

## The Modern Mamil (Middle-Aged Man in Lycra): A Cyclist s Journal



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*This is the very best book i actually have read till now. It is loaded with knowledge and wisdom I am just easily could get a satisfaction of reading a created ebook.*

***(Ena Huel)***

## THE MODERN MAMIL (MIDDLE-AGED MAN IN LYCRA): A CYCLIST S JOURNAL



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Frances Lincoln Publishers Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 184 x 144 mm. Language: English . Brand New Book. Every weekend, across the nation s rolling countryside, watch out for the Mamils: middle-aged men in lycra - BBC News Mamils make Oxford English Dictionary debut - Telegraph Oh the shame of being married to a MAMIL - Daily Mail There is a new breed emerging. They hunt in packs, dressed in unforgiving lycra. Their natural habitat is the local espresso bar, where they obsess about power-to-weight ratios and worship the latest high-tech road bikes. Desperate to shave a few milligrams for speed, they will spend thousands on anything made out of carbon - conveniently forgetting about their own waistlines. At night they dream they are Bradley Wiggins or Alberto Contador. They are the Mamils. And they are taking over the world. The Modern MAMIL - a cyclist s Notebook can be used as a training log, a place to record race dates, targets and route notes.



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