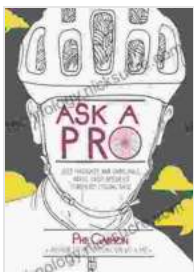


# Deep Thoughts and Unreliable Advice From America's Foremost Cycling Sage

I've been riding and racing bikes for over 50 years, and I've learned a lot along the way. Some of it I've learned from books, some of it I've learned from coaches, and some of it I've learned the hard way. But one of the best sources of cycling wisdom I've ever encountered is my friend, Phil Gaimon.

Phil is a former professional cyclist who now works as a cycling commentator and writer. He's also one of the funniest and most insightful people I know. I've always loved talking to Phil about cycling, and I've learned a ton from him over the years.



## Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage by Phil Gaimon

★★★★☆ 4.4 out of 5

Language : English  
File size : 14772 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 216 pages



So when Phil agreed to sit down with me for an interview, I was thrilled. I asked him all about his cycling philosophy, his training methods, and his thoughts on the future of the sport. And Phil, being Phil, gave me plenty of deep thoughts and unreliable advice.

Here are some of my favorite quotes from our conversation:

- "Cycling is the best sport in the world. It's the only sport where you can go as fast as you want, whenever you want, and wherever you want."
- "The only thing that matters in cycling is having fun. If you're not having fun, then you're doing it wrong."
- "The best way to get faster is to ride more. The more you ride, the better you'll become."
- "If you're ever feeling down, just go for a bike ride. It's the best way to clear your head and get your mind right."
- "Cycling is a great way to meet new people and make friends. I've met some of my best friends through cycling."

Of course, Phil didn't just give me deep thoughts. He also gave me plenty of unreliable advice.

- "If you're ever feeling tired, just drink a Red Bull. It'll give you wings."
- "The best way to lose weight is to eat a lot of pasta. Pasta is the fuel of champions."
- "If you're ever having trouble sleeping, just take a sleeping pill. It'll knock you out."
- "The best way to get over a hangover is to have a Bloody Mary. It'll cure you right up."
- "If you're ever feeling down, just go for a bike ride. It's the best way to clear your head and get your mind right."

I don't know how reliable Phil's advice is, but I can tell you this: it's always entertaining. And that's one of the things I love most about him.

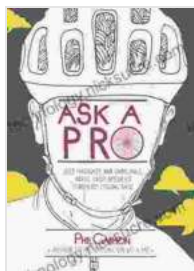
So if you're looking for some deep thoughts and unreliable advice about cycling, then look no further than Phil Gaimon. He's the foremost cycling sage in America, and he's always happy to share his wisdom with others.

Just don't take his advice too seriously.

**Image 1:** Phil Gaimon (center) with two other cyclists

**Image 2:** Phil Gaimon riding a bicycle

**Image 3:** Phil Gaimon standing next to a bicycle

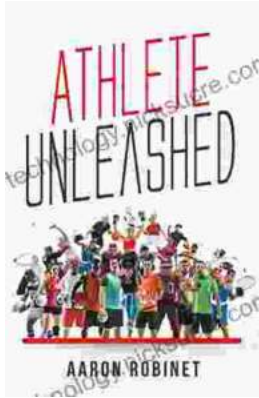


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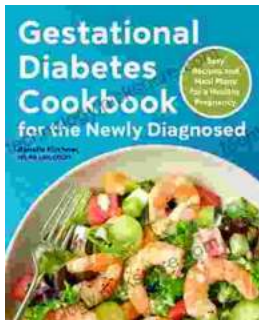
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