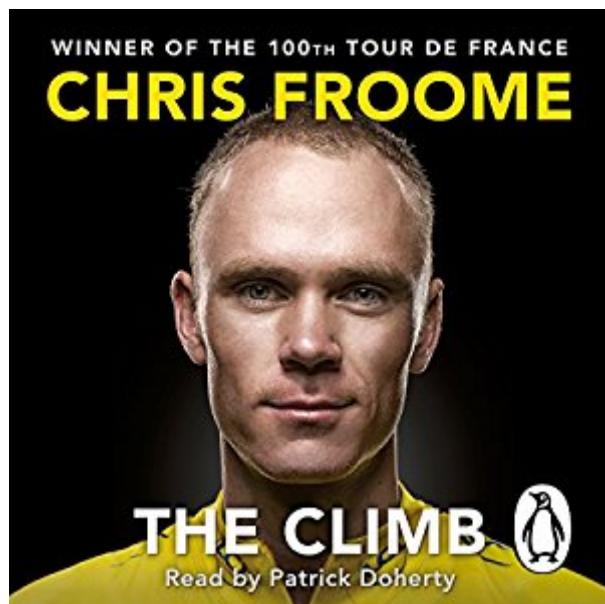


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# The Climb: The Autobiography



## **Synopsis**

Penguin presents the unabridged, downloadable audiobook edition of the revealing, inspirational memoir from the British winner of the Tour de France. The Climb tells the extraordinary story of Chris Froome's journey from a young boy in Kenya, riding through townships and past wild animals, and with few opportunities for an aspiring cyclist, to his unforgettable yellow jersey victory in the 2013 Tour de France. A journey unlike any other in the history of cycling, Froome has crossed continents, overcome the death of his mother and conquered debilitating illness to follow his dreams and represent Team GB and Team Sky. He has experienced soaring triumphs, humbling defeats, a public rivalry with Bradley Wiggins and, most recently, the pressures of Lance Armstrong's legacy. Extraordinary and life-affirming, The Climb is a story of determination, hardship and unimaginable success.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

I really enjoyed this book. Was not a huge Froome fan before (didn't dislike him either, just indifferent) but after reading his story it's hard not too root for the guy. He had such an interesting childhood and for the reviewer who did not like those sections, I found them to be the meat and potatoes of the story. Hearing what exactly was going on in the tour with Wiggins was also very interesting. I want to read Wiggins account now so I can compare them although I'd be inclined to believe Froome's account. Also, the insight to how Team Sky operates is very interesting. I have no trouble believing that they would be very "plan oriented" and by design unable to switch up if things do not go according to plan. All in all, one of the better books on cycling to come out in the last year

or so. Although he did take a few shots at Armstrong it was refreshing to read a cycling book that was not page after page after page of Armstrong bashing.

I bought this after Froome won his 3rd Tour de France title in a row this year. I'm not finished with the book yet, but I've been very pleasantly surprised with the book so far. I'm not sure whether the author had help in writing the book, but it is quite well-written and sounds very authentic. On top of that Froome is pretty obviously an intelligent and thoughtful person who happens to be a world-class cyclist with an extremely unusual and (to my way of thinking) interesting early life. Born and raised in Kenya, tutored by native Kenyan cyclists, fluent in Swahili and maybe other African languages. Froome was bitten by the cycling bug early and had the kind of inner passion that took him from very, very humble beginnings to the pinnacle of the cycling world. I started to appreciate his cycling ability much more after the 2016 TDF stages where he pulled off some very exciting and non-typical rides: winning a stage with a daring and risky surprise attack after cresting a long climb and then battling a breakaway group and going head-to-head with Peter Sagan for miles at the end of a stage--which he lost, but not by much. This guy can ride a bike with the best of them and has written a superlative account of how he got to where he is. Head and shoulders above 99% of sports bio's/auto-bio's. Highly recommended. STP

Chris Froome readily admits in 'The Climb' that he is a reserved character - as is ex-teammate Bradley Wiggins, who by the kindle X-ray count is mentioned almost 400 times. Hence one must shell out odd-teen currency units for what they can't tell us through the cycling media. Deciding whose story to read first was fairly simple, given that Froome is a more prolific road cyclist, which is my primary interest. I had planned to read Wiggins' perspective at some point for fairness but Froome argues their conflict was an invention of the media. Best quote on Wiggins - "We love the impressions [of other people] but I think sometimes we all wish that Brad would give us more of an impression of himself." 'The Climb' could be simplified into two parts narrative-wise: before and after Froome's uptick in performance following his treatments for bilharzia in 2011. His early days in Africa and as a neo-pro in Europe are funny and inspirational, whereas the blow-by-blow of literally every stage of the three Tours de France he contested at the time of writing makes for duller reading. The tone is consistently funny and self-effacing, but the content becomes a rewording of his race diaries, which could be impossible to follow for non-cycling addicts who didn't watch the 2012 and 2013 editions of le Tour. It is worthwhile to hear that behind the immaculate Rapha kits Team 'Skyborg' has a beating heart. Richie Porte gets around 150 mentions, right behind Chris

Froome's Kenyan mentor David Kinjah, which should demonstrate the importance of their 'Richie Froome' symbioticism (all credit to Paul Sherwen). It will be interesting to see how Froome does without Porte as his teammate in 2016. All told, Froome is the hero cycling needs right now but it is as if nobody wants to take up that message. Quoth Arthur C. Clarke, "Any sufficiently advanced technology is indistinguishable from magic." Says Froome, "I believe the prevalence of cheating and the fatalistic belief that 'everybody' was doing it retarded the progress of clean science in cycling training." It isn't a huge leap to say that 'marginal gains' and sports science is indistinguishable from doping's performance gains. But for now the performance narrative is all legacy of the 2012 USADA decision against He-Who-Must-Not-Be-Named, which is that's what the general public will think of the sport for quite some time. Yet Chris Froome's closing words upon his first Tour de France victory in 2013 ring true: "this is one yellow jersey that will stand the test of time." It's a shame the general public wasn't listening.

I have read a lot of cycling books over the years and some have left me immensely disappointed and the truth that eventually emerged. I trust, truly hope that Chris's account lasts the test of time. The candid telling from an upbringing in Kenya to the 'peaks of Le Tour with all the warts, demons, highs, lows and learning along the way makes for an engaging read. Yes Chris grinds a few axes and points a few fingers but heck riding your way to the top would have plenty of man-made obstacles along the way and why not point them out.

I thoroughly enjoyed this look into the life of Chris Froome. My first look at the race from the inside - how does a team choose a rider to champion? What are the rivalries like inside a team as one champion finishes his reign and is required to support another? What does it feel like to crash? To climb the steepest mountains? Face the crowds on the road? How does one go from boy who likes to ride his bike to champion of arguably the world's most famous race? It's all in there. It's really nice to know the life story of this now 3-time champion. Like a bike race, this book was long, and slow in some parts, part so rewarding at the finish!

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