



# Changing Cadence: Meditations on Life, Family and Country from a Leather Bicycle Seat

*Michael A. Dillon*

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When the company where he worked was acquired in the midst of one of the country's most severe recessions, Mike Dillon found himself without a job. It's a story common to many, but Dillon's response was far from expected. Instead of searching for new employment, he bought a bicycle, loaded it with camping gear and pedaled alone across the United States. Changing Cadence recounts the story of Dillon's travels through the farming and fishing communities of the South; the ranch lands and Bible Belt of Texas; the lonely deserts of New Mexico and Arizona; and finally up the coast of California. Along the way, he crosses paths with others who share his need for wanderlust: the brokenhearted woman from London exploring the West alone on a motorcycle; the pair of college students walking across the country in support of the Tea Party; the woman hiking the circumference of the country on a prosthetic leg (along with her three-legged dog); and fellow cyclists like Don, a middle-aged, yarn-spinning, former Marine with a grey ponytail and a penchant for McDonald's Egg McMuffins. Over the course of more than 3,500 miles, Dillon rediscovers himself, his family and his country, and learns that it's never too late for a little adventure.

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