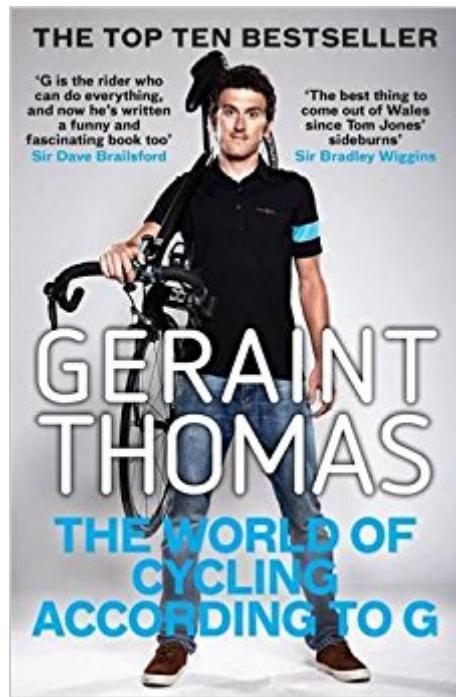


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# The World Of Cycling According To G



## **Synopsis**

Sit back or saddle up as double Olympic gold medallist and multiple world champion Geraint Thomas gives you a warts and all insight into the life of a pro cyclist. Along the way he reveals cycling's clandestine codes and secret stories, tales from the peloton, the key characters like Wiggins, Hoy and Cav, the pivotal races and essential etiquette. Geraint Thomas is treasured for treating his sport just as the rest of us see it: not a job but an escape and an adventure. He's been with Team Sky since its inception, and is one of our most successful and gifted track and road riders, but Geraint reminds us that getting on the bike still puts a smile on your face and fire in the legs like nothing else. Funny, informative, diverting and droll, this is a joyful celebration of the world of cycling.

## **Book Information**

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## **Customer Reviews**

It is a great insight into the world of professional track and road cycling. The book is a series of short essays on all aspects of Geraint's cycling life. It is not your typical review of his greatest hits, in fact he doesn't really talk that much about himself but more of the people in his life. He has a subtle sense of humor that is very entertaining. You really get a feel of what life is like as a pro cyclist instead of just writing about his greatest hits. Not your typical cyclist book, Very entertaining.

Many professional cyclists produce memoirs, and in most regards this one follows the formula established by others -- the eager young cyclist invited onto his first team, the long hours of struggle, the ruthless discipline in the pro ranks, etc. For me, the book was most interesting for its

depiction of the rise of U.K. cycling out of the wreckage of the EPO era. What do Team Sky and Team GB (which overlaps a lot with Team Sky) do that differs from what their competitors do? The answer seems to come down to discipline and money -- they got deep-pocketed sponsors when other teams were losing theirs, and they use the latest tech and latest personalized sports medicine and nutrition, and the riders all follow orders. Thomas's personal story contained few surprises, though I appreciated his recurrent Welsh nationalism (as a young rider, he considered England a foreign country). The writing can be opaque to American readers, and contains metaphors like "as everyone with any sense knows, it is as likely to stay away as a prop forward making a sprint from beneath his own posts is to reach the opposition try line." Sure thing, G.Thomas is amusing at times (the discussion of Belgians vs French people, for example), but for the most part he is earnest -- every rider is strong, disciplined, a "good bloke". Every coach is dedicated, tough, devoted to driving the team to victory. Pretty much everybody in G's life is described in the same way. He gives tips to other riders at the end of a couple of chapters ("how to ride hills," "how to descend"). I liked these lists and would have appreciated more of them.

Geraint Thomas does a brilliant job of sharing with you his journey as a pro cyclist. Good humour & stories you can relate to make it a great read.

Great guy. Great book. Great read.

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