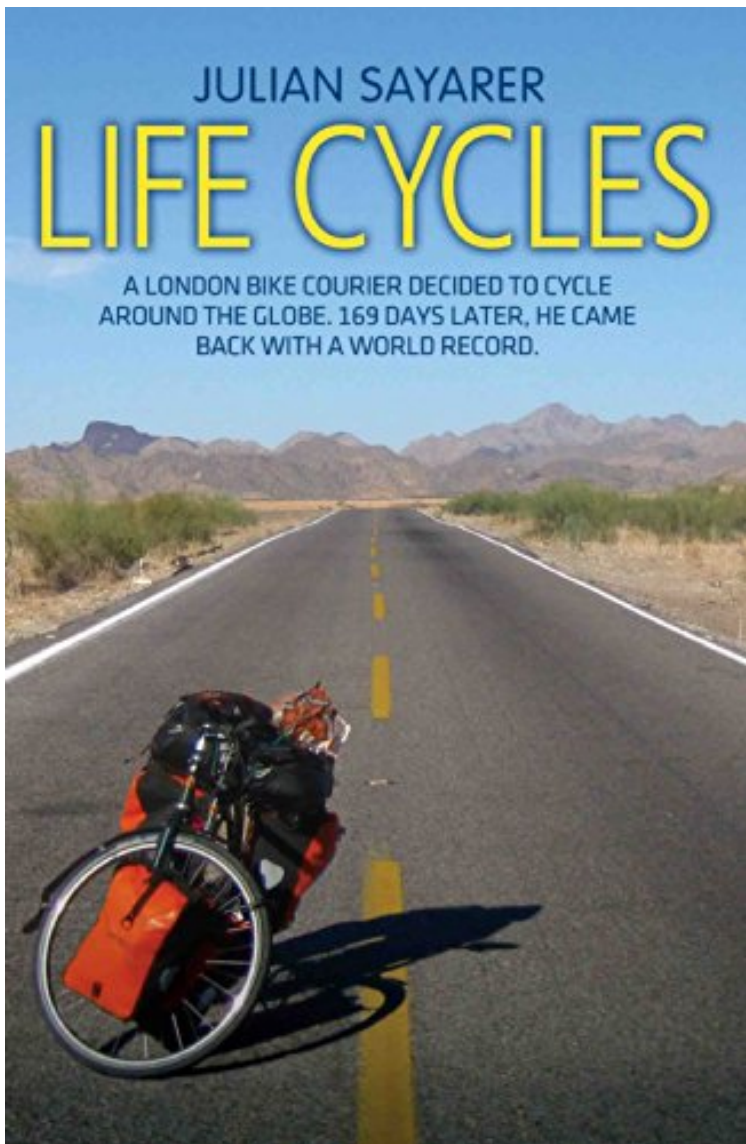


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# Life Cycles - A London bike courier decided to cycle around the world. 169 days later, he came back with a world record.



*Par Julian Sayerer*

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## Description :

Prsentation de l'diteur Julian Sayerer 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 \$8.84 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. 'This is a very inspiring tale that says a lot about the human race, its hopes and expectations, and there is even a bit about the bicycle, especially spoke breakages' - Mike Burrows, Designer of Chris Boardman's 1992 Olympic-winning bicycle. *Revue de presse* 'Life Cycles is On the Road for the Occupy generation. It's an adventure and a quest with a political heart, and the love of the world shines through (almost) all the encounters that the open road and Julian's own openness invite time and time again. The beauty of the project is matched by the skill of the writing and the precision of the observation. There's no place to watch globalisation thunder past like the combination of fragility and endurance of the circumnavigating cyclist.' --openDemocracy 'Sayerer's love of the open road and his ability to evoke the beauty of travelling by bike are a potent combination that makes you itch to go cycling ... A wonderful, vivid account of a record-breaking, 18,000-mile adventure.' --Cycling Active 'This is a very inspiring tale that says a lot about the human race, its hopes and expectations, and there is even a bit about the bicycle, especially spoke breakages.' --Mike Burrows, Designer of Chris Boardman's 1992 Olympic-winning bicycle. *Présentation de l'auteur* Julian Sayerer 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 \$8.84 a day - a route through jungles, snow and 20 different countries.

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