

Published Writers of Rossmoor Featured Author for March 2016 -
Lynne Ashdown

Barbara Kirbach, PWR Publicity Board Member and Featured
Authors Coordinator

Published Writers of Rossmoor (PWR) will feature Lynne Ashdown, author of "One American Woman, Fifty Italian Men: A Journey of Cycling, Love and Will," in the Rossmoor Library throughout March.

Based on a true story, the book traces the author's remarkable, near 1000-mile journey on a bicycle from Verona, Italy. She first traversed northern Italy; then rode through Austria, Czechoslovakia and Poland. The destination

was Warsaw. The physically demanding ride was completed in just 10 days. This multi-country adventure was the first cycling tour into the formerly closed Eastern Europe since the borders opened in 1990.



The book describes her journey of adventure, romantic disaster and cultural collision; it also provides insights into Ashdown's changing identity, which was forged by her will to endure the constant pain of trying to keep up with other more experienced male cyclists.

Ashdown says she grew up roaming the hills of Oakland, pretending to be an explorer. Fulfilling a lifelong dream, she became a singer-guitarist playing in venues around the Bay Area.

Years later, her mother "bribed" her to stop singing in return for paying her way through college. She seized the opportunity and earned a BA from UC Berkeley in Third World Development Studies. She moved to Rossmoor from Tucson last summer.

Besides cycling in Eastern Europe, the author has also cycled through Germany, Austria, France, Italy, and Greece and the western half of the US. Also, in 2005, she walked more than 400 miles across Spain, on the *Santiago de Compostela* Pilgrimage Trail.

A longtime *feng shui* practitioner, Ashdown has also written another book, "Twenty First Century Feng Shui for Your Home Office," which will soon be published. In addition, she has written articles for "Bicycling," "Adventure Cycling" and other magazines and newspapers.

"What a gutsy lady," one reviewer wrote. "Her passion for cycling shimmers on every page...Who knows? It may even encourage some people to get off their duffs and cycle."

The book, which was published by Wheatmark in 2013, is now available through Amazon and is in circulation in the Rossmoor library.

Lynne may also be contacted directly via email; her email address is, lynneashdown@yahoo.com.