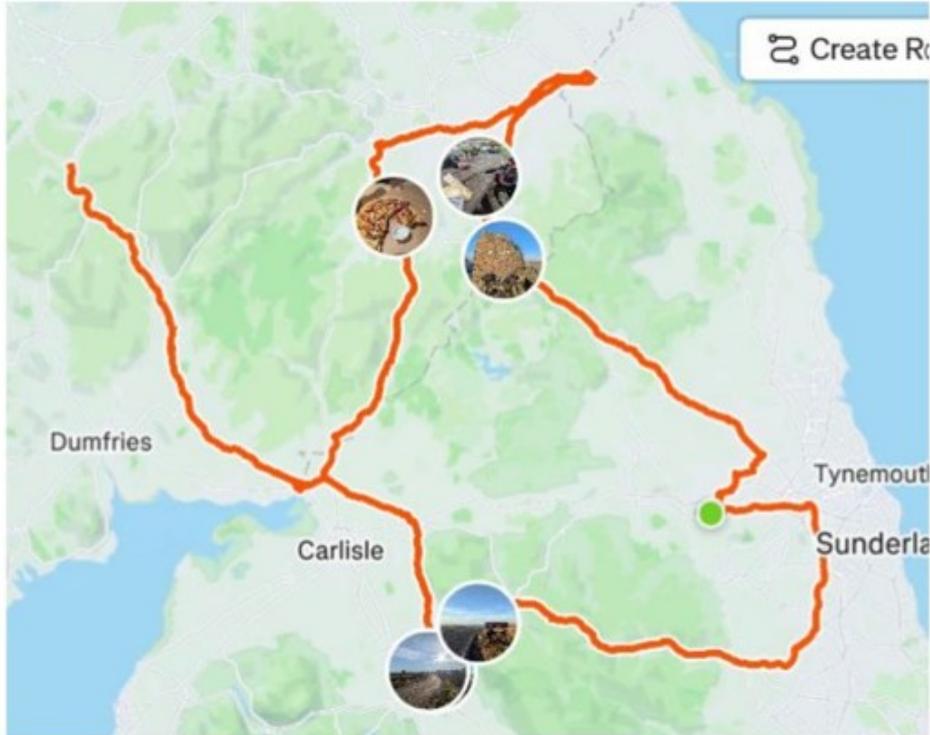


JANUARY CONTINUED



07:08 on Wednesday, 15 January 2025 · Northumberland, England

You might find that my
dreams are only GPX files 🤪
🌙

605.54 km 29:43:13 6,077 m
Distance Moving Time Elevation

74 w 7,882 kJ
Estimated Avg Power Energy Output

	Avg	Max	Show More
Speed	20.4 km/h	52.8 km/h	
Elapsed Time	39:18:05		

☁️ Cloudy		Feels like	6 °C
Temperature	8 °C	Wind Speed	11.5 km/h
Humidity	97%	Wind Direction	WSW

Bike: Sonder Lucidity

MAY CONTINUED



JULY CONTINUED

07:34 on Wednesday, 23 July 2025 · Northumberland, England

Garage Girls 200

202.10 km 9:14:54 2,340 m
Distance Moving Time Elevation

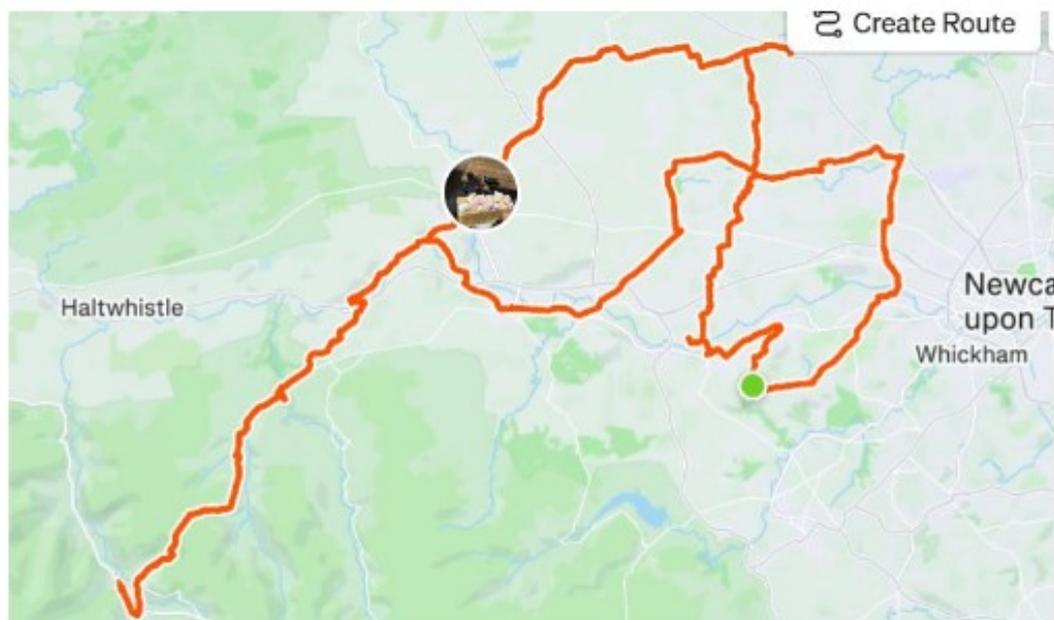
88 w 2,914 kJ
Estimated Avg Power Energy Output

	Avg	Max	Show More
Speed	21.9 km/h	49.3 km/h	
Elapsed Time	11:03:46		

 Cloudy		Feels like	10 °C
Temperature	13 °C	Wind Speed	13.7 km/h
Humidity	88%	Wind Direction	WNW

Wahoo ELEMNT ROAM 3

Bike: Sonder Lucidity





FOR THE BIKE NERDS -



This is Lucidity, my custom titanium Sonder. Pictured pre what-should-have-been-LEL.

- 11 speed GRX, with a 46-30 chainset and 11-34 cassette
- Carbon Halo Carbaura rims with a Hope Pro 5 rear hub and SON delux dynamo front hub

FOR THE BIKE NERDS - CONTINUED-

- TRP Spyre mechanical discs - 105 11spd shifters to run these
- Busch and Mueller IQ-X 100 lux dynamo light with an E-werk device for charging
- Panaracer GravelKing semi-slick tyres, 700x40. Tubeless. No punctures the entire year.
- Tailfin setup using a carbon arch but alloy top stay
- Brooks saddle, obviously



12 MONTHS OF SRRTY - PARTS REPLACED

(INCLUDING CURRENT PARTS AT TIME OF FINAL 600)

7 CHAINS

2 OUTER/2 INNER CHAINRINGS

4 CASSETTES

2 BOTTOM BRACKETS

2 REAR HUBS

10 PAIRS OF BRAKE PADS

3 PAIRS OF TYRES

3 BOYFRIENDS