



Heft on Wheels: A Field Guide to Doing a 180

Mike Magnuson

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Take one very large guy. Add booze, cigarettes, and an extreme amount of junk food. Mix in a wry, self-effacing wit. Throw in a bike. The result? Heft on Wheels, a potently funny look at turning your life around, one insanely unrealistic goal at a time.

Not that long ago, Mike Magnuson was a self-described lummoX with a bicycle. In the space of three months, he lost seventy-five pounds, quit smoking, stopped drinking, and morphed from the big guy at the back of the pack into a lean, mean cycling machine. Today, Mike is a 175-pound athlete competing in some of the most difficult one-day racing events in America. This irreverent and inspiring memoir charts every hilarious detail of his transformation, from the horrors of skin-tight XXL biking shorts to the miseries of nicotine withdrawal.

Heft on Wheels is an unforgettable book about getting from one place to another, in more ways than one.

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