



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

Juliana Buhring

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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, “Canada? Why not the world?” 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, Juliana’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 men’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 people—there are only people who decide to do extraordinary things.

This Road I Ride: Sometimes It Takes Losing Everything to Find Yourself Details

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From Reader Review This Road I Ride: Sometimes It Takes Losing Everything to Find Yourself for online ebook

Marci says

Provides vignettes from every country and lots of detail as this woman rides a bicycle around the earth, becoming the first woman to do so and beating the men's record. She rode without major sponsorship, instead travelling on donations from friends and social media fans. Her work to move beyond her childhood in an incredibly strict Christian cult, along with stories from other ex-members, is another worthwhile theme in the writing. It does not hold together like a good novel, but is still a good read.

Dorine says

Rated 4.5 - THIS ROAD I RIDE by Juliana Buhring is an inspirational cycling memoir especially enjoyed by those who appreciate mental and physical endurance. Juliana's story is not just about the ride, but includes snippets of what she endured in captivity in a religious cult and other traumatic events in her life that she works through while cycling across the world.

For more reviews, plus travel, garden and food topics with photos, visit [The Zest Quest](#), my pursuit of a zestful life.

One of the first memoirs I read was about a cyclist who built his own recumbent cycle and traveled across country. I have searched for that book for years, hoping to reread it one more time, but I can't for the life of me remember the title or the author. Having physical limitations of my own, I live vicariously through others who are able to push through their pain to accomplish unbelievable achievements.

Juliana Buhring wasn't an ultra-endurance cyclist when she decided to break a Guinness World record. Juliana was just a woman suffering through grief after the tragic death of the man she loved. Like many of us who grieve, she was questioning her own existence beyond the life of her friend. What makes Juliana more inspiring than this common experience is that she had also endured being raised within a religious cult, often against her wishes. Without a father or mother to guide her for many years, Juliana learned to rely on her friends for support. Her journey reunites her with many of these friends who support her during her low-funded pursuit to break a world record. This is a story of true grit and the human will to survive.

THIS ROAD I RIDE is a testament to Juliana Buhring's ability to overcome hardship. I was fascinated with her bravery. Traveling alone can be nerve-racking and overwhelming for anyone, but to travel alone across the world on a bicycle in order to break a record, when you're not even a trained athlete in that sport, is mind-boggling. Once I started reading, I was completely engrossed in the outcome. Juliana Buhring's physical endurance is the stuff of legends. It's easy to be awed by someone who can break a record, but there's so much more to her story. There are some beautiful quotes and inner thoughts that add to her day-to-day struggles. I was often terrified for Juliana, knowing that at any moment, some outside element could cause her injury or death. Full of life, loss, suspense, bravery and inspiration, THIS ROAD I RIDE is captivating.

Review by Dorine, courtesy of [The Zest Quest](#). Digital copy provided by the publisher through [NetGalley](#).

Jane says

I loved it!!

Steven says

Tells the story of the year Juliana went from from cycling noob to ultra-endurance cyclist who set the speed record for cycling around the world. Her book has great stories and characters, is exceptionally well written, weaves in flashbacks from our weird and shared cult upbringing, and is completely engrossing.

I met Juliana for the first time in 2011, and she told me about her ambition to cycle the world despite not having any history as an athlete. She said she didn't like talking about it because a lot of people say they'll do things they never follow through on. But Juliana was impressive and convincing--I never had any doubt she'd deliver.

Christine says

I loved this book and her journey. Sometimes you meet someone that ignites the passion in you, and makes you question your own story. Her life changed direction after connecting with one person. What a great read! It's amazing how capable we are at achieving the unimaginable when we put our minds to it!

Elyse Walters says

Oh my ...I wasn't suppose to cry!

I already bought - pre-ordered - this book on Amazon a week ago. This book will be released in a few weeks in stores. I bought this book so that Paul could give it to his mother as a gift. (she rode her bike across the United States twice).

Yesterday I noticed this book on Netgalley. I had my own - somewhat -interest in reading this story, but honest to God...not with the razzle-dazzle enthusiasm as I'm feeling now. I just finish it!!! I AM SOOOO MOVED!!!! I think I need to buy a couple more copies of this book ---(we have a ton of cyclist friends). However... if are a King or Queen couch potato...this story will significantly increase your resting heart rate, affirm your faith in humanity, and give you the 'toasty-warmies' all over!!!

Julianna Buhning - born in 1981, cycled the world. She turned 30 during her ride. With only had 8 months of training, very little money, and 'no' sponsorship, she left from Naples, in July of 2012. Julianna travelled through 19 countries, 4 continents, (18,000 miles), in 152 days, (averaged 125 miles a day), making the first woman's record for circumnavigating the globe by bicycle in the Guinness Book of Records. Julianna was neither an athlete nor a cyclist.

She had set out to prove that anything is possible, that we can do things that are far bigger than ourselves. THOSE ARE A FEW BASIC FACTS.....

NOW for some FUN... "Reason's for this novel's enjoyment and achievement"....

Julianna Buhring is not only a Champion cyclist, she is a passionate author. She writes superbly. Her writing is engrossing, fragile, brittle, sharp and pulsing with life.

Her story is astounding, moving...and a joy to read. With only a few thousand euros, a bike (PEGASUS....her companion), and a dream....she takes off from Naples' central piazza.

We learn a lot about Julianna. Deep sorrow for a man she loved - Henri Coetzee, a world explorer, had recently died ...(killed while kayaking...by a crocodile). He was her inspiration for her world bike adventure. Henri talked a lot about fear when confronted before embarking a mission. Julianna was inspired from his words - made them her own...."nothing great can be achieved without jumping the fear barrier".

As we read Julie's story, we learn about other times she had to jump the fear barrier. She was raised in a religious cult called "Children of God". This story alone is emotionally wrenching. It wasn't until she was 23 when she escaped - left behind the only world she knew - isolated behind high walls - dominated by rules - a dystopian dictatorship. She then wrote a book about it exposing the abuses and lack of human rights the kids suffered.....called "Not Without My Sister"

We see the commitment and courage Julianna has to start from 'nothing'.... from 'scratch'. When you are rejected from everything that was once your life---and lose everyone and everything you loved, believed in, uproot yourself - turn against your own identity, as Julianna did....there is not much else to lose - or fear. It's her strength that seems to keep Julie peddling through fatigue, sweltering summers, major rigorous mountain climbs, bruised, black toes blistered with frostbite, face raw from windburn, cold, hungry, in pain, lonely, in tears, smelly dirty, strong headwinds, a sprained wrist, mechanical breakdowns, limited funds....(RAN OUT OF MONEY while in New Zealand, and almost had to come back), etc etc. THANKS to many online followers around the world ...who started tracking her... donations kept her going. That in itself is/was very touching!!!

I fell in love with the people she met. -- oh... The stories and memories they 'all' have together: priceless!!! She pushed those mountains in Portugal... close to tears... but then was rewarded with spectacular views - "the setting sun casts deep shadows through the trees, offsetting radiant shades of pink and orange". I was happy to know that people in the United States treated her well! They were generous! Actually ...all around the world people were generous.

Oh.... I loved - loved - loved when Julianne shared about the books she was listening too. (an audiobook girl).... or books which inspired her: From Philip Roth, Jack Kerouac, to Mark Twain.

And Food....As you might imagine ... Julianne Buhring mentions food often - Some meals she had sounded delicious - even a chocolate bar- but a frozen chicken breaded rubber patty on a dry white bun, ...I think I'd starve too! haha!

And COFFEE.....(the hunt for a decent cup).

After being away 5 months -- retuning home.. I think it might have been her Neapolitan espresso she missed the most! :)

Anyone who enjoyed Cheryl Strayed's book, "Wild"... will love Julianna Buhring's book. Her bike ride around the WORLD... visiting each of these countries...is vibrantly imagined! This young girl's energy, wisdom, and life experiences, restores all kinds of faith.

Thank You W. W. Norton & Company, Netgalley, and Julianna Buhring

Margie says

Thank you for the Advance Reader Copy of "This Road I Ride. An inspiring, page turner of a read. My recommendation for any one dealing with the hard knocks of life. Juliana not only gets back up when times are tough.....she rides her bike around the world! You go girl!

Janette McMahon says

I received a pre-pub from NetGalley. I always enjoy travel writing and especially those that are done via bicycles or walking. Buhning's book is short and sparse, making it even more readable and keeping the reader engaged with the struggle itself (biking and personal grief), not the places she rides through. I was interested in the people she met and we learned just enough to satisfy without going into so much detail we were "ready to move on" as the reader. Would recommend to those who enjoy travelogues.

Lisaavery says

Makes me want to finally ride that century.

Aditya Shah says

Very inspirational

Tom Crehore says

Just finished this wonderful book. Growing up in a bizarre cult, forming a charity to help people who were part of cults adjust to reality, losing the man she loved to a terrible tragedy, and then deciding to ride her bike around the world makes for fascinating reading. She is a very good writer as well. The pages just fly by with dazzling, thought provoking passages. The only problem with the book is that it is too short.

Özlem Güzelharcan says

Elimizdeki tek şey zaman. Ama zaman bile bir yanlısı. Gerçekten var olan tek şey sonsuz şimdi. Yalnızca şimdi yaşıyabiliriz, bugün, bu saatte, bu dakikada. Dün geçmişte kaldı, artık yok. Yarın henüz gelmedi, dolayısıyla o da yok. Yaşıyabileceğimiz tek gün bugün ve bu da onu en güzel gün yapıyor.

Ron S says

Newbie cyclist establishes Guinness record for circumnavigating the globe in an amazingly quick time. What elevates this book from similar (male) tales is the rider's thoughtfulness throughout. A cult survivor mourning the loss of a lover's accidental death prior to beginning her journey, Ms Buhring comes at her trip with an unusual perspective. Having written a previous book about her experiences growing up and fleeing from The Children of God, she's far more of a writer on a bike, than a cyclist struggling as a writer to capture their experiences. Those looking for a practical travel guide, or some kind of testosterone fueled account of battling the elements and the limits of human performance, should look elsewhere. Those with a philosophical bent that are trying to figure out how best to live in this world, with all its challenges, are the ones most likely to enjoy this quick read by a remarkable woman.

Christi Snow says

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.

A year and a half before, a man she loved who was also an extreme adventurer died when a crocodile attacked him in his kayak. There are flashbacks throughout the book of discussions she'd had with him over the years. He also led a not-normal life and they'd had lots of philosophical discussions about those choices. Ms. Buhring also has a different background just because she was raised in a cult until the age of 23 when she escaped. Over the years, she was abused, shunted from country to country, and rarely had anyone from her family who loved her there to support her. The cult regularly separated families for the good of the cult and this began for her at the age of 4.

Her stories are heartbreaking, but they help to explain how she could survive this journey. She's

tough...incredibly so, and from reading her story, I would guess that she doesn't make connections easily which is why it was so devastating to her when her friend died so suddenly.

The book is completely engrossing and entertaining. She's an incredible writer. It's broken up like a daily journal with little vignettes and stories from her daily observations. But sprinkled throughout are philosophical discussions about life and what it means. There are moments when she's incredibly depressed and at rock bottom of her ability to go on, but those are tempered by days of beauty and resilience which prove to her why she needs to keep going. I loved reading the book and getting to follow her on her journey.

I definitely recommend the book...for bicycle enthusiasts, people who like to read biographies, or for anyone that likes to read about the human spirit and its ability to overcome immeasurable odds. She overcame and wrote an inspiring book documenting her journey.

I received a complimentary copy of this book in return for an honest review.

Gizem says

yorumum; <http://www.morduslerkitapligi.com/201...>
