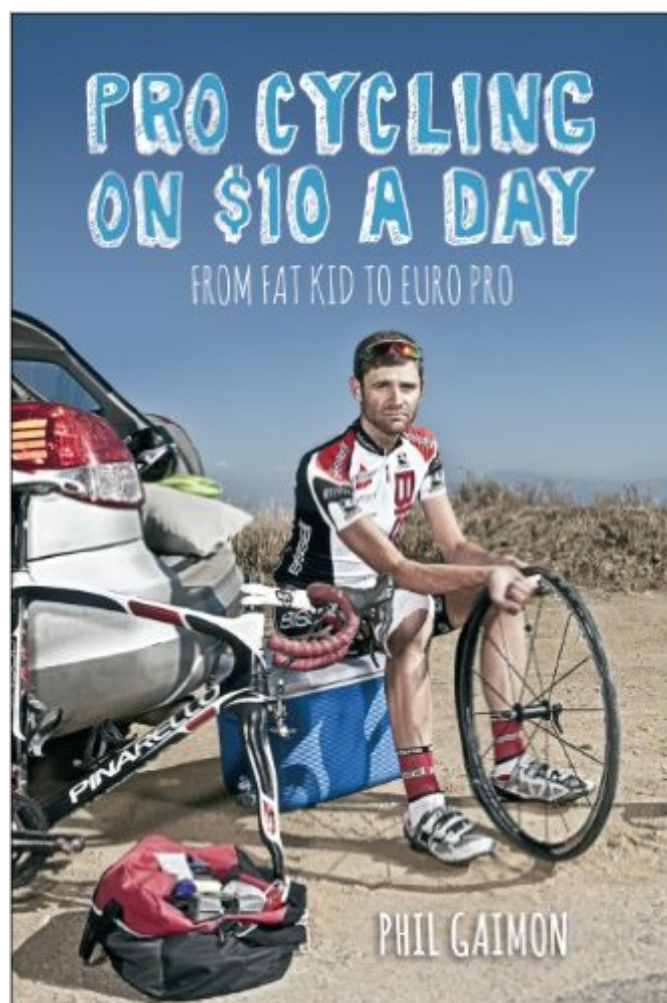


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# Pro Cycling On \$10 A Day: From Fat Kid To Euro Pro



## Synopsis

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.

## Book Information

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## Customer Reviews

Phil's book was an interesting look into the world of professional cycling. He helps to demystify the sport which doesn't have professional teams tied to big cities, draft days or a clear path to the professional ranks. The title is somewhat misleading in that you don't really read a lot about "fat kid." It is more about Phil's move from the amateur ranks to the elite level of professional cycling. I don't

think I'm a prude but I did find the juvenile male humor overdone and unnecessary. I suppose it is a part of that world of 20 something males but older dudes like me have moved past that and don't find it particularly witty or funny. There were a couple of chuckles but the cover blurb about it being hilarious is a huge overstatement. Glad I read it. Happy it has a strong emphasis on clean racing.

While Gaimon is ten times the writer most of us could ever hope to be, part of the charm of this book is that it's clearly not written by a professional ghost writer. Instead, it has the feel of a guy writing for his friends. I'm not a racer, but I'm going to go out on a limb and say that if you enjoy biking at almost any level, you will appreciate and enjoy this book. The words fun, intelligent, and witty come to mind. The dedication alone is worth the price of admission.

An unapologetic retelling of his journey through the domestic pro cycling ranks. Phil is refreshingly candid about EVERYTHING from contracts, training and paychecks to relationships, ethics and farting. Pro athletes looking to connect with their fan base (and maybe sell a few books while they're at it) ought to take some cues from Gaimon...nobody wants to read generic rhetoric that is regurgitated in every cycling news site on the world wide web. Real cycling fans will absolutely love the inside perspective and outsiders will be astonished at the dedication and determination required to race a bicycle. An easy read that ends much sooner than you'll want it to.

I've been reading Phil Gaimon's column in a cycling magazine for about a year now and enjoy his humor. "Pro Cycling on \$10 a Day . . ." is a easy read and has bits of his humor throughout. It's is written in short chapters and gives the reader a feel for just how tough it is to make it to the pros in cycling. Unlike other books which discuss some of the hardship of training and racing in the pros, Gaimon's book made me glad to have a steady job and be able to ride my bicycle at nights and on the weekends. Gaimon is not shy about criticizing others racers who took performance enhancing drugs but his griping about Lance Armstrong got tiring. If you read a lot of cycling books like me, this is a good read.

Phil, I don't know if will read this or not but I wanted to thank you for writing your story, I enjoyed it. I laughed a number of times while reading your book and you have made me a fan of yours by the end. Throwing water bottles at stop signs, nutella at the massage, that's some funny sh.. um stuff. Review: If your a cycling fan and want to know what life is really like as a pro cyclist (what it was for Phil anyways) then pick this book up. I still can't imagine how any team could pay these riders

such low wages for all the work that is involved but I guess they do. Its a pretty easy and casual read with some funny instances dropped in about what has transpired in Phil's cycling career. Cycling always seems like serious business when you watch it on TV, its good to see a more personal side of cycling.

I love cycling books but I have now read as much about doping and dopers as I can handle, at least for a while. There are a slew of books out from much more famous and accomplished riders than Phil Gaimon but none are as funny or honest. I ripped through this book in a few days on my family beach vacation and caught looks several times from my family as I spontaneously burst into laughter. This is definitely a guys guy book full of stories about balls, asses, and many F bombs. Gaimon is well educated, hard working, and a very intelligent writer capable of articulating his experiences in a way that really puts the reader in the moment. Oh yeah, he is also damn talented on a bike and someone that I look forward to watching.

The life of a Professional Cyclist seems glamorous to the cycling fans since all the general public sees are the world's largest televised races. The ridiculous and hilarious commentary of Phil Gaimon on how hard "from the bottom up" struggles are for most young aspiring athletes in cycling will have you laughing out loud. His book is not just for cycling enthusiasts, there is enough entertainment for every audience, because inside the reoccurring story of "bike race after bike race" are his personal accounts and commentary on the cast of characters he encounters. Buy this book, read it, and then thank me later when you buy another as a gift for your friend.

Quite good, a little quirky in the writing style - almost like it was dictated rather than written directly. Very first hand, and an enlightening look at some of the strategies that exist inside the peloton. I enjoyed this - it was good, direct, clear, and showed the emotional highs and lows of getting to be a pro racer. I would certainly recommend this for any pro cycling fans - it's like having a guy on the inside give you the real scoop.

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