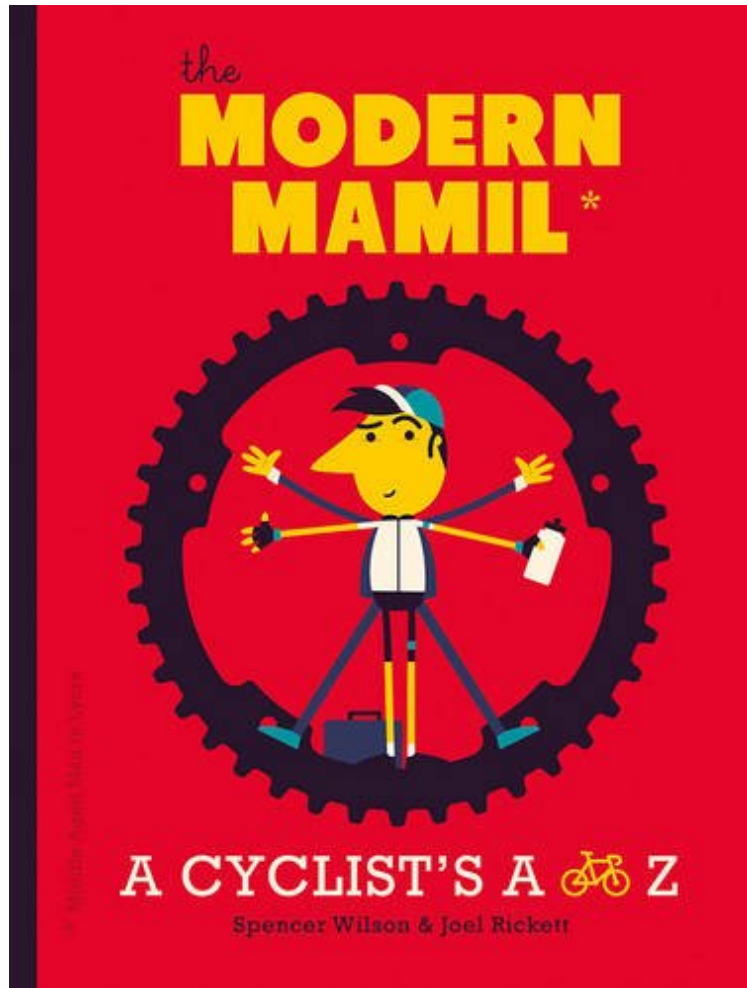


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The Modern MAMIL (Middle-aged Man in Lycra): A Cyclist's A to Z

Joel Rickett, Spencer Wilson

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Joel Rickett, Spencer Wilson : The Modern MAMIL (Middle-aged Man in Lycra): A Cyclist's A to Z before purchasing it in order to gage whether or not it would be worth my time, and all praised The Modern MAMIL (Middle-aged Man in Lycra): A Cyclist's A to Z:

1 of 1 people found the following review helpful. Save your moneyBy Nat PinheiroDon't waste your money. Short gimmicky book. Riding the wave of "The Rules". Not amusing or accurate, disappointingly small and poorly illustrated. Worth \$4.95 not bucks or whatever it was .0 of 0 people found the following review helpful. Great Gift for the CyclistBy Jon NelsonReceived this for father's day last year and have really enjoyed it. It's a fun, tongue in cheek look at the seriously non-serious cyclist. I've actually learned some things, too, and the British slant is neat. I didn't just look at the book once, either. I keep going back to it and paging through - as my cycling habits change it's interesting

to see how I read it differently.

"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 A-Z takes a humorous look at cycling and the middle-aged man in lycra.

About the Author JOEL RICKETT is a publisher and a (very) occasional writer. His previous books include How To Avoid Huge Ships and Whitstable Mum in Custard Shortage. He lives in North London (of course), where he's a thoroughly modern parent to two gorgeous, demanding girls. SPENCER WILSON is an illustrator and co-founder of the design and animation company Peepshow Collective. He has been working to commission since 1998 in a world of coffee cups and ordered chaos; his work follows this theme with the creation of sketchy ideas and twisted thoughts. He lives in the modern parenting paradise that is Berkhamsted, Hertfordshire, with his wife and two girls who never cease to inspire him. www.spencerwilson.co.uk