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SPANDEX OPTIONAL: LONG-DISTANCE BICYCLE TOURING FOR NORMAL PEOPLE



Createspace, United States, 2014. Paperback. Book Condition: New. 229 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
- Released at 2014



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Reviews

This kind of publication is almost everything and taught me to seeking forward and more. Better then never, though i am quite late in start reading this one. You can expect to like the way the blogger compose this publication.

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