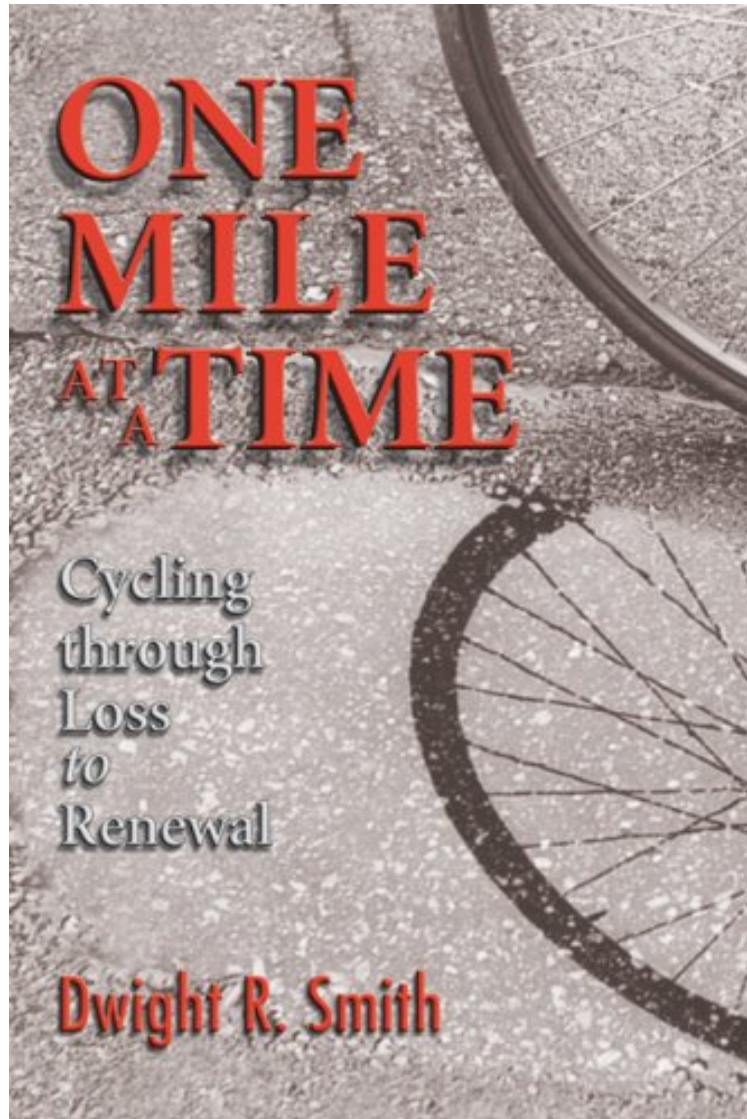


(Online library) One Mile at a Time: Cycling through Loss to Renewal

One Mile at a Time: Cycling through Loss to Renewal

Dwight R. Smith

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Dwight R. Smith : One Mile at a Time: Cycling through Loss to Renewal before purchasing it in order to gage whether or not it would be worth my time, and all praised One Mile at a Time: Cycling through Loss to Renewal:

0 of 0 people found the following review helpful. Not What I Thought It Would BeBy Quaker JohnThe title is very misleading, as there is virtually nothing that reveals to the reader how a long-distance bicycle trip impacted the author's grief over the deaths of his sons and wife. A nice enough account of a trip many of us would love to make, but if you are looking for something deeper I strongly recommend "Riding With the Blue Moth" by Bill Hancock.2 of 2 people found the following review helpful. Bill LentzBy William E. LentzSome will see this as an interesting story

concerning one man's ride around the perimeter of America. Most will find in these pages, the story of how a man faced some of the most discouraging challenges life presents and worked through them. Dwight Smith writes about his journey in a manner that is as interesting as it is inspirational. 1 of 2 people found the following review helpful. Was the Path to Renewal Revealed? By Dan Dwight Smith's book is very readable bicycling adventure and is a personal, fresh eyewitness account of Dwight's experience cycling around the perimeter of the U.S. Although not published until 20 years after the event and although highly distilled from over 2500 pages of notes to 246 pages digested into 1 and 2 page thumbnails per story, Dwight kept a first hand account by dictating his notes via recorder when his observations were first made. Unfortunately Dwight plays his cards close to his chest and never really clearly reveals how, when or where he overcame the death of his wife, having been previously battered by the prior accidental deaths of two teenage sons, which losses he seemed to have never completely dealt with until possibly the bicycle trip. We really don't know how Dwight cycled through loss to renewal, although it is clear that he did. Hence, the reader feels cheated by the subtitle. Dwight never admits to nor reveals any kind of epiphany, healing moment or realization of healing. You will not learn how Dwight healed by reading this book. One also wonders why his new love, Elizabeth, never fully flowered, when obviously there was considerable mutual attraction and regard. Elizabeth sort of appears as part of the renewal without much explanation and fades away with a similar lack of explanation. Nor is Elizabeth's part in the renewal described or even explored. It's like your child telling you half the story and you both know it. A nice book on bicycling, an anecdotal and idiosyncratic description of a very small part of American society (when he described my hometown, his description hardly captured who we are), and a nondisclosure or nonstory of a man's travel from loss to renewal.

This story of one man's healing solo bicycle journey, 13,784 miles around the perimeter of the U.S., is both amazing and inspiring.

About the Author Dwight R. Smith is professor emeritus at Colorado State University, where he taught wildlife biology and ecology, and the author of *Above Timberline: A Wildlife Biologist's Rocky Mountain Journal*.