



**Downhills Don't
Come Free**
*One Man's Bike Ride
from Alaska to Mexico*

Author
Jerry Holl

Category
Sports & Recreation
Travel
Adventure

Soft Cover
978-1942545446
\$16.95

eBook
978-1634899413
\$9.99

Availability
Itasca Books
Amazon.com
Apple
Google Books
Barnes & Noble
downhillsdontcomefree.com

FOR IMMEDIATE RELEASE

Contact: Jerry Holl
holljerry@gmail.com
www.downhillsdontcomefree.com



**One Man. One Bike. One Tent.
Without a Doubt, One Hell of an Adventure!**

Award-winning true story tells how a fifty-seven-year-old inexperienced and untrained distance cyclist pedaled his way solo across two countries, encountering “everything weird and wondrous North America had to offer”

Not too many folks have quit their corporate careers at age fifty-seven to embark on an epic adventure, especially when their most trusted companion is a bike they don't know how to fix.

Jerry Holl isn't most people, so he did exactly that. In his inspiring true story of resilience, strength, and overcoming fear, Holl reveals how his journey forever altered his life and why he embarked on it in the first place.

In *Downhills Don't Come Free: One Man's Bike Ride from Alaska to Mexico*, Holl chronicles his anesthetized daily corporate routine and his fear of what he calls “this living death.” Having read every adventure story ever written, he wondered how he'd measure up if he embarked on his own adventure. His subsequent fifty-one-day journey from Anchorage, Alaska, to the Mexican border was replete with bad weather, flat tires, hair-raising roadways, and unpredictable grizzly bears. Holl notes that only a fool would have kept going.

He reflects, “I was just the right kind of fool. This is a story about personal initiative, personal R&D, my quest for explosive growth, and about creating my own new future instead of waiting for it to just happen or expecting someone else to create it for me. Unforeseen and unbelievable opportunities have come as a result, and I believe they can come for anyone who dreams big and mindfully proceeds in the face of uncertainty”

Downhills Don't Come Free is the recipient of the following honors
2017 Book Excellence Award, Finalist, Adventure Category
2018 IPPY Award, Bronze Medal, Sports / Fitness / Recreation Category
2019 eLit Book Award, Gold Medal, Sports / Fitness / Recreation Category

“This book is an **EPIC adventure tale** that needs to be added to your collection. This book encourages you to overcome your fears, take calculated risks, and accept hospitality from complete strangers and it will even inspire you to plan your next trek so that you too will not give up on life and accept aging as most people do... This is one of my all-time favorite books that I have ever read...and now I'll begin reading it a second time. If you are looking for a feel-good experience that will leave you eager to achieve more in your life, start here, read this book, and get ready for your spirit to be forever changed!” ~ **Patrick Snow, international best-selling author of *Creating Your Own Destiny***

“*Downhills Don't Come Free* is a wonderful book! The whole concept of ‘finding your stretch’—that challenging place where you feel most alive—imbues the book with an energy and vitality that jump from the page. It is, in the end, an ode to persistence, endurance, and follow-through, and a celebration of living life fully and ecstatically. This book is not just for those who want to take a similar adventure but for anyone looking for their ‘stretch,’ be that physical, mental, or emotional.” ~ **Dale Griffiths Stamos, Emmy-nominated writer, poet, teacher, and director**

Author: Jerry Holl is an award-winning author, a dynamic speaker and a relentless optimist. His messages are entertaining, informative, inspirational and 100% authentic. He's also an independent business consultant, and weekend warrior. He holds an engineering degree, an MBA, and has over three decades of sales and leadership experience. Jerry resides in Minnesota with his wife and has three grown children. For more information, visit www.downhillsdontcomefree.com. For speaking events and bulk orders, please contact the author at 612 804-2420 or holljerry@gmail.com.