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****Winner - Sweetspot Cycling Book of the Year**** For 11 years I was a professional cyclist, competing in the hardest and greatest races on Earth. I was in demand from the world 's best teams, a well-paid elite athlete. But I never won a race. I was the hired help. When my mum dropped me off in a small French town aged 17, I was full of determination to be a professional cyclist, but I was completely green. I went from mowing the team manager ' s lawn to winning every amateur race I entered. Then I turned pro and realised I hated the responsibility

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and pressure of chasing victory. And that 's when I became a domestique. I learned to take that hurt and give it everything I had to give, all for someone else ' s win. When the order came in to ride I pushed out with the hardest rhythm I could, dragging the group faster and faster, until my whole body screamed with pain. There were times I rode myself to a standstill, clutching the barrier metres from the line, as the lead group shot past. But that ' s what made me a so good at my job. As my career took off, I started looking at the fans lining the route, cheering us like heroes. The passion for cycling oozed off them, but they couldn ' t know what it was really like. They didn ' t see the terrible hotels, the crazy egos or

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Down the shit that goes with great expectations. Well, this is how it is...

"For 11 years I was a professional cyclist, competing in the hardest and greatest races on Earth. I was in demand from the world's best teams, a well-paid athlete. I learned to take the hurt and give it everything I had, but I never won a race. I was the hired help."--Page 4 of cover.

'Ah, I remember you: you're the guy who lost the Tour de France by eight seconds!' 'No monsieur, I'm the guy who won the Tour twice. The international bestselling autobiography of the legendary French cyclist Laurent Fignon Two-time winner of the Tour de France

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in the early eighties, Laurent Fignon became the star for a new generation. In the 1989 tour, he lost out to his American arch-rival, Greg LeMond, by an agonising eight seconds. In this revealing account, the former champion spares nobody, not even himself, and pulls back the curtain on what really went on behind the scenes of this epic sport - the friendships, the rivalries, the betrayals, the parties, the girls and, of course, the performance-enhancing drugs. Fignon's story bestrides a golden age in cycling: a time when the headlines spoke of heroes, not doping, and a time when cyclists were afraid of nothing. ' Sports book of the year: He's ruthlessly honest, about himself and about cycling, and he provides a gripping

Access Free Domestique The Real Life Ups And Downs Of A Tour Pro insight into an unrelenting hard world ' Independent Charly Wegelius

In 1987, Joe Parkin was an amateur bike racer in California when he ran into Bob Roll, a pro on the powerhouse Team 7-Eleven. "Lobotomy Bob" told Parkin that, to become a pro, he must go to Belgium. Riding along a canal in Belgium years later, Roll encountered Parkin, who he saw as "a wraith, an avenging angel of misery, a twelve-toothed assassin". Roll barely recognized him. Belgium had forged Parkin into a pro bike racer, and changed him forever. A Dog in a Hat is Joe's remarkable story. Leaving California with a bag of clothes, two spare wheels, some cash, and a phone number, Parkin left the

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comforts of home for the windy, rainswept heartland of European cycling. As one of the first American pros in Europe, Parkin was what the Belgians call "a dog with a hat on" -- something familiar, yet decidedly out of place. Parkin lays out the hard reality of the life--the drugs, the payoffs, the betrayals by teammates, the battles with team owners for contracts and money, the endless promises that keep you going, the agony of racing day after day, and the glory of a good day in the saddle. A Dog in a Hat is the unforgettable story of the unordinary education of Joe Parkin and his love affair with racing, set in the hardest place in the world to be a bike racer. It is a story untold until now, and one that you will

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“ The holy grail for disillusioned cycling fans . . . The book ’ s power is in the collective details, all strung together in a story that is told with such clear-eyed conviction that you never doubt its veracity. . . . The Secret Race isn ’ t just a game changer for the Lance Armstrong myth. It ’ s the game ender. ” —Outside
NEW YORK TIMES BESTSELLER • WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD
The Secret Race is the book that rocked the world of professional cycling—and exposed, at long last, the doping culture surrounding the sport and its most iconic rider, Lance Armstrong. Former Olympic gold medalist Tyler Hamilton was

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edition features a new Afterword, in which the authors reflect on the developments within the sport, and involving Armstrong, over the past year. The Secret Race is a courageous, groundbreaking act of witness from a man who is as determined to reveal the hard truth about his sport as he once was to win the Tour de France. With a new Afterword by the authors.

“ Loaded with bombshells and revelations. ” —VeloNews “ [An] often harrowing story . . . the broadest, most accessible look at cycling ’ s drug problems to date. ” —The New York Times “ ‘ If I cheated, how did I get away with it? ’ That question, posed to SI by Lance Armstrong five years ago, has never been answered more definitively than it is in Tyler

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Hamilton 's new book." —Sports Illustrated " Explosive. " —The Daily Telegraph (London)

Bob Roll--former Tour de France racer, well-known scribe, and race announcer--is back to cause a ruckus! Bobke II (correctly pronounced "BOOB-kuh") revisits all of the original journals of Roll's wild rides and crazy tales about cycling's uncensored side. When Bobke retired from competition, his pen continued the crazed poetic commentary, and Roll's newest additions cover both topics held reverent in cycling and also those that are hardly related to the sport. Bobke tips his cap to the classic riders and races, takes us on a grueling week of training with Lance Armstrong, tells the sport

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as he sees it, and entertains us with plenty of ditties and rants in between. It's a zany, often absurd, yet compelling commotion.

Beloved German cyclist Jens Voigt isn't a superstar in the traditional sense of the word. Although he won three stages of the Tour De France—and wore the yellow jersey twice—Voigt never claimed an overall victory. He became a star because he embodies qualities that go beyond winning and losing: sacrifice, selflessness, reliability, and devotion. European and American crowds were drawn to his aggressive riding style, outgoing nature, and refreshing realness. Voigt adopted a tireless work ethic that he carried throughout his career. In Shut Up,

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Downs! (a legendary Jensism), Voigt reflects upon his childhood in East Germany, juggling life as a professional cyclist and a father of six, and how he remained competitive without doping. Shut Up, Legs! offers a rare glimpse inside his heart and mind.

The new memoir tracing story of cycling since the 1980s, through the eyes of Jonathan Vaughters, founder of team Education First and one of the sport's most towering figures. Jonathan Vaughters' story is the story of modern cycling. From his early years as a keen cyclist in his hometown in Colorado to his unflinching rite of passage as a professional rider with US Postal to his elevation as one of cycling's

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most resilient, ethical and intelligent team bosses, the highs and lows of his career have mirrored those of the sport itself. Vaughters has had a front-row seat for most of the major events in cycling over the past three decades. He was both a former teammate of Lance and a leading witness against him. And he went on to renounce doping and start the first pro cycling team to dedicate itself to clean riding, which has grown into one of the most successful teams competing today and started a movement that has swept across the sport. This is also not simply a story of races won and lost: Vaughters shows readers how he navigated the complex, international business of building Slipstream into a world-

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class cycling team. Over the past decade, he has led the sport out of the scandal-plagued Armstrong era. By presenting the world with a team made of talented racers built around a rigorous approach to clean racing, he set a new standard within cycling that has since spread across the peloton. Written from the unique perspective of both a racer and a team manager, *One-Way Ticket* gives the complete story of what it takes to build a winning team and repair the reputation of a sport.

'I have success, money, women. I've been lionised by the public and the media. The world is at my feet. I've spread my wings and here I am, soaring above everything and everyone. But in reality, the

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brings glory: a rider's value can be
judged by their results, but also by
their panache and heroism.

Prepared to be awed and inspired
by Chris Froome riding on at the
Tour de France with a broken
wrist or Geraint Thomas finishing
it with a broken pelvis. In *The
Hardmen* the writers behind
cycling superblog Velominati.com
and *The Rules* will tell the stories
and illuminate the myths of not
just the greatest cyclists ever, but
the toughest. From Eddy Merckx
to Beryl Burton, and from
Marianne Vos to Edwig Van
Hooydonk, the book will lay bare
the secrets of their extraordinary
and inspirational endurance in the
face of pain, danger and disaster.
After all, suffering is one of the
joys of being a cyclist. Embrace

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Climbs, relish the descents, and get
ready to harden up. . .

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