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RIDE START: 09:40 AM 23-07-25





















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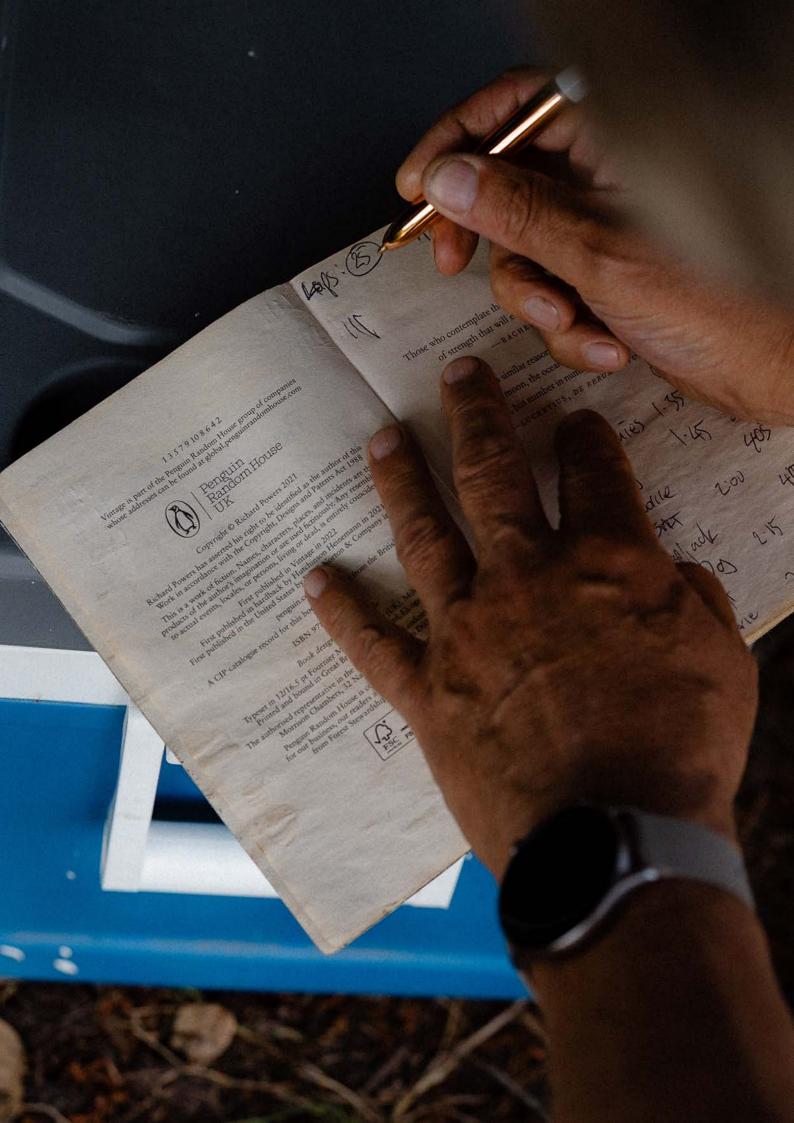
























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THE REPETITION OF THIS ONE BEGAN TO WEAR ON ME — A RELENTLESS RHYTHM THAT TESTED MORE THAN JUST THE LEGS. THE CLIMB WAS HARD-WON, THE DESCENT TOUCHED 99KM-H, BUT IT WAS THE MENTAL BATTLE THAT TRULY TOOK CENTRE STAGE.

I SET OUT WITH A STRANGE KIND OF FOCUS; JUST FIVE SONGS ON REPEAT, LOOPING LIKE THE EFFORT ITSELF.

I WANTED TO SEE WHAT THE BODY COULD DO WHEN FULLY SUPPORTED, BUT I UNDERESTIMATED THE MENTAL TOLL. STILL, AFTER LEARNING SOME HARD LESSONS LAST TIME OUT, I AM PROUD TO HAVE TURNED IT AROUND IN JUST OVER A WEEK.

THERE'IS A QUIET SYMMETRY TO IT, MY FIRST BIG ENDURANCE EFFORT WAS AN EVEREST IN MORZINE IN 2019. FEELS LIKE FULL CIRCLE. I'AM STOKED TO SEE HOW FAR I'HAVE COME.

ALEX.







