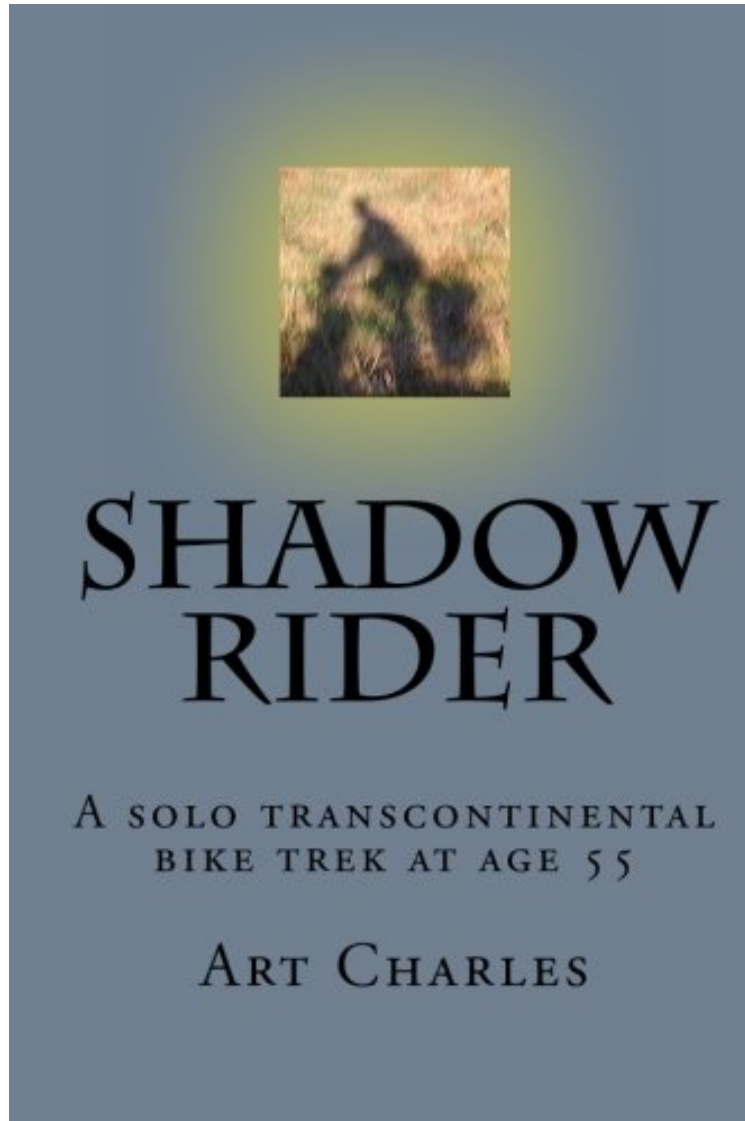


## Shadow Rider: A solo transcontinental bike trek at age 55

*Art Charles*

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**Art Charles : Shadow Rider: A solo transcontinental bike trek at age 55** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Shadow Rider: A solo transcontinental bike trek at age 55:

0 of 0 people found the following review helpful. A great book to read if you are thinking about traversing ...By freehudmanA great book to read if you are thinking about traversing the USA on a bicycle. The author gives a day by day account of his trip which I find very helpful. There are moments in the book where it feels like Steinbeck's trip with his dog Charley but it is less about finding the identity of America and more about the journey. If you are a cyclist and dream big I think you will like this book.0 of 0 people found the following review helpful. a humble

account by a very excellent writer By Carol J Reither This was a well written account of one man's journey on his trusty bike across the US. He was not boastful or whiney even when people were rude to him. Wish I had met him as he biked through Wisconsin. Gave the book to the sheriff of Monroe county after I read it. He is in his 70s and still competes in the Ironman and several triathlons. I know he will enjoy reading it. Would compare it to The Secret Race by Tyler Hamilton. Art Charles could teach those dopers a thing or two about biking. 0 of 0 people found the following review helpful. Shadow Rider By John Webster The chapters of this book were each day of the ride. For the most part each days routine is pretty much the same. Get up, eat breakfast, ride, have lunch, take some pictures, make dinner, go to bed. So once you read the first couple chapters your basically done with the book - except you have another two and a half months of pages ahead.

Fifty-five and overweight from two years of boarding school food, the author was in danger of becoming a couch potato. When his wife landed a summer job as a park ranger, he saw it as a wake-up call - it was now or never for the transcontinental bike trip he'd been thinking about for years. He had lived and traveled in dozens of countries, climbed in the Alps and Andes, ridden elephants and chased snakes, hitch-hiked through the Khyber Pass, driven through Balkan war zones on holiday, and cycled in much of France, but generally knew little of his own country except for the Northeast. In mid-June, he caught an early morning flight to Seattle, assembled and loaded panniers onto his 21-speed touring bike in Mukilteo, then took the ferry to Whidbey Island. Thus began a seven-week journey that would take him through Washington, a bit of British Columbia, northern Idaho, Montana, North Dakota, brief stretches of Minnesota and Wisconsin, ten days in Michigan, then Ontario, New York, Vermont, New Hampshire and, finally, Maine. A total of 3,832 miles; an average of 76.6 miles a day. The first days he logged only a few miles; on six others, more than one hundred miles. In the end, he had lost twenty-six pounds but found America. This book recounts the author's daily journey through the landscape of America from the shores of Puget Sound, over the Cascade and Rocky Mountains, across the Great Plains and around the Great Lakes to the end of his journey on the Gulf of Maine.

About the Author An international educator who has served as president of International College in Beirut and the American College of Sofia, as well as headmaster of The American School in Switzerland, Art has written a number of articles on education and is author of "How to Learn a Foreign Language." In addition to this transcontinental bike trek, Art has cycled solo from Seattle to Los Angeles and has walked 700 kilometers of the Camino de Santiago in Spain.