnier is cooler. I'm pretty much not hot on a bike anymore unless it is over 70 degrees, or I'm humping it up a long steep hill.

Yeah, I do "social intervals" with my morning crew, which is to have a few 3 to 10 minute all out efforts over the course of a 1.5 to 2 hour ride. Did one 6:30 min effort and was rewarded with a KOM on strava this morning, of course, I don't expect to have it long. The fellow I bumped to #2 is my riding partner, and he's even more of a competitive prick than I am.

-----Original Message-----

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Tuesday, July 15, 2014 3:21 PM
To: Campbell, Michael
Subject: Re: Do you ever wear

Thx for the further shorts info. By the way, bibs are perfect. So much better, it's amazing. Too warm, though. I really need to lose weight to cool off.

I can't image going balls out for that long. I'd pack it in so early. So, are you taking the interval-training plunge with your eight hours?

yours,

sid

Do I seem terse? Blame the thumb keyboard.

----- Original Message -----

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]
Sent: Tuesday, July 15, 2014 03:16 PM Pacific Standard Time
To: Dietz, Sidney
Subject: RE: Do you ever wear

Nice.

Baggy mtb shorts are pretty much all shit. I wear them from time to time because they are comfortable to pedal in and I can hang at a coffee shop or bar after a ride without feeling like a total self-conscious tool, but the chamois in them are terrible. I wind up removing or cutting out the chamois, and use a bib short. That works pretty well for longer days of errands, or a MTB ride where I know I'll be hitting up a burrito shop on the way home.

The fabric for the baggy material is nice for shorts, though. They move well, are more breathable, and some have nice big pockets for wallets and such. Those with boxers are my go-to approach for driving and just doing errands chores b/c of the comfort/utility. But more utility off the bike than on.

Oh, and they do tend to save the lycra under shorts if you do lay it down (also good for MTB).

Have fun in TayHas. Good idea on the calorie maximization.

I've cut back to riding about 8 hours per week (down from 13+), and I'm not losing weight but I'm getting leaner, and I'm not as tired, so I can go harder in my workouts. I think I will struggle in the last 15 miles of my 60 mile MTB race on Saturday, though. I haven't ridden longer than 4 hours in about a month. I expect the race to take me between 5 and 6 hours.

MC

-----Original Message-----

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Tuesday, July 15, 2014 3:11 PM
To: Campbell, Michael
Subject: Re: Do you ever wear

No, in dallas for a naruc and to see my dad. So depressing. Saw mom #2. My sister arrives in am.

I'd be ending my ride at berkeley bike parking. Might ride there and throw on poly slacks, I guess. But was thinking of the old-style mtn baggy trousers. On first glance, I'd think they'd be useless.

New frame arrived, looks okay for a tigger. Wanting to include it in commute for the calories.

Do I seem terse? Blame the thumb keyboard.

----- Original Message -----

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]
Sent: Tuesday, July 15, 2014 03:04 PM Pacific Standard Time
To: Dietz, Sidney
Subject: RE: Do you ever wear

Sure I do. For anything under 5 miles, it doesn't seem to matter what I wear. Whitey tights tend to be better than boxers, but no big deal. Nice to have a jacket with pockets to put wallet/keys/phone in, so it doesn't jangle on my leg. Most days around here, it is so cool, that I don't overheat.

You playing hookey today?

-----Original Message-----

From: Dietz, Sidney [<mailto:SBD4@pge.com>]
Sent: Tuesday, July 15, 2014 2:47 PM
To: Campbell, Michael
Subject: Do you ever wear

Non-road bike shorts while riding? Is there a more office-appropriate short? I might go with poly slacks over proper shorts.

Do I seem terse? Blame the thumb keyboard.

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