



Shut Up, Legs!: My Wild Ride On and Off the Bike

Jens Voigt, James D. Startt

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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.

Shut Up, Legs!: My Wild Ride On and Off the Bike Details

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From Reader Review Shut Up, Legs!: My Wild Ride On and Off the Bike for online ebook

Justin Gamache says

If you're a cyclist you'll really enjoy the storying telling. Jen's provides a great first hand account of what it's like to be a pro cyclist in the peloton.

Annie Oortman says

Like the man himself, this book was awesome.

Timojhen says

Good read. Nothing terribly challenging but does a reasonable job of detailing a long professional career. He's funny at times but sticks to a clean and straightforward tone. Does have me wanting to re-watch some of those great Tour of Colorado stages!!

Chance Barber says

Loved it. I'm a big Jensie & cycling fan. Really enjoyed learning more about him & his entire career. Easy read.

Sarah says

Jens Voigt is an amazing athlete, not only for his incredible racing but for how he lives his life- with integrity, willing to give everything for his team and his family. I loved reading about his stories about cycling, his life and her perspective on cycling. He's also very funny-I laughed out loud though many parts. I went to a Trek event where Jens was speaking about a year before I read this book, and it's amazing how you can hear his voice in this writing. Just brilliant, both the book and the man. I would recommend this book to a would-be pro athlete of any sport as an example of how to conduct your career with honor and heart.

J.S. says

Received book as GiveAway. Gave book to my husband who is a hardcore cycling fan. He has his own cycling jersey and would watch the Tour religiously.

Autobiography, born in East Germany, a successful cyclist, although never won Tour de France overall, won stages. He'd be a leader in smaller racers, but did not win the overall race. Very interesting book, got to read

about his personal interests such as he liked to read adventure books like Last of the Mohicans and works of Jack London. Foreword of book is good reading. Talks about his life before, during, and after cycling. Even touches on some of the recent cycling scandals. Recommended reading for cyclists, reads who enjoy stories about athletes and competition.

Dale says

I really enjoyed this book because I love cycling and have been a fan of Jens through his Tour of France acclaim (the TOF/media complex). It was neat to learn about his introduction to cycling at the various levels, and learn something about growing up in east Germany before the wall fall. It was fun to learn about his take on many of the cycling personalities and scandal from that period. I also never really comprehended how astonishingly fast that guys can ride!

I give it a two because it is not really compelling in story telling, verbiage, of style.

If you like cycling I highly recommend this book.

John Sutton says

Jens Voigt was a cult hero in the peloton with his do or die attitude to breakaways garnering him legions of fans, myself included, despite him never achieving serious greatness through winning a major classic or tour. This book is a very easy read, Jens comes across as a fairly uncomplicated individual who wears his heart on his sleeve. Don't expect deep insight into the sport, but plenty of anecdotes and opinion. The major downside for me is the discussion on doping. While his anti doping views are well known and well rehearsed here, he doesn't delve into the issues that must have affected him when personal friends such as Bobby Julich and Stuart O'Grady admitted to doping. He happily discusses the impact of the Festina affair and Operation Puerto on his long career but remains silent when those around him were involved. The cycling omerta is alive and well.

Wanda says

Very enjoyable story of how Jens became a professional cyclist and what it was like being one. He was pretty candid about the doping and cheating that was going on around him during his years competing. He can be very serious but also quite humorous. He has accomplished a lot and it was good to hear how he helped others when they were breaking in and how he really appreciated those who helped him.
Won this book thru the Goodreads Giveaways.

Catherine says

I received this book free through Goodreads First Reads.

A very interesting read, I never knew that so much went into professional cycling. This book covers Jens

early years growing up in East Germany through his cycling years and into retirement. I really liked how throughout the book he spoke honestly about the doping scandals that went through the cycling community.

Ron S says

The Yogi Berra of the peloton entertains in this memoir of growing up in East Germany behind The Wall, then freedom as a professional cyclist known for an irrepressible joie de vivre both on and off the bike. A breath of much needed fresh air in a sport overwhelmed by a focus on performance enhancing drugs for the last 20 years. Whether you think Jensie, or "everyone" doped or not, this is a fun read for those that follow professional cycling or enjoy reading sports memoirs.

Jay says

I have enjoyed watching the European major cycling races over the past decade or so. Doping or not, what those cyclist do, day in and day out over weeks at a time, is amazing. I recall hearing Jens' name mentioned quite often, so when his audiobook became available, I thought I'd give it a shot. It is exactly what you would expect from a guy with a long career in professional cycling, adamantly against doping. He starts with his life in East Germany and riding on the national team. Quite interesting how things worked there. He then talks about his career, not necessarily in chronological order. He includes a few pages of interludes by friends and colleagues along the way. He appears quite down to earth for someone in the cycling limelight for so long, and that's the kind of story I was looking for from him. I really enjoyed the last parts of the book, describing his attempt at breaking the "hour record" for most distance pedaled in an hour with a single speed bike.

Of bookish interest: Early on Jens describes how he read books at night after racing. Depending on how tough the race was he might read something lightweight after a tough day or difficult after an easy day. He had an interesting theory in that cyclist who read, like him, couldn't remember the routes they raced very well, whereas cyclist who didn't read (almost everyone else) could recall the route and the race in detail. Not remembering how you raced a route could hurt the next time you raced the same route, so he's saying that reading hurt his racing in this way. But he seems on reflection to have gotten more out of reading than he lost.

Tom Crehore says

The beginning of this book has lots of exclamation points! But after about 80 pages, the writing begins to settle in. The first stories and perspectives given about growing up in East Germany were really interesting, and give insight into life before the Berlin Wall came down. Overall, if you like bikes and racing, you will enjoy reading this book.

M. says

An interesting look into the world of professional cycling. I won it in a contest and it was a good read.

Diana says

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' Twitter feed, and his writing and commentating on various cycling races.
