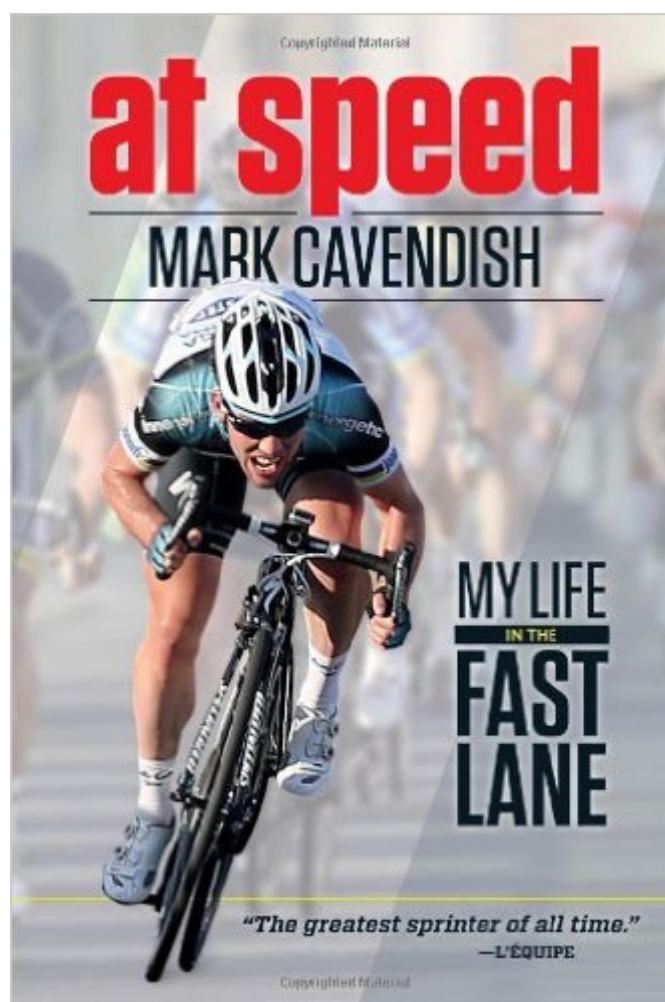


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# At Speed: My Life In The Fast Lane



## Synopsis

Written off as "fat" and "useless" in his youth, Mark Cavendish has sprinted to the front of the Tour de France peloton to become cycling's brightest star--and its most outspoken. Following his debut book *Boy Racer*, Cavendish has truly come of age as one of the best cycling sprinters of all time. In *At Speed*, the Manx Missile details what it took to become the winningest Tour sprinter ever, examines the plan that led to his world championship victory, reveals the personal toll of his sacrifice that helped teammate Bradley Wiggins become the UK's first-ever Tour de France winner, and confesses his bitter disappointment at the London Olympic Games. Screaming fights with teammates, rancorous contract negotiations, crushing disappointments--for Mark Cavendish, winning is always the cure. His book *At Speed* is the page-turning story of a living legend in the sport of cycling.

## Book Information

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## Customer Reviews

Mark Cavendish, with journalist Daniel Friebe (who really should be credited on the cover), has written a very interesting and entertaining book about what it's like being one of the fastest sprinters in cycling. Mr. Cavendish has a reputation as being one of the 'bad boys' of cycling to complement his well-deserved reputation as a superlative sprinter. Reading this book has softened my opinion of him somewhat as hearing his side of the story paints a fuller picture of the man. That said, it's obvious that he does not see certain things the way most of us do. The most glaring example of this is his account of his famous crash with Heinrich Haussler at the Tour de Suisse in 2010. From his (Mark's) description of the crash it seems perfectly obvious that Cavendish is at fault. Looking at

videos of the crash seems to confirm this. Haussler, head down, is driving for the finish and holding a straight line while Cavendish crosses from the right side to crash right into him. Yet somehow Cavendish concludes that it was Haussler who was at fault for not seeing him and giving him room. Oh well, what can I say. On the other hand, throughout the book Cavendish is very frank and open about himself and his good/bad points, and comes across in total as a much more likable chap than I expected. I found myself liking him more and more in spite of his blind spots. He's lavish in praising his teammates, which is nice to see. He also dispenses criticism freely, but it seems to be deserved. He gives the impression of speaking freely and not holding anything back which leads to a feeling of authenticity. In sum, this is a very enjoyable book. Cavendish devotes a good amount of time to describing in detail how he and his team approached races and stages of races, and what went wrong or right in executing their strategies. This is the kind of information I like to read, and there is plenty of it in this book.

Anyone interested in cycling can read this. Very honest and a bit of inside detail which the public does not get to see or know about. I read *Boy racer* also, so this was a nice and good follow up and you can clearly see how he has grown as a person. It was nicely written and never got boring. An interesting read indeed. Good luck Cav!

I have always enjoyed watching Cavendish race with no fear and now after two books to his credit his writing style might come close to matching his fearlessness on the bike. He's candid and transparent as he allows the reader to get a glimpse of his life in the fast lane of professional cycling. A definite read for all who enjoy the sport of pro cycling or those who want an honest what you see is what you get perspective from the world's fastest man in the peloton.

The book is entertaining and provides a real inside look at the workings of pro cycling. Cav is an egotist, and freely admits it. His books are like his sprinting---balls to the wall and take no prisoners. Well worth the reading.

Family life has obviously changed the way that Mark now thinks about things, and that is a good thing. It is apparent that the so called "bad boy" of cycling is not all bad and there are many others who are more worthy of that title. As an avid cycling fan I was interested in learning about the inner workings of the 2013 Tour de France and what the average armchair fanatic does not see or is aware of whilst the race is on. Mark is obviously a hard working pro who genuinely cares for his

Team and colleagues. He deserves further success. A great read.

Stunning,engaging story of life at the coal face of speed. The brutal honesty of Cavendish is hugely entertaining and far removed from the tepid accounts of most modern day sports heroes. Cavendish walks the talk.Fantastic book.Rate it highly.

At Speed, Cavendish's second book about his life, includes some great descriptions of sprinting at the highest level. It provides a lot of insight into his perspective, both on sprinting and other aspects of life. In particular, his complete confidence that if the course is suitable and he and his team does everything right, he WILL win the race. There are very few cyclists in history who have been able to pull this off, but at least until the 2013 Tour (described here), he has.

It's very refreshing to finally read a cycling book that does not devote 90% of it' pages to kicking Lance Armstrong in the teeth. In fact, what Cavendish says about Lance in his book makes me respect Mark even more. I thoroughly enjoyed this book as Cav is probably my favorite personality in pro cycling today. It's evident that he gets a bad rap from the media because he refuses to be their lap dog. Unfortunately it is becoming all too common in sports that if the athlete does not bow to the medias wishes then they simply trash them using the power of print and video.

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