

Read Free Mud Sweat And
Gears Cycling From Lands End
To John Ogroats Via The Pub

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Meet Andrew: French teacher,

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writer, and long-distance cyclist.

Now, meet Reggie, his bike. With
two European cycling adventures
already under his belt, Andrew was
ready for a new challenge.

Exchanging his job as a teacher in
Britain for an expedition on Reggie

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the bike, he set off on his most daring trip yet: a journey from Tarifa in Spain to Nordkapp in Norway—from Europe's geographical south to its northernmost point. Join the duo as they take on an epic journey

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across nearly 8000 km of Europe, through mountains, valleys, forests, and the open road, proving that no matter where you're headed, life on two wheels is full of surprises. Adam Silvera reminds us that there ' s no life without death and

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no love without loss in this
devastating yet uplifting story
about two people whose lives
change over the course of one
unforgettable day. #1 New York
Times bestseller * 4 starred
reviews * A School Library Journal

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Best Book of the Year * A Kirkus
Best Book of the Year * A Booklist
Editors' Choice * A Bustle Best YA
Novel * A Paste Magazine Best YA
Book * A Book Riot Best Queer
Book * A BuzzFeed Best YA Book of
the Year * A BookPage Best YA

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Book of the Year On September 5, a little after midnight, Death-Cast calls Mateo Torrez and Rufus Emeterio to give them some bad news: They 're going to die today. Mateo and Rufus are total strangers, but, for different

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reasons, they 're both looking to make a new friend on their End Day. The good news: There 's an app for that. It 's called the Last Friend, and through it, Rufus and Mateo are about to meet up for one last great adventure—to live a

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lifetime in a single day. In the tradition of Before I Fall and If I Stay, They Both Die at the End is a tour de force from acclaimed author Adam Silvera, whose debut, More Happy Than Not, the New York Times called “profound.”

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Plus don't miss The First to Die at the End: #1 New York Times bestselling author Adam Silvera returns to the universe of international phenomenon They Both Die at the End in this prequel. New star-crossed lovers are put to

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the test on the first day of Death-Cast ' s fateful calls.

The champion cyclist recounts his diagnosis with cancer, the grueling treatments during which he was given a less than twenty percent chance for survival, his surprising

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victory in the 1999 Tour de
France, and the birth of his son.
THE CLASSIC BOOK THAT HAS
INSPIRED MILLIONS A penetrating
examination of how we live and
how to live better Few books
transform a generation and then

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establish themselves as touchstones for the generations that follow. Zen and the Art of Motorcycle Maintenance is one such book. This modern epic of a man ' s search for meaning became an instant bestseller on

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publication in 1974, acclaimed as
one of the most exciting books in
the history of American letters. It
continues to inspire millions. A
narration of a summer motorcycle
trip undertaken by a father and his
son, Zen and the Art of Motorcycle

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Maintenance becomes a personal and philosophical odyssey into fundamental questions on how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to

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an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, this classic is a touching and transcendent book of life. This new edition contains an interview with Pirsig

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and letters and documents
detailing how this extraordinary
book came to be.

Epic Cycling Climbs

The Cyclist's Training Bible

Race to the End of the Earth

Holy Spokes!

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Metal Cowboy

LEJOG End-to-end on Quiet Roads
and Traffic-free Paths

Building the Cycling City

Biking is cheap, healthy, and can
provide easy access into an incredible
array of life experiences. In this wide-

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ranging and quick-hitting guide, author Rob Coppolillo explains how bikes work, why bikes matter (especially today, when gas is expensive and interest in green living is high), and how readers—whatever their level of experience—can indulge

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their tastes for mountain trails, competitive racing, city exploration, and basic transportation from point A to point B. Profiles from a raucous cast of health, racing, and travel experts shed light on common pitfalls and offer great ideas on pursuing your

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passions while on two wheels. So take the quiz, pick your bike, and let's get rolling!

The world is rediscovering the bicycle as a multi-pronged solution to acute, 21st-century problems, including affordability, obesity, congestion,

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climate change, inequity, and social isolation. The Netherlands has built an accessible cycling culture that cities around the world can learn from.

Chris and Melissa Bruntlett share the incredible success of the Netherlands through engaging interviews with

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local experts and stories of their own delightful experiences riding in five Dutch cities. Building the Cycling City examines the triumphs and challenges of the Dutch while also presenting stories of North American cities already implementing lessons

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from across the Atlantic. Discover
how Dutch cities inspired Atlanta to
look at its transit-bike connection in a
new way and showed Seattle how to
teach its residents to realize the
freedom of biking, along with other
encouraging examples.

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Coach Joe Friel is the most trusted name in endurance sports coaching, and his Cyclist's Training Bible is the most comprehensive and reliable training resource ever written for cyclists. This new edition of the bestselling book includes all of the

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latest advances in training and technology. Using this book, cyclists can create a comprehensive, self-coached training plan that is both scientifically proven and shaped around their personal goals. Friel empowers athletes with every detail

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they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics of how to train and what to eat. Friel explains how cyclists can: best gauge intensity

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with power meters and other new training technology to maximize form and fitness and reduce fatigue; more knowledgeably and accurately make changes to their annual training plan over the course of a season; dramatically build muscular

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endurance with strength training;
improve body composition and
recovery with smarter nutrition. With
more case studies to draw from and
multiple contingency plans for those
times when training doesn't progress
as planned, **The Cyclist's Training**

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Bible continues to be the definitive guide to optimal cycling performance.

A photographic paean to the most beautiful peaks and grueling cycling climbs, for the growing audience of hardcore cycling tourists

One Man and His Bike

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Surviving the Deep End, Getting into
Gear and Racing to Triathlon Success

V é lochef

Spain to Norway on a Bike Called
Reggie

A Guide to Falling Down in Public
The Bicycle and City Traffic

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Kapp to Cape: Never Look Back

The perfect book for cyclists everywhere, Velochef is a beautiful package of nourishing, delicious recipes for those who love to get out on the open road and cycle - from the man who cooks for

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***professional cyclists around
the world. Velochef is a recipe
book developed with cyclists
in mind by Henrik Orre, chef
for the Norwegian National
Roadcycling Team and Team
Sky Procycling. The book
includes 80 recipes through***

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***200 pages that are ideal fuel
for before the race, recovering
afterwards, and even during
your adventure.***

***The Metal Cowboy rides
across Canada with his wife
and three young sons.***

An illustrated pocket guide to

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***off-the-beaten-track cycling
challenges Really Wild***

***Cycling follows in the tracks
of Chris's bestselling Wild
Cycling. Most, if not all, the
rides are off-road, but each
one presents a challenge to
inspire readers to train for it***

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and have a go. Most take only a few hours, but some are longer, and a few much longer, taking even the fittest several days. An introduction explains safety techniques and underlines the skills, knowledge, equipment and

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fitness levels required. The rides are graded in ascending difficulty within each region. Each ride suggests regular escape points to get riders to a safe place should the weather close in and draws attention to places where

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extra care should be taken.

Some rides are on marked routes, like the Trans-Pennine Trail, some are races or organised challenges, while others are routes the author himself has mapped out. Each ride is illustrated with photos,

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***an annotated map and a
profile of the terrain. The text
includes a detailed route
guide and historical,
geological and natural points
of interest.***

***Dorset is quintessential rural
England: rolling hills,***

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***thatched houses, narrow,
winding lanes and stunning
stately homes and gardens.
The author takes you on a
personal journey through the
county introducing some of
Dorset's best kept secrets and
hidden delights***

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Change Maker

IMBA Trail News

Across America by Bicycle

Home & Away

Turn Your Passion for Health

and Fitness into a Powerful

Purpose and a Wildly

Successful Career

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***They Both Die at the End
Mud, Sweat & Gears***

**Using a ``principles'' and
``practice'' approach, it
answers the need for an
authoritative primer on
planning for cycling as a
``green mode''. Discusses**

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**theoretical issues, covering
factors that encourage or
inhibit urban cycling; the
history of special provision;
the role of highway planning;
environmental, engineering,
social and legal aspects.
Illustrated with actual**

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**examples from the UK, US and
Europe.**

**Cyclo-Cross is a fast, exciting,
colourful and energy-sapping
sport, with races taking place
over every type of terrain in
all weather conditions. The
book looks at the history of**

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**the British Cyclo-Cross
Association, highlighting all
its problems and successes
until 2001, when cyclo-cross
was brought under the wing
of British Cycling.
Like a modern-day Don
Quixote, Joe Kurmaskie—bike**

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**adventurer, writer, and
twelve-year-old boy trapped
in a man's body—wanders the
world on two wheels, often
with hilarious results, in
Riding Outside the Lines. A
jaunt through such far-flung
locations as Ireland,**

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**Australia, Mexico, South
America, and beyond, here is
a collection of tales woven
together with one central
theme: the world is a much
smaller place when you view
it from the seat of a bicycle.
Whether he's weekendending in**

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**the buff after accidentally
stumbling into a nudist colony
wedding, knocking back red
wine in tin cans with a gun-
toting ex-bounty hunter,
combing the countryside in a
quest to find the all-girl
bagpipe squad he met in his**

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**dreams, or playing a rousing
game of ice golf on the frozen
tundra, Joe Kurmaskie writes
of his gonzo global trek in a
spirit infused with insight,
good humor, and optimism.
Riding Outside the Lines
encourages travel buffs and**

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**armchair explorers alike to
get on your bike and see the
beauty of our planet and the
colorful souls who populate it.
Forty essays describe the
author's cycling experiences,
including five cross-country
trips, and meeting a variety**

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**of unusual people along the
way. Reprint. 20,000 first
printing.**

**Zen and the Art of Motorcycle
Maintenance**

**Alice and Bobbi's Summer on
Wheels**

A History of the British Cyclo-

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Cross Association

Paper Towns

It's Not About the Bike

What Parents Need to Know

to Give Their Children a

Healthy Start and a Greener

Future

Optimise Your Bike Position

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for High Performance and

Injury Avoidance

“Mud, Sweat, and Gears is not only an incredible human-powered journey, but it’s also about the intricate, poignant and often hilarious family dynamics that result. The Metal Cowboy’s most compelling book yet.”

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—Heidi Swift, *The Oregonian* After seventeen years, who would road test a perfectly good marriage by putting it on a summer-long, self-contained bicycle adventure across Canada? Only the Metal Cowboy, of course. Beth Biagini Kurmaskie, the woman behind the manchild, has finally

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saddled up on her own volition, if only to bring a bit of parental supervision to the mix. She struggles a bit at first, while celebrating summer, speed, the simple pleasures of a road trip powered by one's own muscles, and family—what it means to be part of one stripped of the “comforts and noise” of

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the modern world, riding sixteen feet of bicycle train. With three sons aboard, one celebrating his first birthday, a nursing mother finds her inner Xena Warrior Cyclist and all the reasons why she's stayed married to a whirling dervish of a husband. And Beth's progression from newbie cyclist to

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totally ripped veteran will be an inspiration to anyone considering taking to the road on a bike. Mud, Sweat, and Gears brings together absurd and sublime moments, introduces an American family to the wilds of Canada, uncovers choice characters (man and animal), and

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finds all the humor and pathos a Metal Cowboy adventure is famous for. If Momentum Is Your Friend was about fathers, sons, and hometown heroes, Mud, Sweat, and Gears is about mothers, wives, family, and the glue that holds the world together. With a extra twist: revealing and outrageous

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footnotes from Beth throughout, filling in the backstories to many previous Metal Cowboy tales and seventeen years of marriage.

The long awaited ultimate performance cookbook, a modern classic, a must-have for all cycling aficionados serious about nutritional

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intake. Translated from the original in Danish, Hannah Grant's unmissable cookbook takes you through a 3 week, with 350-pages of easy-to-prepare recipes containing allergy friendly, natural, un-processed foods, The Grand Tour Cookbook is the ultimate companion in the kitchen for athletes.

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Based on actual food prepared for professional cycling's grueling 3-week Grand Tours including the Giro d'Italia, Tour de France and the Vuelta, this book is a guide on how to cook, what to eat and how to maximize athletic performance throughout the year. Hannah Grant has a background in

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modern sports nutrition and The Grand Tour Cookbook focuses on the challenges presented by the caloric requirements of an endurance athlete: solutions are presented that comprise a beneficial carbohydrate intake, a bounty of ideas to keep vegetables, proteins and good fats captivating and

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mouth-watering. Maximise your performance by changing the way you eat - lose weight, get more energy, conquer those goals and become a successful rider. Acknowledged by the world's best restaurant executive head chef Rene Redzepi (NOMA, Copenhagen), the book also features

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insight and experience from Exercise Physiologist-Nutrition Scientist Stacy T Sims, MSc, PhD, World Tour riders: Alberto Contador, Peter Sagan, Michael Rogers, Nicholas Roche, Ivan Basso, Roman Kreuziger, Matti Brechel, Michael Valgren, Michael Mørkøv, Christoffer Juul, Chris Anker,

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Sports Director Nicki Sørensen and Body Therapist Kristoffer Glavind Kjær. Read opinions on food and nutrition for body and mind and how they optimise performance through eating intelligently.

Here is plenty of inspiration for anyone who loves to ride off road and get out

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into the wild and stunning scenery of the British mainland. Each route suggests further routes and the book as a whole introduces the wild cycling potential of a range of different locations. These natural routes to wild places link country lanes, green lanes, bridleways, towpaths, trails and often

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ancient ways between places. The book is illustrated in colour and each ride includes an annotated route map and ride profile, also OS grid references. And a fact file gives further indispensable details, including an indication of how hard each ride is, and how wild. From Chalk Cliffs and

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Curious Sound Mirrors in the south-east to Cape Wrath in the north-west, the purity, beauty and essential wildness of these rides will ensure that over the years many of them will become classic, even legendary cycling challenges.

What would happen if you were

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cycling to the office and just kept on pedalling? Needing a change, Mike Carter did just that. Following the Thames to the sea he embarked on an epic 5,000 mile ride around the entire British coastline - the equivalent of London to Calcutta. He encountered drunken priests, drag queens and

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gnome sanctuaries. He met fellow travellers and people building for a different type of future. He also found a spirit of unbelievable kindness and generosity that convinced him that Britain is anything but broken. This is the inspiring and very funny tale of the five months Mike spent cycling the

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byways of the nation.

Cycling from Land's End to John
O'Groats (Via the Pub)

Tricurious

One Man's Bike Ride from Alaska to
Mexico

Mud, Sweat, and Gears

International Incidents and Other

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Misadventures with the Metal Cowboy
My Journey Back to Life
Riding Outside The Lines

The tale of a scenic cycling
trip—including an index of
the 50 finest beers tasted
on the trip"One more
wouldn't hurt," said Mick. I

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looked at him doubtfully.

"I'm not sure. It's gone three o'clock already. What time does it get dark in Cornwall at this time of year?" "Not for ages," said Mick, waving his hand dismissively. "One more and

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then we'll get on." He headed back to the bar with our empty beer glasses. As Ellie's 50th birthday approaches and her ambitions of a steady income, a successful career, and an ascent of Everest seem as

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far away as ever, she begins to doubt she's capable of achieving anything at all. So when her best friend Mick suggests a grueling cycle ride from Land's End to John O'Groats, she takes up the challenge. They opt for the

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scenic route which takes them along cycle paths, towpaths, and the back roads and byways of Britain, unable to resist sampling local beers in the pubs they pass along the way. But as the pints start to stack up

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faster than the miles they're putting under their tires, Ellie wonders if they'll ever make it to the finishing line.

A legendary mountain biking champion offers practical instructions, accompanied by

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entertaining anecdotes and reminiscences, on the essential techniques, skills, and tactics of mountain biking, offering tips on safety, developing a training program, equipment, and more. Original. 20,000

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Biking from Alaska to Mexico solo is hard enough. But when you throw in bad weather, flat tires, hair-raising roadways, and unpredictable grizzly bears, only a fool would keep

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going. Fortunately, Jerry Holl was just the fool for this particular two-wheeled odyssey. Coming off a lifetime of corporate positions, he wasn't exactly prepared—his most trusted companion on the trip was a

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bike he didn't know how to fix. But inexperience and lack of a concrete plan didn't stop him. For fifty-one days, Holl pedaled his way across two countries, encountering everything weird and wondrous North

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America had to offer.

Downhills Don't Come Free
takes you through the ups
and downs (literal and
figurative) of Holl's ride.

By turns amusing and
reflective, self-deprecating
and self-assured, it

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chronicles every aspect of the journey, from the breathtaking vastness of the Alaskan-Canadian wilderness to the fortitude, generosity, and eccentricity of the people he met along the way.

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Laura was a self-certified couch potato who, until a few years ago, could only run for a couple of minutes at a time, and couldn't swim. She has now completed several marathons and is a committed triathlete. But

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Laura couldn't have achieved what she has without the advice and support of her friend Katie. A life-long runner, fair-weather cyclist and born-again swimmer, Katie helped Laura through the ups and downs of

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training for a triathlon. As well as surmounting fears of failure and, more importantly, Laura's fears of drowning in the swim start, their triathlon journey gave them the opportunity to push their

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limits and have fun along the way. Tricurious tells Laura's and Katie's story with energy and humor.

Filled with anecdotes and advice about the trials and tribulations of preparing for a triathlon, this

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inspiring book will answer
your questions and leave you
curious to experience the
joy (and pain) of swim,
bike, run.

Graded routes on cycle-
friendly roads between Kent,
Oxford and the New Forest

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Really Wild Cycling

A Rowdy Family Bike

Adventure Across Canada on
Seven Wheels

House of Commons official
report

Principles and Practice

Racing Tactics for Cyclists

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20 Classic Sportive Rides in
South East England

*“A modern day Mark Twain
on two wheels.” –USA*

*Today “Joe Kurmaskie
rolls with a keen sense
of humor and a big*

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*heart.” –Christopher
Moore, author of Lamb,
Fool, and The Serpent of
Venice The fifth book in
the Metal Cowboy series
of bicycle-touring tales
hits the open road in*

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*high gear and never
looks back. Whether he's
outsprinting African
elephants in Zimbabwe;
reliving dangerous old
cycling routes of his
youth; debating the*

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*merits of living strong
or living wrong or
living without a rubber
bracelet at all; riding
up Mount Hood in a July
snowstorm; savoring
roadside treasures found*

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*along the way; extolling
the wonder of boys on
bikes; detailing a few
skirmishes in the war
between cars and bikes,
debating the perils and
delights of riding at*

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*night; and diagnosing
whether the glorious
addiction called cycling
has taken over your
life, he consistently
rides down awful truths
and celebrates beautiful*

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wrecks—himself included.

*Joe Kurmaskie has
mastered the painful art
of falling down and the
flat-out rush of getting
back up again. This
collection is a*

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*kaleidoscope of
exuberant cycling
adventure stories
spanning four decades
and thirty countries. It
embraces the absurdity
of living at any speed,*

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*the fragility in each of
us the world over, and
simple wonders waiting
just up the road.*

*Biking from Oregon to
Maine is no small feat,
especially for two newly*

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*retired women who carry
everything they need for
three months, powered
only by the strength of
their legs and a desire
for adventure. Alice
Honeywell and Bobbi*

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*Montgomery invite
readers to follow their
ride by bicycle across
the United States, as
they face scorching sun,
driving rain, buffeting
winds, equipment*

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*failures, killer hills,
wild fires, and even a
plague of grasshoppers.
As Alice and Bobbi pedal
along their 3,600-mile
journey, they test and
deepen their friendship,*

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*defy their aches and
pains, experience the
vast and varied beauties
of their country, and
discover the challenges
and satisfaction of a
scaled-down lifestyle.*

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*And, they encounter
unfailing generosity
from people they
meet—from the prayers of
a North Dakota woman for
their safekeeping, to
the offer of a house in*

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*Michigan, to invitations
for dinner and a place
to sleep at stops all
along the way. And there
are incidents to laugh
over, too, such as the
bewildered woman who*

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asked them, "Well, but where do you pack your dresses?" Ride along with Alice and Bobbi as they embrace retirement with gusto and live their dream. Winner

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*(Gold Medalist), Travel
Essays, Foreword
Magazine's Books of the
Year*

*The health and fitness
industry is huge, highly
competitive, and often*

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Gears Cycling From Lands End
To John Ogroats Via The Pub
confusing to navigate.

*This one-of-a-kind book
helps you make sense of
the chaos, laying out a
clear roadmap for career
success—for both
established*

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*professionals and anyone
just getting started.*

*With thousands of
certifications,
seminars, websites, and
gurus promising advice,
it's difficult for even*

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*the best pros to turn
their passion for health
and fitness into
meaningful—and
measurable—success.*

*Enter Change Maker. In
this definitive career*

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Gears Cycling From Lands End
To John Ogroats Via The Pub**

*guide, John Berardi—co-
founder of Precision
Nutrition, founder of
Change Maker Academy,
and one of the most
successful people in the
history of the health*

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and fitness

*industry—shares his
blueprint for becoming
the ultimate change
maker, one with a
powerful purpose, an
enthusiastic client*

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*base, and the ability to
fund your own ideal
lifestyle. Whether
you're new to the
industry and looking for
a head-start, or you're
already an expert but*

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Gears Cycling From Lands End
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*need a fresh approach,
consider this your go-to
career guide. With six
helpful steps, this book
covers the range of
logistical, financial,
psychological, and*

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*practical issues that
every health and fitness
pro needs to know,
including how to: •
Choose your specialty
based on your unique
strengths • Identify*

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*what your clients really
want and deliver it
every time • Build new
relationships and become
a next-level coach • Get
new clients, make more
money, and manage a*

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Gears Cycling From Lands End
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thriving business •

*Nurture and protect your
most precious asset,
your reputation • Create
a life-long, growth-
oriented continuing
education plan If you*

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*work as a trainer,
nutritionist, functional
medicine doctor, group
instructor, rehab
specialist, or health
coach—or you eventually
want to—this step-by-*

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Gears Cycling From Lands End
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*step guide will help you
turn your passion for
health and fitness into
work you find joy in,
your clients into raving
fans, and your career
into something powerful,*

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Gears Cycling From Lands End
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*meaningful, and change-
making.*

*Written for the
experienced road
cyclist, this
illustrated book shows
team riders how to ride*

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*in a race, explains the
importance of position,
and discusses individual
and team racing tactics.
Each type of road race
-- one-days, stage
races, criteriums -- is*

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covered, along with the technical riding skills and mental strategies needed to succeed. Also included is information on handling prologues, recovering from a crash

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Gears Cycling From Lands End
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*or flat tire, resting
during a race, and
evaluating the
competition.*

*Tales from the Road Less
Pedaled*

Wild Cycling

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Gears Cycling From Lands End
To John Ogroats Via The Pub
Bike Fit

*A Biking Bible for
Everyone*

*Mud, Sweat and Gears
Mountains*

Velo News

Quentin Jacobson has spent a

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lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to

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discover that Margo has disappeared.

The essential practical guide to setting up your bike to maximise performance and avoid injury, written by renowned Lead Physiotherapist at British Cycling, and Consultant to Team Sky, Phil

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Burt. Foreword by Sir Chris Hoy
and introduction by Chris
Boardman.

A concise guide to cycling LEJOG -
Land's End to John o' Groats -
describing an idyllic route that
follows quieter roads and traffic-
free paths but without too much

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meandering. Covering 1000 miles, the route is divided into 14 stages and can be comfortably ridden in two weeks. Easy-to-follow route descriptions are accompanied by clear mapping and useful gradient profiles, together with route highlights and

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points of interest, of which there are many. Invaluable tips and tricks are also included from preparing yourself to preparing your bike, together with logistical advice such as getting to and from the start and finish, accommodation options and

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more. In addition to the main 14-stage schedule (which includes an alternative option through Central Scotland), longer and shorter schedules are also suggested, making it easy to prepare a personally tailored adventure. The route, which

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passes through a diverse range of landscapes, from almost sea level across the Somerset Levels to over 1400ft through the magnificent Cairngorm Mountains, showcases some of Britain's best cycling. It is a must for anyone who's ever been

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remotely tempted to take on this iconic end-to-end challenge.

Mud, Sweat, and Gears
A Rowdy Family Bike Adventure Across
Canada on Seven Wheels

A pocket guide to 50 great rides
off the beaten track in Britain

Food for Training and Competition

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Gears Cycling From Lands End
To John Ogroats Via The Pub

The Dutch Blueprint for Urban
Vitality

Mountain Bike Like a Champion

Green Mama

The Grand Tour Cookbook

An Inquiry Into Values

*Steve and I clutched hands - his
right in my left - and then we*

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simultaneously pushed down with our feet. Cogs clicked, wheels turned, and we were on our way. We left Nordkapp within minutes. Cape Town was only 18,000 kilometres away. Deciding to break away from his comfortable lifestyle in London, Reza and his friend Steven set off

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*from the most northerly point on
mainland Europe to cycle the 11,000
miles to the other end of the planet,
completely unsupported. Their
expedition becomes a race against
the clock, as they attempt to
complete the trip in a world record of
just 100 days. Battling punishing*

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terrain and primitive roads, harsh and debilitating climates, malaria, food poisoning and heat stroke, their thrilling journey brings them face to face with some of the world's most stunning, memorable and volatile regions. This is the intensely personal story of one man's mission to create

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a more positive, purposeful life, and the compelling account of the epic journey he took to get there.

This guidebook offers 20 sportive cycling routes in the best cycling areas of south east England. The training rides range between 60 and 117km (37 to 73 miles) in length, and

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offer a wide range of challenge, from flat routes for pacing training, to tough, hilly routes to climb. The 20 sportive routes are found in Buckinghamshire, Berkshire, Oxfordshire, Wiltshire, Hampshire, Kent, Surrey and East Sussex, a collection from near Oxford down to

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the south coast by Bournemouth and Portsmouth. From the Surrey and Chiltern Hills to the New Forest and South Downs, there are miles of cycle-friendly roads suitable for sportive training. All 20 routes are graded for difficulty and include timings, ascent, food-stops and

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access information, as well as annotated route maps and clear route descriptions. Sportive cycling is a growing sport, and this guide provides routes for experienced riders and those new to this sport. Useful information on bike maintenance and equipment, to

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travelling around the areas with your bike and advice on accommodation is also included. The result is a sportive guidebook that will prepare you for the challenges ahead, and allow you to explore the best cycling the south-east has to offer.

From choosing environmentally

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friendly diapers to identifying the hidden toxins in children's food, cribs, car seats, and toys, Green Mama discusses topics that are vitally important to new parents. What are the most pressing problems facing new parents today? As the world has become increasingly more

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complicated, so has parenting. We are concerned about pervasive toxins in the environment and anxious to raise our children in ways that will protect them as well as safeguard our already fragile world. Manda Aufochs Gillespie, the Green Mama, shares what today's science and

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Grandma's traditional wisdom tell us about prenatal care for mothers-to-be, breastfeeding, detoxifying the nursery, diapering, caring for baby's skin, feeding a family, and healthy play — redefining the basics of parenting for today's world. With an upbeat tone, stories of parents who

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have been there, real-world advice for when money matters more, and practical steps geared toward immediate success, The Green Mama engages and guides even the busiest, most sleep-deprived parent. The Green Mama helps parents become what they were always meant to be:

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*experts on the care of their own
children.*

*The pocket guide to off-the-beaten-
track challenges*

*Cycling Land's End to John O' Groats
Dorset (Slow Travel)*

Parliamentary Debates (Hansard).

Downhills Don't Come Free

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*Finding Balance on and Off the
Bicycle*

*Integrating Bicycle and Pedestrian
Considerations Into State and Local
Transportation Planning, Design, and
Operations. National Bicycling and
Walking Study. Case Study No. 21*