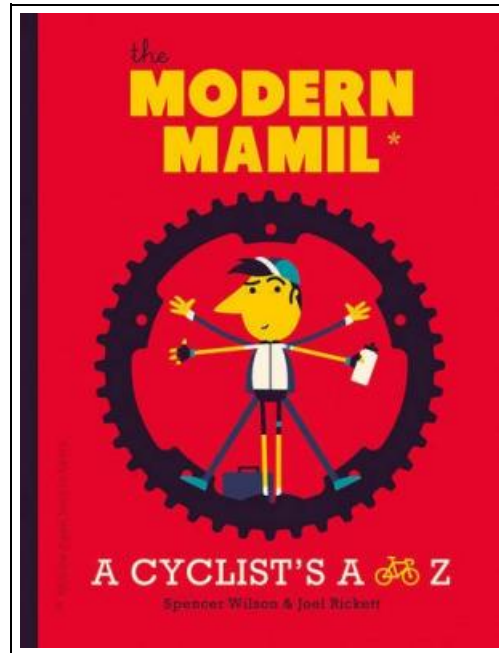


## The Modern Mamil (Middle-Aged Man in Lycra)



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*This is the very best publication we have read through right up until now. It is one of the most incredible book we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
**(Miss Celia Volkman)**

## THE MODERN MAMIL (MIDDLE-AGED MAN IN LYCRA)



Frances Lincoln Publishers Ltd. Hardback. Book Condition: new. BRAND NEW, The Modern Mamil (Middle-Aged Man in Lycra), Joel Rickett, Spencer Wilson, '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.



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