



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

*Jens Voigt, James 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.

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