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## Pasta Punctures Perseverence!: Diaries of Cycling Adventures (Paperback)

By Howard Ashton

AUTHORHOUSE, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why cycle fast when you can cycle slowly, (often very slowly, as dictated by terrain, topography and the weather). Intrepid explorer W.H.Tilman saw the merits of such an attitude when he remarked that -all travel is dull exactly in proportion to its rapidity-. Howard adopted Tilman s attitude as he adventured, over many years, across the world on two self-propelled wheels, that incredibly efficient machine for personal transport - a bicycle! Born affected by cerebral palsy, it was through the therapeutic effects of much massage and manipulations of his limbs that, by the age of 3, his legs had enough strength to push pedals, if not allowing him to stand and walk! And pushing pedals is what he has been doing almost daily for the past 65 years! From trundling down the garden path on a bright red Gresham Flyer trike, his competence and confidence quickly built, as did muscle strength and tone. This simple activity allowed him to overcome the physical limitations which life had imposed upon him. Since those very early days, countless bicycles have carried him tens of thousands of...



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