

A man in a white, form-fitting suit is riding a bicycle at night. The background shows a house with lit windows and some trees. The title "HEFT ON WHEELS" is overlaid in large white letters.

HEFT ON WHEELS

A FIELD
GUIDE TO
DOING A 180

"Mike's one of the only writers in the world who makes reading about cycling so much fun you're nearly tempted to skip your next ride and keep turning the pages."

—BILL STRICKLAND, EXECUTIVE
EDITOR, BICYCLING MAGAZINE

A cyclist in a blue and white jersey is riding on a road. The background shows a road with trees and a hill. The author's name "MIKE MAGNUSON" is overlaid in large white letters.

MIKE MAGNUSON

Heft On Wheels

Joseph Simms



Heft On Wheels:

Heft on Wheels Mike Magnuson, 2004-06-15 A few years ago the closest Mike Magnuson thought he would get to participating in a sporting event was sitting in the local bar slamming pitchers of beer and watching the NFL playoffs on TV He was thirty eight years old smoked a pack a day drank a case or two of beer a week and carried 250 pounds of weight on his five foot ten inch frame Getting on a bicycle for a peddle around the block could have been dangerous in his condition let alone trying to keep up with a group of racer fit riders for forty five miles at a clip but that is just what Mike decided to do He was sick of it all the booze the cigarettes and the heft He could have been seriously hurt But he wasn't In Mike's words he was merely handed his proverbial fat ass on a platter three times a week and kept coming back for more Heft on Wheels charts in hilarious detail every curve in Mike Magnuson's 180 degree journey from the big guy at the back of the pack to the lean mean racing machine setting the pace for the group Along the way we meet his friends colleagues and family and learn how even a healthy obsession can have its uphill climbs For a start there's the starvation diet and the nicotine patches not to mention the skin tight XXL cycling outfit and the insanely unrealistic goal of completing the Bridge to Bridge Incredible Cycling Challenge proudly billed as 100 Miles of Pure Hill within the year Yet through it all Mike never loses his sense of humor though after having a quick conversation with God on one particularly grueling hill he does believe he has come within spitting distance of losing his mind Filled with triumph heartbreak and hilarity Heft on Wheels is an unforgettable book about getting from one place to another in more ways than one

Nature's revelations of character, or, the mental, moral and volitive dispositions of mankind, as manifested in the human form and countenance Joseph

Simms, 1873 Transit Journal, 1900 Physiognomy Illustrated ; Or, Nature's Revelations of Character Joseph

Simms, 1887 **Electric Railway Review**, 1902 Gas Engine Theory and Design August Christian Mehrtens, 1909

State of New York Supreme Court, 1934 The Street Railway Journal, 1901 **The Street Railway Review**, 1896

Thomas' Register of American Manufacturers and First Hands in All Lines, 1905 **Western Electrician**, 1897

On Some New Forms of Work-measuring Machines as Applied to Dynamos and Electro-motors Frederick John Jervis-Smith, 1884 Report of the ... Annual Meeting of the American Street Railway Association, 1900 **The**

Warehouse Joyce Crawford, 2024-01-09 In the days after God banished Adam and Eve from the Garden His fairies Faith Hope Serenity Passion and little Curiosity were concerned about Him being sad and lonely Upon meeting The Creator in the Garden's morning mist the fairies asked if they could help find new friends for Him God chuckled at the fairies concern and offered an alternative Would you like to find people to build a storehouse in which I can keep all My unclaimed gifts and blessings The fairies search takes them to the Florida wilderness Their only caveat they may not change the course of history and God alone controls life and death In 1872 three young Christian men John Leo and Jake each leave their homes in search of new lives Together they cut out a rustic community from the uncharted territory of Florida With their strong faith in God

each other's support and a second hand sawmill these men built a community and a storehouse later known as The Warehouse How did they accomplish this monumental task What hardships did they face What did God have in store for these men How would God's plan affect a great great granddaughter more than a century later *In the Supreme Court of the State of New York* ,1911 *Thomas Register of American Manufacturers* ,1905 Vols for 1970 71 includes manufacturers catalogs Salmagundi ,1902 *Transactions Franklin County (Mass.) Agricultural Society*,1881 **State of New York Supreme Court Appellate Division Fourth Department** , Farm Journal and Country Gentleman ,1972

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