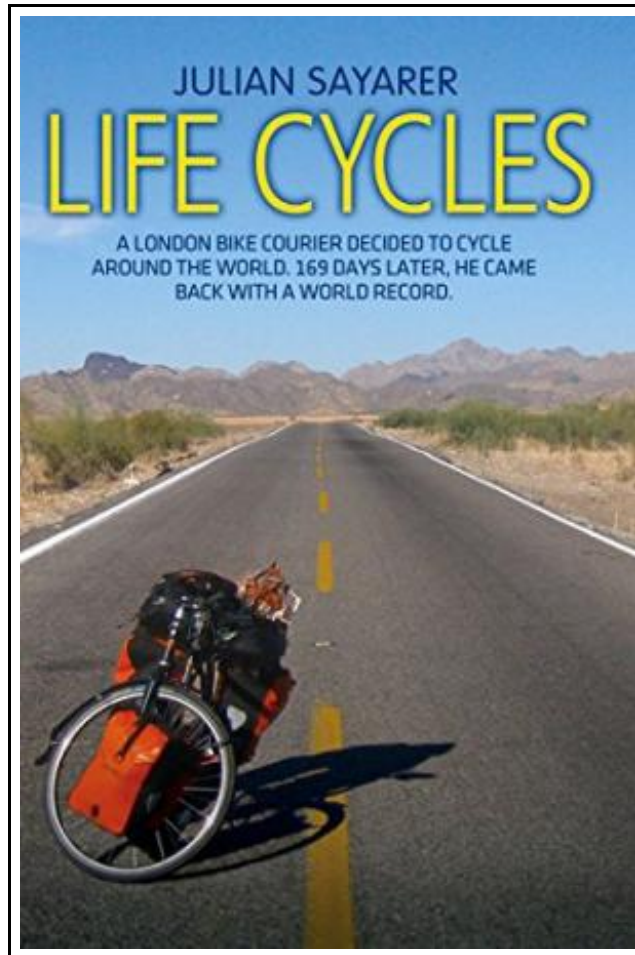


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John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Life Cycles: A London Bike Courier Decided to Cycle Around the World. 169 Days Later, He Came Back with a World Record., Julian Sayarer, Julian Sayarer grew up riding a bicycle. Working as a bike courier in London, he learned the world record for a circumnavigation by bike had been broken, and that cycling into the sunset had been bought by banks and big business. Determined to do things differently, Julian set out to take back the record for the people. Life Cycles is his story of that record, riding 110 miles every 24 hours for 6 months on only GBP8.84 a day - a route through jungles, snow and 20 different countries. He found himself stranded without money in the deserts of Kazakhstan, held up by insurrections in northwest China, and sleeping under motorway bridges in America's Deep South. Taken by life on the road and a spirit of adventure, he loved every minute of it. A tale of excitement and world politics by bicycle, travelling at 12mph, Julian found that the Tartars of Central Asia aren't so different to the trailer families of Louisiana. This book is a reminder that the world is out there - and it's waiting for us.



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