

# The Real Life of a Rider in the Professional Peloton

Professional cycling is a glamorous sport, but it's also one of the most demanding. Riders train for hours every day, push their bodies to the limit, and compete in races that can last for hundreds of miles. But what's it really like to be a rider in the professional peloton?



## The Secret Cyclist: Real Life as a Rider in the Professional Peloton by The Secret Cyclist

★★★★☆ 4.1 out of 5

Language : English  
File size : 2428 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 218 pages



In his new book, *Real Life As Rider In The Professional Peloton*, former pro cyclist Brent Bookwalter gives readers an inside look at the life of a pro rider. Bookwalter shares his experiences of racing in the Tour de France, Giro d'Italia, and Vuelta a España, as well as the challenges he faced along the way.

Bookwalter's book is a fascinating read for anyone who is interested in professional cycling. He provides a unique perspective on the sport, and he doesn't shy away from the tough stuff. Bookwalter writes about the pain of

crashing, the loneliness of being away from home for months at a time, and the pressure of competing at the highest level.

But Bookwalter also writes about the joy of riding, the camaraderie of his teammates, and the satisfaction of achieving his goals. *Real Life As Rider In The Professional Peloton* is a must-read for any cycling fan, and it's a valuable resource for anyone who wants to learn more about the life of a pro rider.

**Here's a brief excerpt from the book:**

"I remember one particular stage in the Tour de France where I was riding in the breakaway. We had a good gap on the peloton, and I was feeling strong. I was leading the group over the top of a climb when I hit a patch of gravel and crashed. I went down hard, and I was immediately in a lot of pain.

"I got up and tried to keep riding, but I couldn't put any weight on my left leg. I had to abandon the race, and I was devastated. I had worked so hard to get to the Tour de France, and now my race was over.

"But I didn't give up. I went home, I got some rest, and I started training again. I was determined to come back stronger than ever.

"The next year, I returned to the Tour de France and I finished the race. It was one of the hardest things I've ever done, but it was also one of the most rewarding.

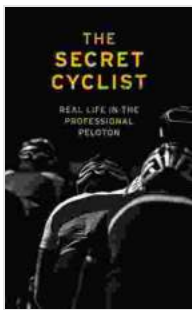
"I've learned that there are going to be setbacks in life. But it's how you respond to those setbacks that matters. You can either give up, or you can

learn from them and come back stronger. I choose to come back stronger."

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