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Bruce
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Bruce Ryan
May 26 at 9:19pm · Public

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Today's cyckemeter map: <http://cyclemeter.com/c6c5a8e04fa72bae/Cycle-20140526-1030?r=e>

This doesn't include cycling without luggage from the B&B to the north end of the island and back: say 5 miles each way.

By the way, arse-cream is this: <http://www.wiggle.co.uk/assos-chamois-cream/>

And rubber wallies are these: <http://www.wiggle.co.uk/dhb-neoprene-nylon-overshoe>

2014_05_26

Stopped Cycle at 12:32, 2014_05_26, time 1:56:46, 21.06 miles, average 10.82 mph.

CYCLEMETER.NET

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Henri Macaulay likes this.

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Page 1 of 1