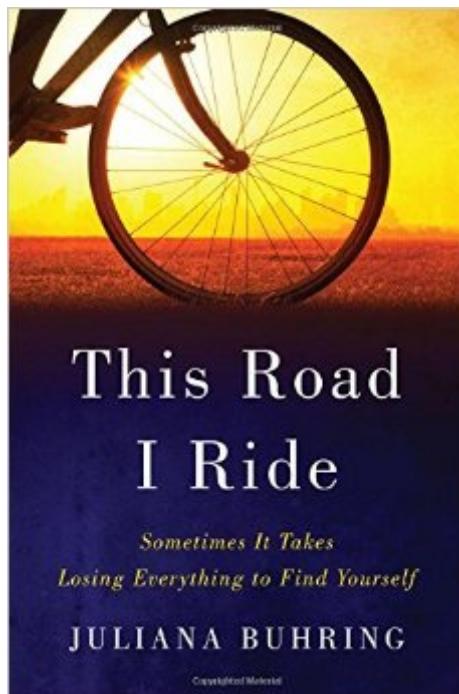


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# This Road I Ride: Sometimes It Takes Losing Everything To Find Yourself



## Synopsis

This Road I Ride is the remarkable story of one womanâ™s solo journey around the world by bicycle. Juliana Buhring had been mired in a dark hole of depression after the death of a man she loved, and when an acquaintance suggested they honor his memory by biking across Canada, she thought, âœCanada? Why not the world?â• And why not alone. She had never seriously ridden a bicycle before. She had no athletic experience or corporate sponsorship, but with just eight months of preparation, Juliana Buhring departed from Naples, Italy, in July 2012 aiming to become the first woman to circumnavigate the globe. She set out believing she might not ever return, but that she had nothing to lose. Over 152 days, Julianaâ™s ride spanned four continents and 18,060 miles. She traversed small-town and big-mountain America, Australian desert expanses, South Asian rainforests and villages, and Turkish plains. She suffered innumerable breakdowns, severe food poisoning, hostile pursuers, and the international longing for a good Italian espresso. When she crossed the finish line into Naples before the end of the year, she officially became the fastest woman to cycle the world (beating prior menâ™s records, to boot). Accomplishing what she never thought she could, buoyed by the outpouring of support from friends and strangers, Juliana rediscovered herself. In the process she proved that there are no extraordinary peopleâ•there are only people who decide to do extraordinary things. 15 illustrations

## Book Information

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## Customer Reviews

My Review: Disclaimer: I am NOT a bicyclist, but my husband is. As a result, I've found a love for the sport. Every year we watch the Tour de France and about six months ago, he drew me in with a

documentary film about the first unsupported Trans America bicycle race. In that race was a woman rider who honestly stole the show. We loved her. She was snarky and fun as she goaded the Italian men who said she shouldn't be there because she didn't have the experience. Well, a few weeks after that I was looking at books on NetGalley and found this book and showed it to my husband, because he loves to read books like this. He was the one who recognized the author as the woman from that race...so I requested the book. I'm so glad I did. Most of you that read my reviews know this isn't my normal genre to read. Although I do read a lot of biographies for reference with my own fictional writing, I don't normally review them. But this book is worthy of a review just because it was a phenomenal book. I'll admit. I'm a fiction reader. As a result, I usually slog through non-fiction books and honestly rarely finish them. I finished this book within twelve hours of starting it...and read it in the middle of my normal work/life day...so I was pretty much reading it every spare moment I had. I definitely recommend it. Juliana Buhring does not have the normal endurance cyclist's history. In fact, when she set out on this adventure, she'd only been riding a bicycle as an adult (building up her endurance and not just for casual rides) for a few months. So for her to set out not only to circumnavigate the world, but also to set the record for doing so was absolutely crazy. But she had her reasons.

I have to start right up front with this review, and say I almost didn't read it after reading the subtitle. "Sometimes it Takes Losing Everything to Find Yourself." That brought to mind a Lifetime channel movie, or as I like to call it, The Depression Channel. However, I had a hankering for a cycling book so I decided to give this one a chance. I am glad I did! As I expected from the title, the author lost someone she loved completely, very tragically. However, I will tell you now, she lost him in a way that surprised the hell out of me. I read the paragraph three times to make sure it said what it said. I will NOT spoil it by telling you here. As expected, the grief of her loss hit her hard. Many would have wallowed in it, started drinking heavily or just let it take over their lives. Juliana took a different tack. Inspired by the adventures of her lost loved one, she decided to ride a bicycle around the world! She would head west from her home in Italy, to Portugal, on to the US, New Zealand, Australia, through most of Asia, and then, skipping the Middle east, through Turkey and back home. Three things make this even more difficult. The first was she decided to try to set the woman's record for the around the world trip. (You will have to read yourself to see if she made it.) The second is the direction she chose to travel. She was hitting headwinds the whole way. Finally, when she decided to do this, she hadn't been on a bike since she was a child. This meant not only did she have to relearn how to ride, and then get in shape, she had to get in shape enough to ride an average of 125 miles a day to

even have a shot at the record! I loved this passage from her which explains her overall attitude.

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