

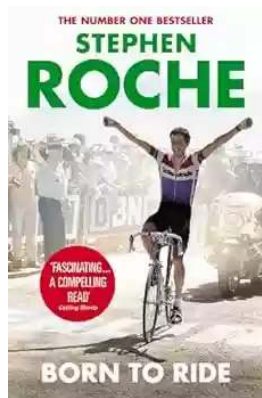
# Born To Ride: The Autobiography Of Stephen Roche

Stephen Roche is a name that reverberates through the world of professional cycling. Born on November 28, 1959, in Dundrum, Ireland, Roche's incredible journey from a young boy with a passion for cycling to becoming one of the greatest cyclists in history is captured beautifully in his autobiography, "Born To Ride."

In this compelling memoir, Roche takes us on an incredible ride through his life, recounting the highs, lows, and everything in between. From his early struggles and relentless training to his triumphant victories and the challenges he faced along the way, Roche's story not only documents his personal journey but also provides a fascinating insight into the world of professional cycling.

## A Glimpse into Roche's Early Life

Roche's love affair with cycling began at a young age. Growing up in a small town in Ireland, he quickly developed a passion for the sport, spending hours each day perfecting his skills and dreaming of becoming a professional cyclist.



## Born to Ride: The Autobiography of Stephen

**Roche** by Stephen Roche (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1880 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 272 pages



With dedication and determination, Roche excelled in various junior races, catching the attention of scouts who recognized his potential. This led to his first professional contract with the Peugeot cycling team at the age of 21.

## **The Road to Glory**

"Born To Ride" delves into Roche's relentless pursuit of glory in the world of professional cycling. The autobiography takes us through his early successes, including his first major victory in the Tour de l'Avenir in 1980. This milestone not only showcased Roche's talent but also marked the beginning of a remarkable career.

Roche's most significant achievement came in 1987 when he became the first and only Irishman to win the prestigious Tour de France. The autobiography provides an immersive account of the grueling race and the challenges Roche faced in his quest for victory. From the mountain stages to the time trials, Roche's determination and tenacity shine through, inspiring readers with his unwavering spirit.

But "Born To Ride" is more than just a tale of triumph; it also offers a candid look at the sacrifices and hardships Roche endured along the way. From physical injuries to mental exhaustion, Roche's honesty and vulnerability make the memoir highly relatable and deeply human.

## **The Legacy of Stephen Roche**

Roche's impact on the world of professional cycling stretches far beyond his own victories. His autobiography pays homage to the many people who supported him

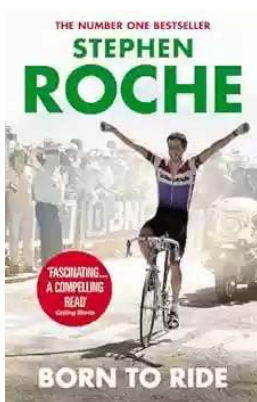
throughout his career, from his teammates and coaches to his family and fans.

Roche's success also served as a source of inspiration for future generations of cyclists, particularly in Ireland. He paved the way for other Irish riders, such as Sean Kelly, Nicolas Roche (his son), and Dan Martin, to thrive on the international stage.

"Born To Ride" is a captivating autobiography that offers an intimate look into the life of one of cycling's most legendary figures. Stephen Roche's honesty, perseverance, and unwavering passion shine through every page, making this memoir a must-read for both cycling enthusiasts and those seeking inspiration in their own lives.

Roche's journey from a young boy with a dream to a Tour de France champion is a testament to the power of dedication and self-belief. Through the highs and lows, Roche's story serves as a reminder that with hard work and determination, anything is possible.

So, grab a copy of "Born To Ride" and embark on an exhilarating journey alongside Stephen Roche, discovering the challenges and triumphs that shaped his extraordinary career.



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In 1987, Irish cycling legend Stephen Roche had an extraordinary year – the year to end all years.

June 1987: Winner of the Giro d'Italia July 1987: Secured the yellow jersey at the Tour De France  
September 1987: Victory at the World Cycling Championships in Austria

By winning the Giro d'Italia, Tour de France and world championships in the same season, Stephen Roche defied all odds to win cycling's 'triple crown'. Born to Ride, his first full autobiography, takes this extraordinary year as the starting point to explore the rest of his life. He doesn't hold back as he examines the many ups and downs of his time on and off the bike, scrutinising victories, defeats, rivals, serious injury, doping allegations and agonising family breakdown. Beneath the charm and rare natural talent, Roche finally reveals himself as a smiling assassin - a master strategist who lives to attack.

'One of the most riveting sporting biographies I've read' Herald



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