



## Bent on the Crest: Adventures Along the Sierra Cascades Bicycle Route

By Jim Segaar

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**Bent on the Crest: Adventures Along the Sierra Cascades Bicycle Route** By Jim Segaar

How hard can it be to ride bike from Canada to Mexico through some of the highest mountains in North America? In a series of essays and photos, "Bent on the Crest" tells the story of two men in their 50s who undertake this great adventure on their recumbent bicycles. Things don't turn out exactly as planned, but along the way the duo learns a lot about faulty map apps, spotty cell service, wet weather, questionable motels, creepy campgrounds, bad traffic, and glorious food. They also learn how important it is to consider factors such as age and elevation gain when plotting their course. By making some major adjustments they manage to stay the course, and the national parks and other attractions that they visit deliver a steady stream of majestic scenery, pleasant surprises, and food for thought.

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