

## The Cyclist Who Went Out In The Cold Adventures A

Tim Moore, the author of the Sunday Times bestselling French Revolutions, completes his epic (and ill-advised) trilogy of cycling's Grand Tours. Julian Berrendero's victory in the 1941 Vuelta a Espana was an extraordinary exercise in sporting redemption: the Spanish cyclist had just spent 18 months in Franco's concentration camps, punishment for expressing Republican sympathies during the civil war. Seventy nine years later, perennially over-ambitious cyclo-adventurer Tim Moore developed a fascination with Berrendero's story, and having borrowed an old road bike with the great man's name plastered all over it, set off to retrace the 4,409km route of his 1941 triumph - in the midst of a global pandemic. What follows is a tale of brutal heat and lonely roads, of glory, humiliation, and then a bit more humiliation. Along the way Tim recounts the civil war's still-vivid tragedies, and finds the gregarious but impressively responsible locals torn between welcoming their nation's only foreign visitor, and bundling him and his filthy bike into a vat of antiviral gel. 'Bill Bryson on two wheels' Independent

"In the tradition of The Boys in the Boat and Seabiscuit, a fascinating portrait of a groundbreaking but forgotten figure—the remarkable Major Taylor, the black man who broke racial barriers by becoming the world's fastest and most famous bicyclist at the height of the Jim Crow era"—“Greg LeMond was Lance Armstrong before Lance Armstrong . . . the story of a true hero . . . This is a must read if you believe in miracles.”—John Feinstein, New York Times–bestselling author In July 1986, Greg LeMond stunned the sporting world by becoming the first American to win the Tour de France, the world's pre-eminent bicycle race, defeating French cycling legend Bernard Hinault. Nine months later, LeMond lay in a hospital bed, his life in peril after a hunting accident, his career as a bicycle racer seemingly over. And yet, barely two years after this crisis, LeMond mounted a comeback almost without parallel in professional sports. In summer 1989, he again won the Tour—arguably the world's most grueling athletic contest—by the almost impossibly narrow margin of 8 seconds over another French legend, Laurent Fignon. It remains the closest Tour de France in history. “[A] blend of chaos, kindness and cruelty typifies the scenes that journalist de Visé brings to life in this sympathetic-verging-on-reverential retelling of LeMond’s trailblazing career (first American to enter the tour, first to win it) . . . As an author in quest of his protagonist’s motivation, [de Visé] subjects it to extreme torque.”—The Washington Post “A great book . . . Well written and thoroughly researched . . . Engrossing and hard to put down. If you’re a Greg LeMond fan, The Comeback is a must read because it’s a detailed accounting of his career and—more importantly—his life and person off the bike. It’s also an important reminder that American cycling did not begin and end with Lance Armstrong.”—PEZ

A 3,162 km race. A 48-year-old man. A 100-year-old bike. Made mostly of wood. That he built himself. Tim Moore sets off to recreate the most appalling bike race of all time. The notorious 1914 Giro d'Italia was an ordeal of 400-kilometre stages, cataclysmic night storms and relentless sabotage - all on a diet of raw eggs and red wine. Of the 81 who rolled out of Milan, only eight made it back. Committed to total authenticity, Tim acquires the ruined husk of a gearless, wooden-wheeled 1914 road bike with wine corks for brakes, some maps and an alarming period outfit topped off with a pair of blue-lensed welding goggles. From the Alps to the Adriatic the pair relive the bike race in all its misery and glory, on an adventure that is by turns bold, beautiful and recklessly incompetent.

The World of Cycling According to G

The Road Map for the +40 Rider Who Wants to Train Hard, Ride Fast and Stay Healthy

My Journey Back to Life

Systematically & Mercilessly Realigning the World of Cycling

Another Fine Mess

Vuelta Skelter

Every Inch of the Way

*'A thoughtful exploration of humanity . . . Fabes is great company and makes riding bicycles seem like the best way to see and understand the world' - Guardian*
*They say that being a good doctor boils down to just four things: Shut up, listen, know something, care. The same could be said for life on the road, too. When Stephen Fabes left his job as a junior doctor and set out to cycle around the world, frontline medicine quickly faded from his mind. Of more pressing concern were the daily challenges of life as an unfit rider on an overloaded bike, helplessly in thrall to pastries. But leaving medicine behind is not as easy as it seems. As he roves continents, he finds people whose health has suffered through exile, stigma or circumstance, and others, whose lives have been saved through kindness and community. After encountering a frozen body of a monk in the Himalayas, he is drawn ever more to healthcare at the margins of the world, to crumbling sanitoriums and refugee camps, to city dumps and war-torn hospital wards. And as he learns the value of listening to lives - not just solving diagnostic puzzles - Stephen challenges us to see care for the sick as a duty born of our humanity, and our compassion.*

*Tim Moore and a rickety metal steed are back together riding the entirety of the Iron Curtain, where history, mechanical failures, physical endurance, and humor come together for "the Bill Bryson on two wheels."*

*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, Legs! (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 SUNDAY TIMES SPORT BOOK OF THE YEAR* A retirement statement from a sports star rarely causes a flicker, but Nicole Cooke went out as she rode her bike: giving it her all. The contrast could not have been greater - as Lance Armstrong, a fraudster backed by many corporate sponsors and feted by presidents, was about to deliver a stage-managed confession to Oprah, so a young woman from a small village in Wales took aim. She too had been a cyclist, the only rider ever to have become World and Olympic champion in the same year, and the first British cyclist to have been ranked World No.1, but as a woman in a man's sport, her exploits gained little recognition and brought no riches. She too had ridden through this dark period for the sport when drug-taking was everywhere. Nicole Cooke spoke up for those who had taken a very different path to Lance and his team-mates. In her frank and outspoken autobiography, Cooke reveals the real story behind British cycling's rise to global dominance. With a child's dreams of success, she left home at 18 to pursue her goals in Italy. Broken contracts, unpaid wages, a horrendous injury and drugs cheats were just some of the challenges she faced, even before she lined up to take on her opponents. The Breakaway is a book that will not only inspire all those who read it, but which also asks some serious questions about the way society regards women's sport.

The Man Who Cycled the World

Cycling the World, Part One: Paris to Sydney

Around The World On Two Wheels: Annie Londonderry's Extraordinary Ride

Adventures Along the Iron Curtain Trail

My two-wheel journey to heal a broken mind and find joy

Adventures Riding the Iron Curtain

From Fat Kid to Euro Pro

**From 2015 to 2017, Peter Sagan achieved the seemingly impossible: he won three road race World Championships in a row, ensuring his entry into the history books as one of the greatest riders of all time. But to look at Peter’s record in isolation is to tell only a fraction of his story, because Peter doesn’t just win: he entertains. Every moment in the saddle is an opportunity to express his personality, and nobody else has succeeded in making elite cycling look so much fun. From no-hands wheelies on the slopes of Mont Ventoux to press conference mischief with clamouring journalists, Peter exudes a passion for the sport and a lovable desire to bring smiles to the faces of his fans. So, for the very first time, you will have the opportunity to glimpse behind the scenes of Peter’s world. You will discover the gruelling training programmes necessary for success, and how Peter copes with the pressure of high expectation. You will feel that sense of elation when crossing the line ahead of the pack, and moments of desperation, like in 2017 when Peter realised he wouldn’t be allowed to challenge for his sixth Tour de France green jersey. But what better tonic than to ensure a third year in rainbow – an achievement which may never be repeated again.**

'A sort of partial British social and political history. It is also memoir and confessional. It is an utterly remarkable book'
Conquista The End to End record is the longest place-to-place cycling record in Britain. It is a daunting 842 miles and for the men and women who attempt to break the record, there can be no second place, only the binary outcome of total success or failure. Paul Jones decided to ride from Land's End to John O' Groats in an attempt to understand the relentless physical and mental challenges involved. End to End is a captivating and beautifully written narrative. A lyrical account of the journey sits alongside meetings with amazing cyclists; people like Eileen Sheridan; who covered the distance in under three days in 1954, or current men's record holder Michael Broadwith who did it in a scarcely believable 43 hours. Paul Jones reaches further back to the very first attempts in the 1880s, undertaken on penny farthings, fuelled by Victorian values and patent medicine. For the author, what starts as a simple way to frame the narrative transforms into a deeper search for meaning amidst the ceaseless clamour of life, work and relationships. It becomes a trip through the contours of the mind as well as the map, from Bodmin Moor to Shap Fell, the Cairngorms and the Caithness coast. End to End is a portrayal of hope and ambition, of what happens when things go wrong and how hard it is to make them right. It is about courage, obsession and joy, but above all else, it is a compelling exploration of why journeys matter for all of us.

'Inspiring... proves anything is possible if you just believe and give it a go'
Sun 'Masses of heart... frank and funny'
Melanie Sykes 'Gritty and glorious'
Ruth Field 'Thrillingly honest and hopeful'
Jools Walker

\*\*\*\*\* Rachel is a cyclist. But she was never meant to be. After gaining mental strength and healing through running, she thought she was free. Her depression alleviated, she came off antidepressants, winning races and collecting medals at marathons. But when an injury stopped the only thing helping to quiet the voices in her brain, Rachel found out what she is truly made of. As body dysmorphia began to grip her in earnest, she knew she had to find a different way to kick her mental health demons for the sake of her sanity. So, she went down to her cellar, heaved out her old bike, and started pedalling. Like her life depended on it. A Midlife Cyclist is a tale of two wheels, across the Yorkshire Dales, Vietnam, Costa Rica and beyond, and a rider in search of peace. Includes exclusive Q&A with Jools Walker, aka Lady Velo \*\*\*\*\* Praise for Running For My Life:

'Heartwarming'
Jo Pavey 'Brave and inspiring'
Ruth Field 'I love Running For My Life'
Louise Minchin

The cyclist Tom Simpson is a legend. The first British world champion, the first Briton to pull on the fabled yellow jersey of the Tour de France - he brought professional cycling to a nation and inspired generations of riders. His autobiography, Cycling is My Life, was written the year before he died tragically on the barren moonscape of Mont Ventoux during the 1967 Tour aged just twenty-nine. Forty years on, hundreds of fans still make the pilgrimage to the windswept memorial which marks the spot where he died. In an age where each Tour de France seems more blighted by scandal than the next, Simpson's story is as relevant now as it was then. A man of contradictions, Simpson was one of the first cyclists to admit to using banned drugs, yet the dapper 'Major Tom' inspired awe and affection from the British public for the obsessive will to win which was ultimately to cost him his life. First published in 1966, Simpson's autobiography is essential reading for every dedicated cycling fan and an engaging story of the life of an iconic sportsman.

Higher Calling

Road Cycling’s Obsession with the Mountains

No Wrong Turns

Riding the Remarkable 1941 Tour of Spain

Real Life as a Rider in the Professional Peloton

Pro Cycling on \$10 a Day

A Midlife Cyclist

*“ It is late October, and the temperature is already –40 degrees . . . My thoughts are filled with frozen rivers that may or may not hold my weight; empty, forgotten valleys haunted by emaciated ghosts; and packs of ravenous, merciless wolves.”*
*Having left his job as a high-school geography teacher, Rob Lilwall arrived in Siberia equipped only with a bike and a healthy dose of fear. Cycling Home from Siberia recounts his epic three-and-a-half-year, 30,000-mile journey back to England via the foreboding jungles of Papua New Guinea, an Australian cyclone, and Afghanistan's war-torn Hindu Kush. A gripping story of endurance and adventure, this is also a spiritual journey, providing poignant insight into life on the road in some of the world's toughest corners.*

*Is it possible to travel all the way around the world using nothing but a bicycle on land and boats on water?*
*When Chris Pountney pedals away from the Eiffel Tower he is doing more than just going for a bike ride. It is the start of an ambitious attempt to circumnavigate the planet using only his bicycle and boats. With a list of seven challenges to guide him (but no map), he heads east towards Asia and Australia. The Sydney Opera House is his goal.The story follows Chris as he tackles snowy mountain passes in Turkey, wades across rivers in Tajikistan, eats strange cheeses in Mongolia, and meets with incredible kindness just about everywhere he goes. He lives a simple life on a small budget, sleeps in a tent, talks to his bike, consumes a really unbelievable number of biscuits, and all the time stubbornly refuses to have anything whatsoever to do with motor vehicles (or escalators). But can he overcome all of the visa deadlines, the breakdowns, the awful roads, the headwinds, the kangaroos, and the frequent danger of being distracted by members of the opposite sex, to successfully pedal all of the way to Sydney?*

*THE PHENOMENAL INTERNATIONAL BESTSELLER: 1 MILLION COPIES SOLD*
Transform your life with tiny changes in behaviour, starting now. People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way.

*He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. In this ground-breaking book, Clears reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy. These small changes will have a revolutionary effect on your career, your relationships, and your life.*

*\_\_\_\_\_ A NEW YORK TIMES AND SUNDAY TIMES BESTSELLER*
'A supremely practical and useful book.' Mark Manson, author of The Subtle Art of Not Giving A F\*ck
'James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones.' Adam Grant, author of Originals
'Atomic Habits is a step-by-step manual for changing routines.' Books of the Month, Financial Times
'A special book that will change how you approach your day and live your life.' Ryan Holiday, author of The Obstacle is the Way

*'I am blown away by the level of detail Phil Cavell brings to his work.' Elinor Barker MBE, multiple world champion and Olympic gold medalist*
'Phil is eminently qualified to write the Midlife Cyclist. Well, he is certainly old enough.' Fabian Cancellara, Tour de France rider and two-time Olympic champion
'An amazing accomplishment... a simple-to-understand précis of your midlife as a cyclist – you won't want to put it down.' Phil Liggett, TV cycling commentator
'I'm determined to grow old gracefully in lycra, and Phil Cavell has been helping me to do it successfully for years.' Gary Kemp
Renowned cycling biomechanics pioneer, Phil Cavell, explores the growing trend of middle-aged and older cyclists seeking to achieve high-level performance. Using contributions from leading coaches, ex-professionals and pro-team doctors, he produces the ultimate manifesto for mature riders who want to stay healthy, avoid injury – and maximise their achievement levels. Time's arrow traditionally plots an incremental path into declining strength and speed for all of us. But we are different to every other generation of cyclists in human history. An ever-growing number of us are determined to scale the highest peaks of elite physical fitness into middle-age and beyond. Can the emerging medical and scientific research help us achieve the holy triumvirate of speed and health with age? The Midlife Cyclist offers a gold standard road-map for the mature cyclist who aims to train, perform and even race at the highest possible level.

One Way Ticket

Shut Up, Legs!

30,000 miles, 3 years, 1 bicycle

Cycling is My Life

Cycling the Tour de France

'A really great read, fascinating, moving' Adrian Chiles

Bicycling Magazine's Complete Book of Road Cycling Skills

**Somewhere in a German forest 200 years ago, during the darkest, wettest summer for centuries, the story of cycling began. The calls to ban it were more or less immediate. Re:Cyclists is the tale of the following two centuries. It tells how cycling became a kinky vaudeville act for Parisians, how it was the basis of an American business empire to rival Henry Ford's, and how it found a unique home in the British Isles. The Victorian love of cycling started with penny-farthing riders, who explored lonely roads that had been left abandoned by the coming of the railways. Then high-society took to it - in the 1980s the glittering parties of the London Season featured bicycles dancing in the ballroom, and every member of the House of Lords rode a bike. Twentieth-century cycling was very different, and even more popular. It became the sport and the pastime of millions of ordinary people who wanted to escape the city smog, or to experience the excitement of a weekend's racing. Cycling offered adventure and independence in the good times, and consolation during the war years and the Great Depression. Re:Cyclists tells the story of cycling's glories and also of its despairs, of how it only just avoided extinction in the motoring boom of the 1960s. And finally, at the dawn of the 21st century, it celebrates how cycling rose again - a little different, a lot more fashionable, but still about the same simple pleasures that it always has been: the wind in your face and the thrill of two-wheeled freedom.**

**Cycling as a way of life and mode of transportation is on the rise in city after city around the world. For those looking to dip their proverbial toes into the waters of urban cycling the prospect at times can be rather intimidating. What kind of bike should I ride? A skinny-wheeled high-end road bike? A fixie? A chunky city commuter bike? A department store bike? How about fashion? Do I have to wear brightly colored skin-tight Lycra outfits? Can I just wear normal clothes? How do I lug my gear around? The Bohemian Guide to Urban Cycling takes the reader into the world and workings of cycling in the city to uncover the essentials to how to join in on the cycling revolution. Your bicycling guide on this journey is a card-carrying bohemian living in Portland. By using the bike-crazy city of Portland as the backdrop, this book covers all of the basics needed to bike comfortably in the city and to know what the heck you're talking about ... from bike selection to fashion to bike lanes to gentrification and more. After reading this you'll know precisely what to ride, how to ride, what to wear, and how to talk like an insider. Well, maybe not, but it'll still be a fun journey together.But this book is more than about urban-cycling fashion and high-end bikes. It also plunges headlong into conversations about mobility, equity, race, and justice. If there is going to be a book about all-things cycling in the city it must delve into these uncomfortable topics in order to develop a more holistic view of urban cycling. The bottom line must be to affirm all kinds of people pedaling through the streets of our cities on anything that rolls.**

**Why do road cyclists go to the mountains? Many books tell you where the mountains are, or how long and how high. None of them ask 'Why?' After all, cycling up a mountain is hard – so hard that, to many non-cyclists, it can seem absurd. But, for some, climbing a mountain gracefully (and beating your competitors up the slope) represents the pinnacle of cycling achievement. The mountains are where legends are forged and cycling's greats make their names. Why are Europe's mountain ranges professional cycling's Wembley Stadium or its Colosseum? Why do amateurs also make a pilgrimage to these high, remote roads and what do we see and feel when we do? Why are the roads there in the first place? Higher Calling explores the central place of mountains in the folklore of road cycling. Blending adventure and travel writing with the rich narrative of pro racing, Max Leonard takes the reader from the battles that created the Alpine roads to the shepherds tending their flocks on the peaks, and to a Grand Tour climax on the 'highest road in Europe'. And he tells stories of courage and sacrifice, war and love, obsession and elephants along the way.**

**Who is The Secret Cyclist and why all the secrecy? "Every public aspect of our lives is so tightly controlled that being truly honest is all but impossible in a newspaper interview, never mind a whole book. You try write a warts-and-all blog about your office.**

**Question how the business is run, make sure you remember to call your boss a moron, and then tell me how it goes." He's ridden for World Tour teams for ten years. He's achieved top ten finishes in Grand Tours. He likes coffee. These are just a few details about the professional rider who wants you to know what the view looks like from the centre of the peloton. What do the riders really make of Team Sky? How does the pay structure work? Why should you never trust a kit endorsement from a professional? Is doping still an issue? The Secret Cyclist tackles the big questions head-on, revealing a side to cycling that fans have never seen before.**

Faster

Bike Snob

The World's Fastest Man

The Breakaway

My Wild Ride On and Off the Bike

The Comeback

End to End

*Cycling is explodingin a good way. Urbanites everywhere, from ironic hipsters to earth-conscious commuters, are taking to the bike like aqatic mammals to water. BikeSnobNYC—cycling's most prolific, well-known, hilarious, and anonymous blogger—brings a fresh and humorous perspective to the most important vehicle to hit personal transportation since the horse. Bike Snob treats readers to a laugh-out-loud rant and rave about the world of bikes and their riders, and offers a unique look at the ins and outs of cycling, from its history and hallmarks to its wide range of bizarre practitioners. Throughout, the author lampoons the missteps, pretensions, and absurdities of bike culture while maintaining a contagious enthusiasm for cycling itself. Bike Snob is an essential volume for anyone who knows, is, or wants to become a cyclist.*

*Peter Zheutlin's thoroughly researched account will make you wish you'd been around to catch a glimpse of the extraordinary woman as she went wheeling by. --Bill Littlefield, National Public Radio's Only A Game Until 1894*
*there were no female sport stars, no product endorsement deals, and no young mothers with the chutzpah to circle the globe on a bicycle. Annie Londonderry changed all of that. When Annie left Boston in June of that year, she was a brash young lady with a 42-pound bicycle, a revolver, a change of underwear, and a dream of freedom. She was also a feisty mother of three who had become the center of what one newspaper called "one of the most novel wagers ever made": a high-stakes bet between two wealthy merchants that a woman could not ride around the world on a bicycle. The epic journey that followed took the connection between athletics and commercialism to dizzying new heights, and turned Annie Londonderry into a symbol of women's equality. A vastly entertaining blend of social history, high adventure, and maverick marketing, Around the World on Two Wheels is an unforgettable portrait of courage, imagination, and tenacity. "Annie was a remarkable woman and well worth getting to know." --Booklist "A wonderful telling of one of*

*the most intriguing, offbeat, and until now, lost chapters in the history of cycling.*" --David Herlihy, author of *Bicycle: The History*
"A pleasant, affectionate portrait of a free spirit who pedaled her way out of Victorian constraints." --Kirkus Reviews
"[A] charming and informative book." --Cape Cod Times
"[An] incredible story. . .[a] fascinating book." --NextReads
"[A] stirring tale. . .not only a must read, but a must have." --Western Writers of America Roundup Magazine
"[A] remarkable saga." --The Winston-Salem (NC) Journal
"[R]ead[s]. . .like a novel." --The Columbia (SC) State
"[M]eticulously researched. . .illuminat[es] the feeling of a bygone era." --The Portsmouth (NH) Wire
Peter Zheutlin has been chasing the story of his great-grandaunt Annie Londonderry for more than four years. He is an avid cyclist and a freelance journalist whose work appears regularly in the Boston Globe and the Christian Science Monitor. He has also written for the New York Times, the Los Angeles Times, the Washington Post, AARP Magazine, Bicycling, the New England Quarterly, and other publications. He lives in Needham, Massachusetts.

*“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 once one of the world’s top-ranked cyclists—and a member of Lance Armstrong’s inner circle. Over the course of two years, New York Times bestselling author Daniel Coyle conducted more than two hundred hours of interviews with Hamilton and spoke with numerous teammates, rivals, and friends. The result is an explosive page-turner of a book that takes us deep inside a shadowy, fascinating, and surreal world of unscrupulous doctors, anything-goes team directors, and athletes so relentlessly driven to win that they would do almost anything to gain an edge. For the first time, Hamilton recounts his own battle with depression and tells the story of his complicated relationship with Lance Armstrong. This 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.”—VelaNews “[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 Hamilton’s new book.”—Sports Illustrated “Explosive.”—The Daily Telegraph (London)*

*Plump, grumpy, slumped on the couch, and going nowhere fast at age 16, Phil Gaimon began riding a bicycle with the grand ambition of shedding a few pounds before going off to college. He soon fell into racing and discovered he was a natural, riding his way into a pro contract after just one season despite utter ignorance of a century of cycling etiquette. Now, in his book Pro Cycling on \$10 a Day, Phil brings the full powers of his wit to tell his story. Presented here as a guide--and a warning--to aspiring racers who dream of joining the professional racing circus, Phil's adventures in road rash serve as a hilarious and cautionary tale of frustrating team directors and broken promises. Phil's education in the ways of the peloton, his discouraging negotiations for a better contract, his endless miles crisscrossing America in pursuit of race wins, and his conviction that somewhere just around the corner lies the ticket to the big time fuel this tale of hope and ambition from one of cycling's best story-tellers. Pro Cycling on \$10 a Day chronicles the racer's daily lot of blood-soaked bandages, sleazy motels, cheap food, and overflowing toilets. But it also celebrates the true beauty of the sport and the worth of the journey, proving in the end that even among the narrow ranks of world-class professional cycling, there will always be room for a hard-working outsider.*

*Everything a new cyclist needs to know to gear up and start riding*

*Cycling, Wine, and Men*

*A Midlife Tour de France*

*Atomic Habits*

*The Bohemian Guide to Urban Cycling*

*Riding the Very Terrible 1914 Tour of Italy*

*It's Not About The Bike*

Since the early 1980s, David Byrne has been riding a bicycle as his principal means of transportation in New York City. A few years later he discovered folding bikes, and starting taking them with him on music tour overseas, and experienced a sense of liberation as he pedalled around many of the world's principal cities. The view from his bike seat has given Byrne a panoramic window on urban life over the last thirty years as he has cycled round cities such as London, Berlin, Buenos Aires, Istanbul, Manila, New York, Detroit and San Francisco. From music and the visual arts, to globalisation, politics, the nature of creative work, fashion and art, this book gives the reader an incredible insight into what Byrne is seeing and thinking as he pedals around these cities. Filled with intimate photographs, incredible musical stories and a powerful ecological message, this is an enchanting celebration of bike riding and of the rewards of seeing the world at bike level. David Byrne is a co-founding member of the musical group Talking Heads. He has produced many solo albums and collaborated with such noted artists as Twyla Tharp, Robert Wilson and Brian Eno. He has received Grammy, Oscar and Golden Globe awards and was inducted into the Rock and Roll Hall of Fame in 2002.

Tim Moore - indefatigable travelling everyman - switches two wheels for four as he journeys across Trumpland in an original Model T Ford. ‘Alarmingly full of incident, very funny - even mildly transformative’ Daily Mail Lacking even the most basic mechanical knowhow, Tim Moore sets out to cross Trumpland USA in an original Model T Ford. Armed only with a fan belt made of cotton, wooden wheels and a trunkload of ‘wise-ass Limey liberal gumption’, his route takes him exclusively through Donald-voting counties, meeting the everyday folks who voted red along the way. He meets a people defined by extraordinary generosity, willing to shift heaven and earth to keep him on the road. And yet, this is clearly a nation in conflict with itself: citizens ‘tooling up’ in reaction to ever-increasing security fears; a healthcare system creaking to support sugar-loaded soda lovers; a disintegrating rust belt all but forgotten by the warring media and political classes. With his trademark blend of slapstick humour, affable insight and butt-clenching peril, Tim Moore invites us on an unforgettable road trip through America. Buckle up!

A rip-roaring narrative celebration of the 21st century’s great transport success story: the bicycle. Millions of us now cycle, some obsessively, and this glorious concoction of history, anecdote, adventure and lycra-clad pedalling is the perfect read for two-wheelers of all kinds.

ONE WAY TICKET is the story of a man and modern cycling. Jonathan Vaughters is one of the leading figures in world cycling, a record-breaking mountain climber, Tour de France stage winner and former teammate to Lance Armstrong. He is now manager and influential figurehead of the renowned Education First World Tour team. In ONE-WAY TICKET: Nine Lives and Two Wheels he describes a journey from driven teenage prodigy, travelling to races in the back of his Dad's station wagon, to an obsessive determination to make it big in European racing - whatever the cost. He tells the story of his transformation from poacher to gamekeeper, detailing his painful decision to finally come clean about his own descent into doping - and to persuade others to do likewise - by providing more than enough shocking testimony to USADA (US Anti-Doping Agency) to explode the Armstrong myth. Working in collaboration with Jeremy Whittle, former cycling correspondent to The Times, now writing for The Guardian, Vaughters reveals the ease with which, his illusions shattered, he walked away from European racing. He documents his own suffering in races, the trials of establishing a team and mentoring young riders, and the dizzying highs of success in races such as the Tour de France, Giro d’Italia and Paris-Roubaix. Vaughters' long and winding road mirrors that of cycling itself, as this compelling but troubled sport still struggles, after years of scandal, to restore its credibility. Along the way, he shares his unique experience to lift the lid on a world he has both loathed and loved, detailing the fights and fall-outs with cycling's leading figures, including Lance Armstrong, Pat McQuaid, Johan Bruyneel, Bradley Wiggins and Dave Brailsford.

The Secret Cyclist

Cycling Home from Siberia

My World

Nine Lives on Two Wheels

The Midlife Cyclist

To the Ends of the Earth with a Doctor

Your Guide to Riding Faster, Stronger, Longer, and Safer

"I want to die at a hundred years old after screaming down an Alpine descent on a bicycle at 75 miles per hour. I don't do anything slow, not even breathe. I do everything at a fast cadence: eat fast, sleep fast." At twenty four, Lance Armstrong was already a legend. Then, in October 1996, he was diagnosed with stage four testicular cancer. When lesions appeared on his brain and in his lungs, doctors gave him a 40% chance of survival. On that day Armstrong's life changed forever and in typical fashion he met his fight he was determined not to lose. As he battled against the cancer invading his body and the chemotherapy that threatened to sap his soul, a tremendous sense of commitment emerged, to his training and to the people around him who never gave up on him. Discharged from hospital, Armstrong entered the Tour de France, a race famed for its gruelling intensity, and won, in the fastest ever time. Just a few months after that, he became a father. It's Not About the Bike is the story of one man's inspirational battle through triumph, tragedy and transformation. This is an awe-inspiring tale of immense courage and will.

The remarkable true story of one man's quest to break the record for cycling around the world On the 15th of February 2008, Mark Beaumont had pedaled through the Arc de Triomphe in Paris—194 days and 17 hours after setting off in an attempt to circumnavigate the globe. It was a journey that took him, alone and unsupported, through 18,297 miles, 4 continents, and numerous countries. From broken wheels and unforeseen obstacles in Europe, to stifling Middle Eastern deserts and deadly Australian spiders, to the highways and backroads of America, Mark's journey was a testament to his determination and will. The world had to offer. He had also smashed the Guinness World Record by an astonishing 81 days. This is the story of how he did it. Told with honesty, humor, and wisdom, The Man Who Cycled the World is at once an unforgettable adventure, an insightful paean to the joys of the open road.

“Charming, delightful, and enlightening . . . a constant reminder to live your life fully, forgive yourself daily, and love yourself more . . . [a] gem of a memoir” (Amy Ferris, author of *Marrying George Clooney: Confessions from a Midlife Crisis*). With one bounced check and a collapsed around her. She was charged with a felony and thrown in jail even though her husband had pilfered money out of their business account. Eventually, the charges were dismissed, but her marriage and business were over. A decade later at age forty she was president and single parent. Still, she couldn’t get her dating act together. After seven break-ups in seven years, she knew it was time for a change. The cure for her dating blues? A seven-hundred-mile cycling expedition from Bordeaux to the Alps. In France she met a mother, or someone’s girlfriend. She was reborn into a beautiful new world—without responsibilities or expectations. *Cycling, Wine, and Men: A Midlife Tour de France* reveals an introspective journey through post-divorce dating, single parenthood, and finding an unattached woman in her prime. Nancy had thought the perfect guy would make life complete. Instead she learned that pursuing passions and fulfilling lifelong dreams created deeper fulfillment than her latest homme parfait. Experience the ride of a lifetime and the City. “Zippy read filled with heart and soul . . . Nancy Brook will make you shout ‘Vive la Chemin!’”—Suzy Gershman, author of *C’est La Vie* “Cycling, Wine, and Men is sure to inspire others to follow their bliss.” —Theo Pauline Nestor, author of *How to Be a Man*

Provides advice on equipment and skills, including tips on how to prevent injury and convert a mountain bike into a road bike

The Cyclist Who Went Out in the Cold

Greg LeMond, the True King of American Cycling, and a Legendary Tour de France

Re:Cyclists

the life-changing million-copy #1 bestseller

How Women Changed the World on Two Wheels

200 Years on Two Wheels

French Revolutions

Simone de Beauvoir borrowed her lover's bike to cycle around Paris in the 1940s, instantly falling in love with the freedom it gave her (even when an accident caused her to lose a tooth). Alice Hawkins, a factory worker from Leicester, pedal-powered her fight for universal suffrage as the bicycle became a cornerstone of her work to recruit women to the cause. Zahra Naarin Hussano challenged religious and cultural taboos in Afghanistan to ride a bike and teach others to do the same. As a twenty-four-year-old Latvian immigrant living in Boston, in 1894 Annie 'Londonderry' Kopchovsky became the first woman to cycle around the world. She took up the challenge, despite never having ridden a bike before, after two men bet a woman couldn't do it. Many of these women were told they couldn't or shouldn't cycle, but they did so anyway. Whether winning medals or spreading the word about votes for women, their stories are an inspiration. In this gloriously celebratory book, Hannah Ross introduces us to the women who are part of the rich and varied history of cycling, many of whom have been pushed to the margins or forgotten.

'Bill Bryson on two wheels' Independent Scaling a new peak of rash over-ambition, Tim Moore tackles the 9,000km route of the old Iron Curtain on a tiny-wheeled, two-g geared East German shopping bike. Asking for trouble and getting it, he sets off at the Arctic winter ' s brutal height, bullying his plucky MIFA 900 through the endless and massively sub-zero desolation of snowbound Finland. Haunted throughout the journey by the border detritus of watchtowers and rusted razor wire, Moore reflects on the curdling of the Communist dream, and the memories of a Cold War generation reared on the fear of apocalypse — at a time of ratcheting East-West tension. After three months, 20 countries and a 58-degree jaunt up the centigrade scale, man and bike finally wobble up to a Black Sea beach in Bulgaria, older and wiser, but mainly older.

Bicycling is undergoing a renaissance in this country as millions of people are taking to the streets in this nostalgic, beloved pastime. From purchasing one’s first bike to learning all its different components, *Bicycling Big Book of Cycling for Beginners* is the go-to guide for any beginning cyclist’s collection. The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter, faster, and safer using this incredible wealth of knowledge. As the sales of new bicycles increase every year, these helpful tips will educate and inform beginning cyclists so they perform to the maximum potential, all while having fun. Trusted bicycle consultant Tori Bortman distills the essentials every beginning cyclist needs to know. She covers different types of rides, the components of bicycles, proper cycling clothing and equipment, basic road skills, nutrition, training, maintenance, and how to ride for a cause. She also explores how to approach cycling from the conceptual beginnings into tangible, real-time facts about riding as a new cyclist, as well as elaborating on the bountiful health benefits of cycling, including weight loss, stress reduction, and boosted immunity. This is the ultimate guide to bicycling know-how for beginning cyclists.

Eleven-year-old Alex Peterson may be the least-athletic boy at his school, yet he dreams of accomplishing something "not a whole lot of other people in the world have ever done": a 200-mile, single-day bicycle ride from Seattle to Portland. Alex discovers that if he’s to reach even the starting line, he must overcome more than his physical disability. He must also find a way to revive his father’s own long-dormant dreams, and convince his dad to join forces with him, before they can achieve together what neither would on his own.

Signs of Life

The Extraordinary Life of Cyclist Major Taylor, America's First Black Sports Hero

The Secret Race

Bicycle Diaries

Inside the Hidden World of the Tour de France

Gironimo!

The Bicycling Big Book of Cycling for Beginners

For professional cyclists, going faster and winning are, of course, closely related. Yet surprisingly, for many, a desire to go faster is much more important than a desire to win. Someone who wants to go faster will work at the details and take small steps rather than focusing on winning. Winning just happens when you do everything right – it’s the doing everything right that’s hard. And that’s what fascinates and obsesses Michael Hutchinson. With his usual deadpan delivery and an awareness that it’s all mildly preposterous, Hutchinson looks at the things that make you faster – training, nutrition, the right psychology – and explains how they work, and how what we know about them changes all the time. He looks at the things that make you slower, and why, and how attempts to avoid them can result in serious athletes gradually painting themselves into the most peculiar life-style corners. *Faster* is a book about why cyclists do what they do, about what the riders, their coaches and the boffins get up to behind the scenes, and about why the whole idea of going faster is such an appealing, universal instinct for all of us.

Self-confessed loafer Time Moore, seduced by the speed and glamour of the biggest annual sporting even in the world, sets out to cycle the course of the Tour de France. All 3,630km of it. Racing old men on butchers' bikes and chased by cows, Moore soon resorts to standard race tactics - cheating and drugs - in a hilarious and moving tale of true adventure.

FROM GERAINT THOMAS, WINNER OF THE 2018 TOUR DE FRANCE Like no other cycling book, from no other rider - Britain's cycling star shares his unique take on the world of cycling Sit back or saddle up as double Olympic gold medallist and multiple world champion Geraint Thomas gives you a war's 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.

The Bicycle Book

The Obsession, Science and Luck Behind the World's Fastest Cyclists

My Bike Ride around the World

Revolutions

Full Cycle