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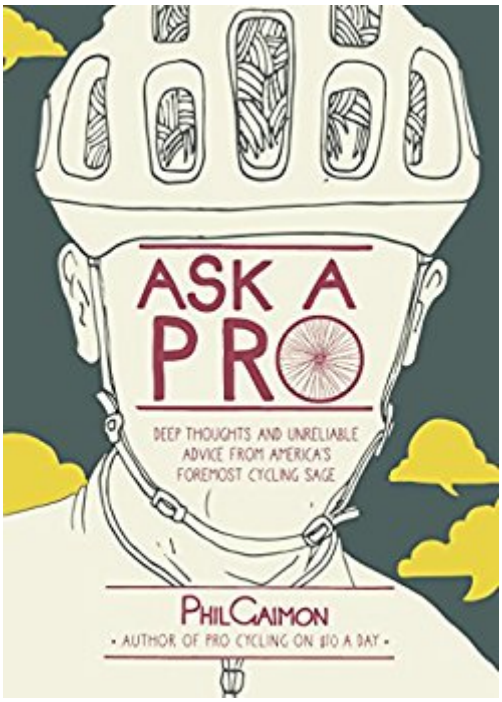
Ask A Pro: Deep Thoughts And Unreliable Advice From America's Foremost Cycling Sage



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Synopsis

Phil Gaimonâ ™s Ask a Pro answers every question youâ ™ve always wanted to ask about pro cyclingâ |sort of. Gaimon gathers the best of his popular Q&A columnâ ”and pokes fun at his younger self.Despite the howling protests from his peers, no oneâ ™s ever been more willing to spill the beans on what itâ ™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 Q&A feature column in VeloNews magazine into his new book, Ask a Pro: Deep Thoughts and Unreliable Advice from Americaâ ™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 withâ ”including his incredible rise into the pro ranks, the devastating loss of his contract for 2015, and his bold return to the Big Leagueâ ”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: Â How much chamois cream should I use?Â Iâ ™ve started shaving my legs. How can I be accepted by my friends?Â What do you do to protect yourself when you know youâ ™re about to crash?Â How many bikes does my husband really need?Â Whatâ ™s the best victory celebration? Do you practice yours?Â In womenâ ™s cycling, what is the proper definition of a pro?Â What do you say to someone if they honk or almost hit you?Â Do you name your bikes?Â What do pros think when they see a recreational cyclist in a full pro kit or riding a pro-level bike?Â Can you take your bike apart and put it back together?Â How bad does the weather have to be to call off a training ride?Â How do you know when itâ ™s time to change a tire?Â When youâ ™re in a breakaway all day, do riders form a future friendship?Â Riders keep complaining about "unsafe" weather at races. When did pro cyclists turn into such wussies?Â How do the pros define a "crash"?Gaimon wields his outsiderâ ™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, Philâ ™s pre-race warm-up routine, and a celebrity bakerâ ™s recipe for The Phil Cookie.

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Customer Reviews

I had previously read Pro Cycling on 10 Dollars a Day, and loved it. This is as good, if not better. I thought I had read all these in Velonews, but if I had, it was well worth reading them all over again, especially with the hilarious updates. I was just so sorry to see this book end. So much sage wisdom and unreliable advice, all in one book. If you are a cyclist, this is a must read book. I would also recommend his youtube series on the "Worst Retirement Ever", where Phil goes after the amateur dopers on Strava.

Should or shouldn’t I buy yet another bike book, and at a relatively high price at that...? Well, I finally did, and no regrets whatsoever. Written with lots of wit and ’dry’ humor, but also with a lot of useful tips, this book is delightful to read, and has become one of my favorites on my "Kindle shelf" :-)

Very similar to his other book. I enjoyed it and read it in under a week so it kept me coming back. I like his sarcasm which reminds us to not take cycling too serious unless you are a pro.

Nothing new. But still fun to read. Phil may not have won a Tour, but he would be my first choice of a rider to buy a beer

A great collection of Phil’s Velonews columns. It’s a great addition to my bookshelf!

Funny great easy read. Enjoyed it.

I really enjoyed this book. It seems to be an honest perspective. I am just adding additional words here for benefit.

Wonderful follow-up to his debut book "Pro Cycling on $10 a Day", Phil Gaimon is an inspiration, not only for his achievements in the cycling world, but also for his humble and humorous views on everyday life in and out of the peleton.

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