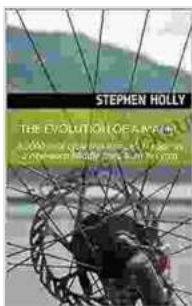


My 3000-Mile Cycle Trip Through Europe As a New-Born Middle-Aged Man in Lycra

At the tender age of 60, I decided to embark on a 3000-mile cycle trip through Europe. I had always dreamed of cycling through the picturesque countryside of France, Italy, and Switzerland, and I figured that now was as good a time as any.

I had been a keen cyclist in my youth, but I had let myself go in recent years. I was overweight, unfit, and I hadn't ridden a bike in over a decade. But I was determined to make this trip happen, so I started training a few months in advance.



The Evolution of a MAMIL: A 3000 mile cycle trip through Europe as a new-born Middle Aged Man In Lycra by Len Sperry

★★★★☆ 4.2 out of 5

Language	: English
File size	: 5512 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 267 pages
Lending	: Enabled



To my surprise, I found that I was still quite fit. I was able to cycle for hours on end without too much difficulty. And as I got closer to my departure date,

I started to get excited about the adventure that lay ahead.

The Journey

I set off from London in early June. I was riding a fully loaded touring bike, and I had everything I needed for a month-long trip. I cycled through the English countryside, and then took a ferry to France.

I spent the next few weeks cycling through the beautiful French countryside. I passed through rolling hills, lush forests, and charming villages. I met friendly people along the way, and I enjoyed the simple pleasures of life on the road.

After France, I cycled into Italy. The scenery was even more stunning here, with towering mountains, sparkling lakes, and historic cities. I cycled through the Dolomites, the Alps, and the Italian Riviera.

Finally, I cycled into Switzerland. The Swiss Alps were the most challenging part of the trip, but they were also the most rewarding. I climbed some of the highest mountain passes in Europe, and I was rewarded with breathtaking views.

The Challenges

Of course, there were some challenges along the way. I had to contend with rain, wind, and even snow. I had a few mechanical problems with my bike. And I got lost a few times.

But the biggest challenge was the physical exertion. I was cycling for hours on end, day after day. My legs were sore, my back ached, and my bottom was numb.

But I never gave up. I kept cycling, one pedal stroke at a time. And eventually, I reached my destination.

The Rewards

The rewards of my 3000-mile cycle trip were immeasurable. I got to see some of the most beautiful scenery in the world. I met some amazing people. And I learned a lot about myself.

I learned that I am stronger than I thought I was. I learned that I can achieve anything I set my mind to. And I learned that life is an adventure, and it should be lived to the fullest.

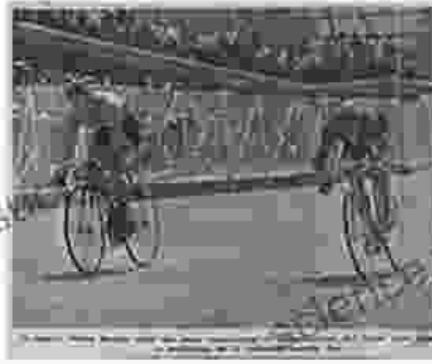
If you are thinking about embarking on a cycling trip, I would encourage you to do it. It is an experience that will change your life.

Just be prepared for the challenges. There will be times when you will want to give up. But if you keep going, you will be rewarded with an experience that you will never forget.

So what are you waiting for? Get on your bike and start pedaling.



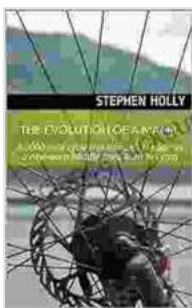
Daniel Morelon, 6 times world sprint champion crosses the line ahead of me (right) by the kilometer. He rode 7:00.3 for the mile. I will make the 10th with a time of 7:09.0 an unofficial U.S. record



FRANCIA, MARAVILLO EN EL KILOMETRO



The U.S. sprint Pursuit Team: Doug Burnett on my right, Dave Brink the mid us and Jorvi Ailes, hidden. All races were part of the Pro Olympic games in Mexico City in 1965



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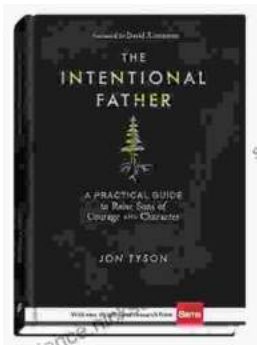
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