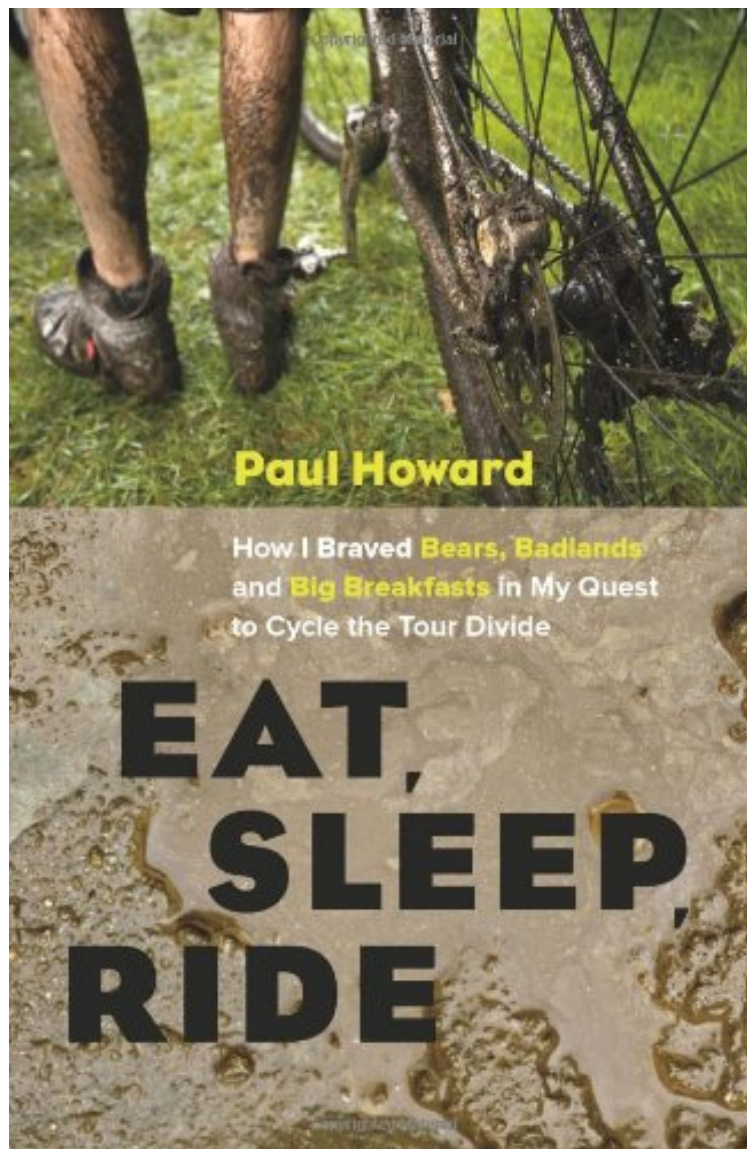


[Free pdf] Eat, Sleep, Ride: How I Braved Bears, Badlands, and Big Breakfasts in My Quest to Cycle the Tour Divide

# Eat, Sleep, Ride: How I Braved Bears, Badlands, and Big Breakfasts in My Quest to Cycle the Tour Divide

*Paul Howard*

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**Paul Howard : Eat, Sleep, Ride: How I Braved Bears, Badlands, and Big Breakfasts in My Quest to Cycle the Tour Divide** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat, Sleep, Ride: How I Braved Bears, Badlands, and Big Breakfasts in My Quest to Cycle the Tour Divide:

12 of 12 people found the following review helpful. I enjoyed the ride!By SWFL\_SteveAlthough I do not maintain a "bucket list", whenever the question arises my instantaneous response is "Ride the Great Divide Mountain Bike Route!" For those who do not know, the route is a 2,745 mile cycling ride (yes bicycle, not motorcycle) that follows the Continental Divide from Banff, Alberta, Canada to Antelope Wells, NM where there is a border crossing into Mexico. Vertical climb over the route approaches 200,000 feet which is equivalent to scaling Mt. Everest, from sea level to summit, seven times. Just to ride the route is truly dream of mine. Others, such as author Paul Howard participate in the annual self-supported race known as the Tour Divide. The book is a daily diary of his four weeks in the saddle and includes vivid depictions of scenery, terrain, sparseness, weather, towns, restaurants, lodging...or lack thereof..., and physical and mental challenges. Written in his pure Englishman style, terms used may not be common to many readers yet they add character to the story. It's not often I find myself reading non-business books, but this was an exception I just had to make in order to ride this trail vicariously through the author. Thanks for allowing me to ride along on your journey Paul. Well done! "2 of 2 people found the following review helpful. An interesting and humorous account of the Tour DivideBy Raoul DukeHoward's tale about his adventures on the Tour Divide is very entertaining and very well written. He has a great sense of self-deprecating humor that makes the story funny as well as interesting. Anybody who has seen "Ride the Divide" or is interested in Tour Divide will thoroughly enjoy this book. Each chapter is a different day during the race, and Howard keeps the story interesting while at the same time immersing the reader in the difficulties and travails these riders endure. I disagree with previous comments about the author being pompous. He is simply telling the story through the eyes of a foreigner and making observations about American life. It's no different than American authors writing about their observations of customs and life in foreign countries. Indeed, most of the things he pokes fun at--Wal Mart and the prolific 4-wheelers encountered in the wilds, for example--are the very things at which many American writers also poke fun.3 of 3 people found the following review helpful. Be Strong' is far superior.By SWHe is very judgmental towards every person he encounters, never missing an opportunity to call out their pants size, food portion size, or type of vehicle they drive. Add to that a lot of verbose prose that will make your eyes glaze over and you get a very unenjoyable read.Jill Homer's account of the same race (TD 2009) in 'Be Brave, Be Strong' is far superior.

For Paul Howard, who has ridden the entire Tour de France route during the race itself setting off at 4 am each day to avoid being caught by the pros riding a small mountain bike race should hold no fear. Still, this isn't just any mountain bike race. This is the Tour Divide. Running from Banff in Canada to the Mexican border, the Tour Divide is more than 2,700 miles 500 miles longer than the Tour de France. Its route through the heart of the Rocky Mountains involves more than 200,000 feet of ascent the equivalent of climbing Mount Everest seven times. The other problem is that Howard has never owned a mountain bike and how will training on the South Downs in southern England prepare him for sleeping rough in the Rockies? Undaunted, Howard swaps the smooth tarmac roads of France for the mud, snow, and ice of the Tour Divide, fending off grizzly bears, mountain lions, and moose. Buzzing roadside fans are replaced by buzzing mosquitoes. Battling bad weather, drinking whiskey with a cowboy, and singing karaoke with the locals, Howard's journey turned into more than just a race it became the adventure of a lifetime.

"A mixture of international adventure and comic twist on the familiar personal-growth-through-physical-accomplishment theme, the book is lively and very difficult to put down." Booklist