



A 30-year Cycle

By Chris Boulton

The Choir Press, United Kingdom, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.In 1998, Chris Boulton had open heart surgery to replace his mitral valve. Like any normal person, he dealt with this by skiing, running marathons and, most importantly, rediscovering cycling, the sport he had left aside in his youth. Full of anecdotes and insight, A 30-Year Cycle is both the story of one man s efforts to regain his lost prowess and a smart look at how the world of cycling has changed in three decades. If you re interested in cycling at any level, this is the perfect illustration of the pleasures of the sport, the power of determination and the perils of wearing white Lycra.



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