



History on a Bike

Sheila Ruckley

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Meriwether Lewis and William Clark were the first Americans to cross the continent to the Pacific. They took with them a group of soldiers called the Corps of Discovery, a dog called Seaman, a slave called York and Sacagawea, a Shoshone Indian woman who carried her baby on her back to the Pacific. As the proud owner of a new Surly Long Haul Trucker, Sheila Ruckley decided to take up the challenge and retrace the Lewis and Clark expedition route on a bicycle from St Charles, Missouri to Seaside, Oregon. With a slightly different travelling party - a group of like-minded cyclists, a dog called Griffin and definitely no baby - she ventured out into the vast American wilderness in an attempt to experience the thrill of discovery and adventure herself. Part autobiography, part history, part travelogue, this is a book that's sure to delight on many levels. Whether you're an avid cyclist, a history buff, an ardent USA enthusiast, or merely a keen armchair explorer, Sheila Ruckley's witty tales of exploration and endurance will have you reaching for that bicycle repair kit and yearning for the open roads in no time!



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