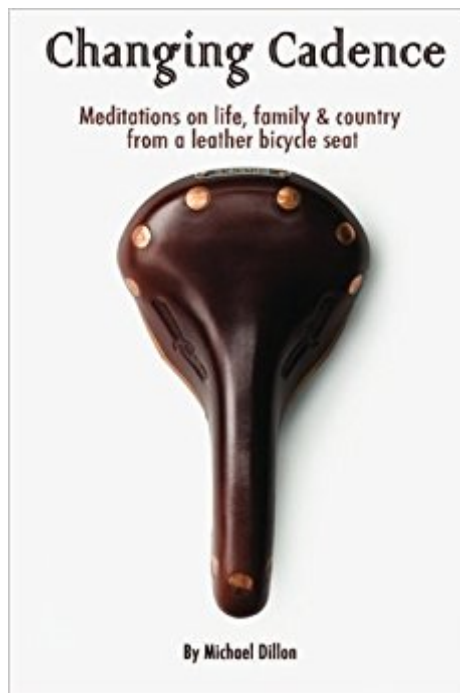




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# Changing Cadence: Meditations On Life, Family And Country From A Leather Bicycle Seat



## Synopsis

When the company where he worked was acquired in the midst of one of the country's most severe recessions, Mike Dillon found himself without a job. It's a story common to many, but Dillon's response was far from expected. Instead of searching for new employment, he bought a bicycle, loaded it with camping gear and pedaled alone across the United States. Changing Cadence recounts the story of Dillon's travels through the farming and fishing communities of the South; the ranch lands and Bible Belt of Texas; the lonely deserts of New Mexico and Arizona; and finally up the coast of California. Along the way, he crosses paths with others who share his need for wanderlust: the brokenhearted woman from London exploring the West alone on a motorcycle; the pair of college students walking across the country in support of the Tea Party; the woman hiking the circumference of the country on a prosthetic leg (along with her three-legged dog); and fellow cyclists like Don, a middle-aged, yarn-spinning, former Marine with a grey ponytail and a penchant for McDonald's Egg McMuffins. Over the course of more than 3,500 miles, Dillon rediscovers himself, his family and his country, and learns that it's never too late for a little adventure.

## Book Information

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## Customer Reviews

This book inspired me, provoked a few tears, resulted in many laughs and made me feel like I should embark on a great adventure like Mike has done. It is extremely well written, well paced and colorfully done. I literally read it cover to cover hours within it arriving on my doorstep. I will be highly recommending it to all of my reading friends. I am still smiling about many of the episodes, hours after finishing. Even better -- Mike is donating all proceeds to a charity! You'd be hard put to find a

better use for the modest sum to purchase it.

You can question the choice the author makes about how to scratch his mid-life itch, but you can't question the engaging writing style, imagery and conveyance of life on the road that he imparts in this sweet as southern ice tea road trip tale. We all long for and think about quitting the job and heading down the road to .. somewhere, it doesn't really matter, but the author actually did it. Kudos to him for giving us a vicarious glimpse into the life of a real road warrior. The author's 3,500 mile cycling adventure across the US gives us some compelling introspective, harrowing stops and starts, small town gossip and life, and a sense of a country that is surprisingly different in places as day and night yet also bound together in some wonderful ways. Grab your sunglasses, corral a lounge chair by the pool and sip that cold sweet ice tea as you enjoy this read.

The unique part of this story is that the author is not an adventurer as so many other cross country cyclists, neither is he young and just out of college or older and retired, but a mid career corporate lawyer who lost his job, did the ride and went back to the corporate world. His perspective is thus adult, astute and curious. He observes people, places and nature, makes friends and takes in contemporary America with open eyes.

As someone that can relate to Mike's experience in Silicon Valley, I give him kudos for taking the bike trip on by himself. That said, the book chronicled his journeys and he was telling it in a way where it was almost like we were sitting at a bar over some beers or lunch. For those of us in Silicon Valley, it's a good read about something that we have in our back of our minds and wish we could do and/or is on our bucket list. Mike does a great job at capturing those moments that would have stuck in my mind as it did his during his journey. In addition, it also gives a good view on his experiences in the U.S. of A rather than the bubble of Silicon Valley that we live in. Extremely entertaining in presenting the micro cultures of his experiences going across the US.

...for middle-aged and beyond. I really enjoyed the insight and wit. Wish it was longer. I might have the same withdrawal issues from reaching the end of the story as the author had upon arriving at the end of his adventure.

I enjoyed this book immensely! While the physical feat of riding his bike across America was impressive, it was the quiet introspection that occurred during the journey that made this book

unforgettable to me. Michael Dillon's humorous observations and powerful imagery took me on the ride with him. At several points in the book I laughed out loud and other times I found myself nodding with a smile when he spoke of places I have visited during my own adventures. I found myself both rooting for him to finish the ride and not wanting it to end. Michael's ability to ride into the unknown, both literally and figuratively, was truly inspirational to me. I highly recommend Changing Cadence!

A nicely written, engaging account. And he tells a good story. I've learned (or have been reminded of) valuable tips in preparation for my own cross country bike adventure. I've read about 10 other trans-am (by bike) books, and this is one of my favorites! ãã

Having read a few "cross country cycling" memoirs, this one rises towards the top. Perhaps it is because the author is close to my own current age, but I think it is more because the writer is willing to share much about the inner life of solo touring and the free association that must inevitably accompany such a trip. An inspiring and visual read.

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