



In the summer of 2017, ultra runner Clay Williams hopped on his Harley and rode west. It was initially planned as a break from work and developed into a journey, an opportunity to say some goodbyes, visit some old friends, make some new ones, and revisit some old haunts. Each day on the bike took his body and his focus west and north, and his memories further and further into his past. This book is a sort of travel log; about a journey westward and then home on a motorcycle; about a journey back into a personal history that had been intentionally tucked out of sight; about the physical journey of an ultra distance runner; and about the family history that led to the development of a mental health advocate.

All profits from the sale of this book will be donated to the Mood Disorders Society of Canada's Defeat Depression campaign.

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