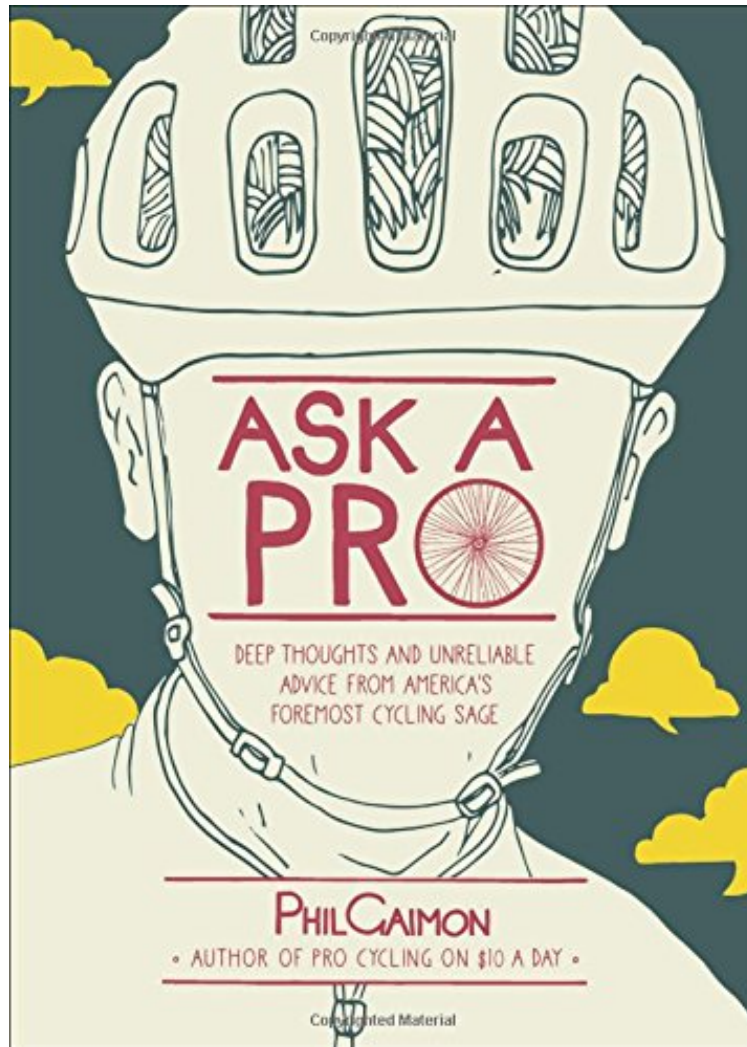


(Read free) Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage

Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage

Phil Gaimon

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#67641 in Books Gaimon Phil 2017-04-03Original language:English 7.00 x 1.00 x 5.00l, #File Name: 1937715728216 pagesAsk a Pro Deep Thoughts and Unreliable Advice from America s Foremost Cycling Sage | File size: 39.Mb

Phil Gaimon : Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage before purchasing it in order to gage whether or not it would be worth my time, and all praised Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage:

0 of 0 people found the following review helpful. Insightful, funny, poignant!By Jim ParkPhil is obviously a very talented writer, couching in hilarious humor, excellent insights he gathered in the professional ranks! Instead of going awash in deep technicality or grandios physiology, Phil relates easily in layman's language . No bitterness, here, even

if there is, it's couched in humor. I wish it were twice its length because you won't want to put it down; and just like a great race, it will all be over too soon!!0 of 0 people found the following review helpful. Another great book from the Cookie MonsterBy M. MillerPhil Gaimon's responses to reader questions are hilarious, and the book served to remind me how much I enjoyed Pro Cycling on \$10 a Day. Ask a Pro was a very quick read, but worth buying because I didn't read many of the articles when they were in print. The individual responses were so short, it was easy to read a couple while in line, waiting for kids, etc. Reading Phil's perspective makes me realize how lucky I am (most of the time) to be an amateur who rides and races solely for fun. Looking forward to his next book in October.0 of 0 people found the following review helpful. Really funny and informative!By Kim DuBordThis is very entertaining! I found myself LOL'ing quite a bit, although there were times he either didn't give a real answer or I couldn't tell if he was kidding or not. Will purchase some of his other books now too.

Phil Gaimon's Ask a Pro answers every question you've always wanted to ask about pro cycling...sort of. Gaimon gathers the best of his popular QA column and pokes fun at his younger self. Despite the howling protests from his peers, no one's ever been more willing to spill the beans on what it's really like inside the pro cycling peloton than the sarcastic scribe Phil Gaimon. Building on the outrageous success of his hilarious 2014 debut, Pro Cycling on \$10 a Day: From Fat Kid to Euro Pro, Gaimon gathers the absolute gems from his monthly QA feature column in VeloNews magazine into his new book, Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage, adding a dose of fresh commentary and even more acerbic and sharp-eyed insights. With six years of material to work with including his incredible rise into the pro ranks, the devastating loss of his contract for 2015, and his bold return to the Big League? Gaimon covers every possible topic from the team dinner table to the toilet with plenty of stops along the way. Gaimon offers wise-ass (and sometimes earnest) answers to fan questions like: · How much chamois cream should I use? · I've started shaving my legs. How can I be accepted by my friends? · What do you do to protect yourself when you know you're about to crash? · How many bikes does my husband really need? · What's the best victory celebration? Do you practice yours? · In women's cycling, what is the proper definition of a pro? · What do you say to someone if they honk or almost hit you? · Do you name your bikes? · What do pros think when they see a recreational cyclist in a full pro kit or riding a pro-level bike? · Can you take your bike apart and put it back together? · How bad does the weather have to be to call off a training ride? · How do you know when it's time to change a tire? · When you're in a breakaway all day, do riders form a future friendship? · Riders keep complaining about "unsafe" weather at races. When did pro cyclists turn into such wussies? · How do the pros define a "crash"? Gaimon wields his outsider's wit to cast a cock-eyed gaze at the peculiar manners, mores, and traditions that make the medieval sport of cycling so irresistible to watch. Ask a Pro includes new resources from Gaimon, too, including his Cookie Map of America, dubious advice on winning the race buffet, a cautionary guide for host housing, Phil's pre-race warm-up routine, and a celebrity baker's recipe for The Phil Cookie.

"Much of Pro Cycling on \$10 a Day spins as pure pleasure?an inside account of what it's really like to race for a living and occasionally be among the sport's elite...The best parts read like an unpretentious insider's diary, full of the kind of wisecracks, gossip and advice traded on memorable long rides." ? Wall Street Journal"At a time when pro cycling has struggled with its image, Phil Gaimon has emerged as a refreshing voice from the peloton ? intelligent, humorous, articulate, and above all, transparent. As a college-educated latecomer to the sport, as an outsider who struggled to be given a chance, and as someone with the perspective to laugh at the absurdity of being paid to ride a bicycle for a living, Gaimon's insights into the pro cycling world resonate with a wide audience. His self-effacing humor, commitment to clean sport, and extraordinary talent have made him a bit of an everyman hero within pro cycling ? a rider you want to hear from, and know more about, win or lose." ? Velo magazine"In this age of tell-all memoirs from cyclists popped for doping, Pro Cycling on \$10 a Day by Phil Gaimon is a refreshing change...It's a witty, revealing look at cycling that will make you want to quit your job and start training for the Tour." ? Bicycling magazine"Having watched Phil race over the past few years we know he is a great, versatile rider with a huge amount of talent. Beyond that, he is also funny, smart and unique addition to the team. We think he'll be a great fit both on the road and off and we look forward to helping him take the next step in his career." ? Jonathan Vaughters, CEO, Team Garmin-Sharp"An outspoken proponent of clean competition, Gaimon sports a tattoo of a bar of soap with the word 'clean' on his right bicep, and he was attracted to Garmin-Sharp for its ethical code." ? CyclingNews.com"For anyone who's ever dreamed about having the glamorous life of a pro cyclist, Phil Gaimon's Pro Cycling on \$10 a Day serves up some realistic?and hilarious?truths. From the uncertain process of finding a team, to dealing with performance setbacks and achievements, to the crazy stuff riders see while traveling, Gaimon provides an engaging portrait of life on the road as a domestic pro. The best part: Even through the toughest moments of his cycling career, Gaimon's dedication to and love for his sport shines through?which is something any rider can relate to, pro or not." ? Bicycling.com"Pro Cycling on \$10 a Day is the story we all want to hear: a regular guy who rides from overweight amateur to European pro in a short time, finding his way and making the best decisions from the resources he had. Phil's story inspires hope in up-and-comers about what hard work can produce. If you listen, pay attention and surround yourself with the best people

you can, then no dream is out of touch." ?Jeremy Powers, professional cyclist for Jelly Belly Cycling Team and Team Rapha-Focus and two-time U.S. Cyclocross National Champion"We have discovered a light-hearted, hard-working rider with strong convictions." ?Podium Café"Pro Cycling on \$10 a Day gives you an incredibly realistic and entertaining feel for what goes on in the minor leagues of pro cycling. It's also the best?by far?of the current crop of cycling autobiographies." ? FatCyclist.com"I believed in Phil and he worked hard to make the best of his opportunity in racing. He lived out of his car, trained hard, drove hours to get to races, and always showed up ready to fight at each race. He didn't have it easy... I never knew what was going to come out of Phil's mouth but I always knew he would race himself into the ground to try and win for himself or the team." ? Frankie Andreu, Team Director, 5-hour ENERGY presented by Kenda, 9-time Tour de France finisher, and 2-time Olympic cyclist"The truth is you should buy and read Pro Cycling on \$10 a Day because it's a fucking awesome book about the love of bike racing...A hilarious and gripping account of the gypsy life of a domestic pro." ? NYVelocity"Phil Gaimon's book is so entertaining and funny and honest and insightful that I could not stop to make notes, mark pages or even begin to build a more thoughtful review. I was too hooked to break the spell for even a moment...Take a raucous and wild ride with Gaimon as he jumps off that fat boy couch and fights his way ? with great humor ? to his dream." ? A Twisted Spoke"Pro Cycling on \$10 a Day is a highly compulsive, humorous and insightful look at the life of an ambitious workaday professional cyclist as he strives for a chance at the big-time." ? The Washing Machine Post"Professional cyclist Phil Gaimon tells the true story of his unlikely transformation from couch potato teen to professional bike racer." ? Bicycle Retailer Industry News"This is an true underdog story about how one man transformed his very average life into one that is worthy of my time to read." ? Bicycle World TV