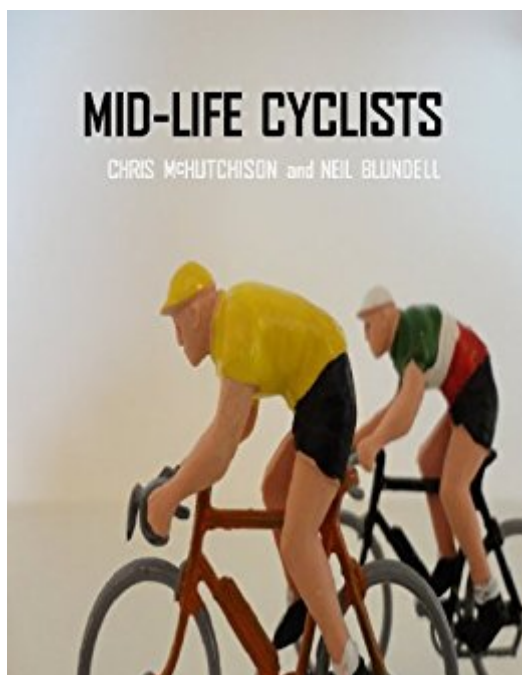


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# Mid-life Cyclists



## Synopsis

Cycling has slowly developed into a passion for many men in their thirties and forties as they form new and intense bonds with their middle years, bike riding and endurance events. This is the account of Chris, an Australian, who took up cycling in order to win over his Belgian girlfriend and her cycling obsessed father, and Neil, a Briton, who took up cycling when he realised it was the last sport left for him to try. Together they are two friends entering their midlife crisis years in a hurry, on bikes. Although living thousands of miles apart on different continents, Neil and Chris join forces through this addiction to cycling and play out an unforgettable and funny path to cycling greatness on the fields of Hong Kong, Sydney, England, Flanders and the French Alps. They lay it all out here; the training, the kit buying, the crashes, the clashes between family time, work time and cycling time, and the harsh realities of cycling together on the European continent alongside experienced club riders. This is a wonderfully humorous tale exposing the light-hearted determination of midlife cyclists everywhere.

## Book Information

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## Customer Reviews

The main premise of this book is two guys meet at work, build a friendship, and then, after returning to their homes in different countries, decide to do some rides together, especially a big one like Le Tour (you can read "French Revolutions" a similar story, which covers someone who does the Tour on their own). The layout of this book is that each of the two authors writes a chapter and then the other writes one covering the same topic so you get two different takes on the same thing. I found this worked extremely well when they go on a ride in Belgium with one of the author's father-in-law's bike club. It was interesting to hear how each author heard things slightly differently. Personally, I am not one of those people who thinks that if you haven't spent over 5K for your bike that you aren't worth talking to or about, so, I thought the one author's "you have to buy the best to look the best to be the best" theory was lame and the reliance on that as a plot vehicle got tired very fast.

Something the tale proves when one of the authors has to ride the semi-vintage ladies older non carbon bike. I also don't believe in wearing consumer versions of professional team's team kit, so their reliance on how they looked dragged on for me. Having said all of that I still enjoyed the read. It was pretty quick, the plot kept moving, and the story kept me interested. 11-06-2013 - As other reviewers told their age and something about their riding I decided to come back and add a note - I am past my 59th birthday on my way to 60 years old - I'm not one of those riders who got back into bicycling - I have been riding all my life - I gave up my car about 10 years ago so now we only have my wife's car - I ride just about everywhere I have to go - I never got into racing - When I am on a road bike or single speed or fixie I wear kit but as previously stated I don't wear team kit; when I am on my 1960 Raleigh 3 speed I wear tweed, when I am on my MTB I wear baggy shorts and a tee shirt, and when I am on my Dyno Crusier or on my "around town shopping" hybrid I just wear my regular clothes.

Excellent story. Superb editing. Although my own ambitions aren't as lofty, their combined experiences are inspiring to those of us over forty and chained to fiscal and familial responsibilities who would still like to take on the types of challenges that remind us that life can actually get BETTER over the hill. At times I found this book to be guilt-inducing as well as inspiring but in that "If he can do it then I have no excuses." way that tends to mix bravado, competition, and camaraderie seamlessly into inspiration. I feel that any guy who has taken to riding in their later years will enjoy this book.

It's a good book for those of us who have experienced all of the ups and downs that go with learning this beautiful sport. Also, it's very easy to associate with many of his adventures. Perhaps it's

slightly repetative, but a nice story none the less.btw- for the Reviewer that was offended by the author's repeated comment - "you have to buy the best to look the best to be the best". This was all written in tongue-in-cheek, and was actually intended to make fun of such behavior. It's a bit of the British humor perhaps, but as an American I quickly picked up on his witty commentary.

bought this because i'm a 'mid life cyclist' married to an amateur racer. i read most of this out-loud to my husband and we laughed and laughed. OMG, i am so going to make myself a fried egg sandwich, wrap it in paper and stick it in my pocket! please write a sequel, please!

Just an interesting story of two guys in opposite corners of the planet working toward a common goal. The frustrations of getting the time to ride, balancing real life with the time to ride, and then actually doing what you set out to do, are all issues they deal with. I just found it to be enjoyable to read, really felt like I got to know these two guys!

This books is a great read! It is as if I wrote it myself, very funny and very true real world stories all of us can relate to. Warning, if you have aspirations to do any cycling in far off picturesque lands this will tempt you to buy the plane ticket immediately.... and then it will bring you back to the real world. Hope you find it as enjoyable as I did.

Brilliant! This is exactly how it happens when life's commitments only allow you to aspire to be the best mediocre bike rider possible. It's been the best book to read between the innumerable commercials (at least in the US) of the Tour de France this year. I have encouraged my all of my cycling friends (at least the ones of similar vintage) to buy the book.I lived most of these experiences and Neil and Chris accurately describe all of the pain and tribulations of riding at night, tackling mountain passes you don't have any right being on and the the hair-brained idea of riding in Europe with a cycling partner.The Hong Kong stories were wonderful to read. I never had the opportunity to ride in Disco Bay but I rode ONCE down Cotton Tree Drive to my office (12 minutes) and ONCE back up to my house (112 minutes). Then I picked up badminton.Thanks for a delightful read.

As a reader who also took up cycling in mid life, at 43 and some change, the title alone intrigued me. What I got in return was a hilarious anecdote from two obsessed cyclists that battle everything from family, career, shopping obsessions, laziness, and ego, among other things, in order to find the

tranquility that is being on a bicycle. While any "mid life cyclist" can truly embrace and relate to their stories, I believe readers of all ilks can be pulled into this awesome read!

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