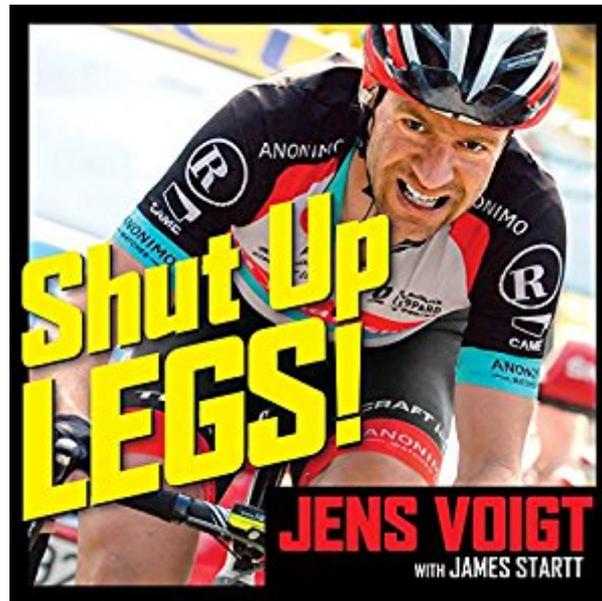


The book was found

Shut Up, Legs!: My Wild Ride On And Off The Bike



Synopsis

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.

Book Information

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Customer Reviews

I couldn't wait for Jens Voigt's book to be released. When it was downloaded onto my Kindle, I was eager to begin reading. I was not disappointed. I enjoyed SHUT UP LEGS! MY WILD RIDE ON AND OFF THE BIKE by Jens Voigt with James Startt very much and read it nonstop over the past few days. I could hear Jens Voigt's voice in my head as I was reading and I smiled often at his language and expressions. He writes and commentates exactly as he talks - it is very refreshing. There is nothing coy or stilted or reserved. Jens seems to be quite a character on and off the bike and his personality shines through on every page. I like the conversational style of the book; the arrangement of the book starting with the title, cover, the chapter progression, the introduction,

acknowledgements and photos. Every chapter is interesting and his observations, insights, friendships, difficulties and triumphs are all worth reading about. I especially liked his reflections on growing up in a small town in East Germany; his love of family and friends; his descriptions of his teams and individual races; his preparation for his attempt at breaking the Hour Record and his thoughts on retirement. SHUT UP LEGS! is not a tell-all, gossipy book, but an insightful memoir of the bike racer that is Jens Voigt. Whether or not you are a cyclist or follow the sport of cycling, I do think you will enjoy this book. I would also recommend Jens's™ Twitter feed, and his writing and commentating on various cycling races.

I always loved watching Jens take off in a breakaway. You never knew if it would succeed but you always knew he would give everything he had. He loves cycling and it shows every minute of a race. His book is among the most honest and personally insightful autobiographies I've ever read. Truly fun to read. He also talks about serious subjects like his distain for doping and how growing up behind the Iron Curtain gave him a different perspective on pro cycling, including concern for his team more than himself and a willingness to shun more money for ethical and other reasons. I expected a lot from Jens' book because of who I had come to know watching him during the Tour de France. I was delighted with the book. Just finished it yesterday. Wish there were more chapters to read. Good luck in retirement, Jens. I saw you on the NBC Sports network. Your insights into the race were spectacular. Keep talking. Don't ever shut up. Your candor and honesty are refreshing in a world filled with phonies.

Having watched Jens for years as a racer, I was excited to read his book. Despite my high expectations going in, I was not disappointed! The enthusiasm, sense of humor, and relatable style that won Jens so many fans as a rider come across on every page of the story. Unlike many athlete autobiographies, which read like a laundry list of accomplishments, or which dive deeply into the minor details of this or that race, Jens organizes his story into chapters devoted to different themes - "Crashes", "Training" and so on. The story progresses in roughly chronological order, but in any given chapter he pulls together events from different times to make a more cohesive and interesting picture than could be captured by a purely chronological work. While there are enough race details to please devoted cycling fans (especially about Jens' quest to capture the UCI hour world record), what I enjoyed most about the book was the glimpse into how Jens' personality was shaped by his upbringing in East Germany and his close ties with his family. The book reads like a candid conversation with Jens. The reader gets a behind the scenes look at the Jens' friends, the

development of his attacking style, his outspoken response to doping scandals, his sense of humor, his interactions with fans, and even his reading habits! Jens is one of the most likable athletes on the planet, and that fact jumps out from every page of the book. It's the most engaging cycling book I've read in a long while, and I think it would appeal to a wider audience than just Jens Voigt fans!

I started watching cycling in the early 2000's so Jens has been a part of the narrative for the entire time. He was the most character filled rider in the peloton. He used social media to bolster his appeal, I believe, in an extremely savvy way - even if it was not planned. Jens just opens his mouth and you pay attention because he is so freaking hilarious. Reading this book is like listening to him speak. It's a great light read. I don't read biographies for the most part but if you're a fan of Jens then this is a must!

The best cycling book I have ever read. Jens has a great style of writing that feels like you are listening to him talk as you read the book. Some great insight into the doping scandals, but most of all his tenacity as a breakaway specialist and overall pain-giver in the peloton. I am sure he is a great guy and as far as cyclists go pretty humble. But I have not met a cyclist yet who doesn't have a touch of arrogance, including Jens Voigt.

This is a wonderful book to read. What a man of integrity. He is my favorite cyclist. But even if you are not a cycling fan you would enjoy reading the book - a lot of very good advice backed by a great life as an example.

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