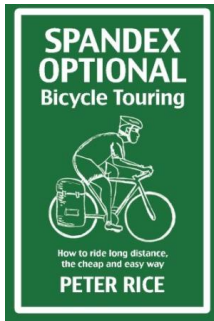


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## SPANDEX OPTIONAL BICYCLE TOURING: HOW TO RIDE LONG DISTANCE, THE CHEAP AND EASY WAY



Createspace, United States, 2014. Paperback Book Condition: New. 222 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you can ride a bike across town, you can ride across the country. And all that Spandex? It s totally optional. With this book, learn what to eat, where to sleep, how to find a route that works for you, what to pack, crack logistics for transporting your bike, the all-important psychology of touring, and why training...

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- Authored by Peter Rice
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