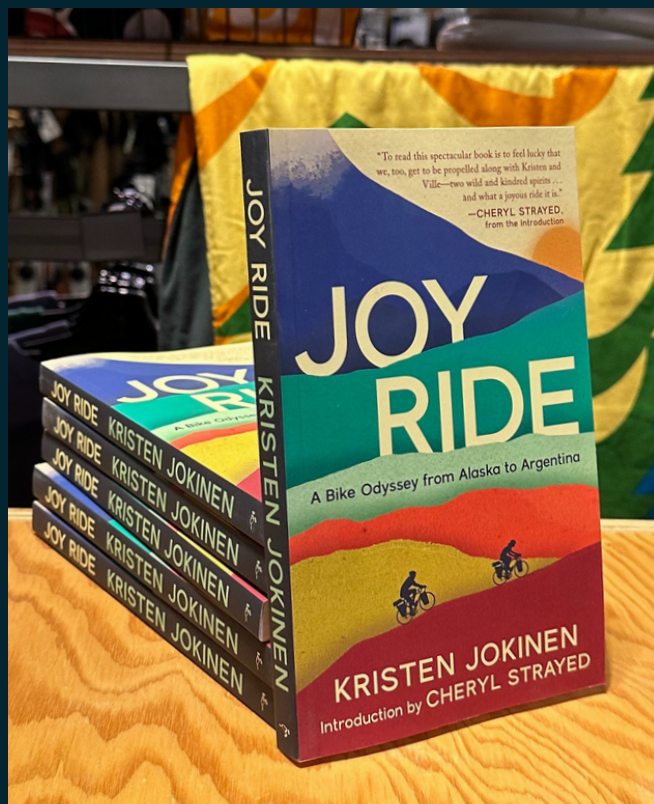


Joy Ride: A Bike Odyssey from Alaska to Argentina

Bear attacks near Canada, dog bites in Peru, dengue fever, and a two-year—18,000-mile—bike trip from Prudhoe Bay, Alaska to Ushuaia, Argentina.

Explorers Kristen and Ville Jokinen met and fell in love while scuba diving in Vietnam. Ville then left his native Finland to join Kristen in Oregon and together they embarked on a life-changing two-year cycling adventure covering 18,000 miles from Prudhoe Bay, Alaska, to Ushuaia, Argentina. Despite never having cycled further than around the block, they persevered unrelenting, punishing rain and wind, altitude sickness, dog attacks, bike accidents, and countless flat tires to cycle between the ends of the earth.

Kristen and Ville believe that kindness connects us to our shared humanity. They held babies, attended quinceañeras, drank pulque, played soccer, and visited schools. People in Mexico, Central America, and South America invited them into their hearts and homes, allowed them to camp in their fields and farms, and acted as personal tour guides. Kristen and Ville are love on wheels, and who doesn't need a little more love in their lives?



Reach out to me with any other questions you have using the contact details below.

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Quick Facts

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Excerpt

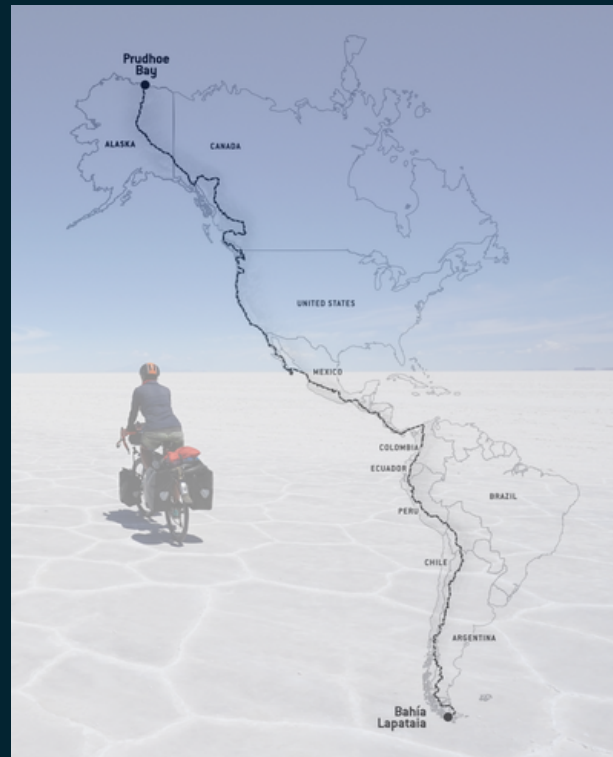
Chapter 17

I guzzled a bunch more water trying to compensate, filling my belly until it bulged. Sometime within the next half an hour of riding, I finally felt the urge to pee. I left Ville to hold my bike on the shoulder of the road and skittered into the bushes in an overgrown vacant lot and squatted to pee. Only the tiniest amount came out, followed by a burning fire. In my young life I suffered through a handful of bladder infections, so painful it had always ended in emergency room visits followed by the maximum amount of antibiotics allowable. I knew this fire was a bladder infection.

We were in the middle of nowhere in the mountains between the border and a village called Chancuva with no clue where to find a doctor. This brought instant anxiety and tears to my eyes.

I pulled up my pants, waddled back to Ville, and told him the grim news. He suggested we ride until we found somewhere to pull over and get cold water and electrolytes. With my burning fire, I climbed back in the saddle and kept pedaling south until we came to a roadside tienda and makeshift restaurant, specializing in bagged chips and soda.

Ville told the sweet, smiling lady behind the counter that we needed water and electrolytes. I went to find her toilet, basically a hole in the ground with a ratty half-used toilet paper roll next to it. And still the fire.



■ Cheryl Strayed

BEST SELLING AUTHOR OF 'WILD'

"To read this spectacular book is to feel lucky that we, too, get to be propelled along with Kristen and Ville—two wild and kindred spirits, and what a joyous ride it is."

■ Tommy Ford

U.S. SKI TEAM, THREE-TIME OLYMPIAN, NINE-TIME NATIONAL CHAMPION, TEAM WORLD CHAMPION

"If you are looking for inspiration to go on an epic, rollercoaster of an adventure, read this book."



Biography

■ **Amanda Knox**

AUTHOR OF "WAITING TO BE HEARD: A MEMOIR"

"Full of hijinks and heartbreak, Joy Ride is a celebration of the human spirit, an entertaining journey about the lengths we can and will go to live our lives fully, deeply, triumphantly."

■ **Kristen Simental**

FOUNDER OF FIVE SOUTH JOURNAL

"'Joy Ride' alone is an inspiring victory, but its authorship and publication by women make it even more inspirational."

Venturing from the farm to the great unknown, Kristen set out to experience the world as a hungry, young nomad with nothing but a backpack and a solid pair of shoes.

Traveling light and always on the move, she found time to study and learn new skills along the way,

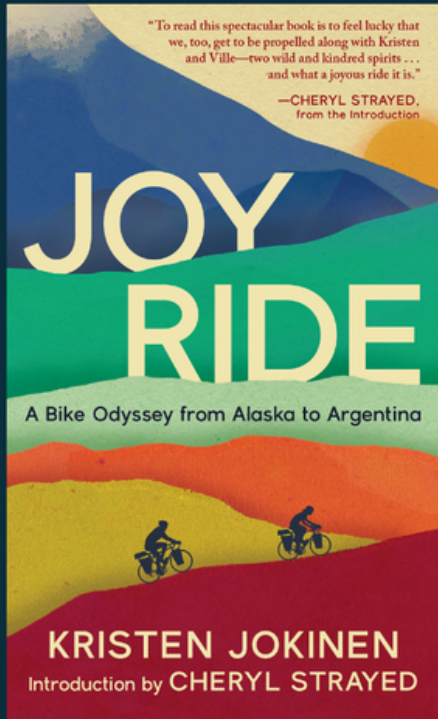
at one time working as a wild land firefighter, a teacher, a real estate agent, and eventually an international speaker and author.



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Press Release



Joy Ride: A Bike Odyssey from Alaska to Argentina

Kristen Jokinen with an
Introduction by
Cheryl Strayed

Available May 2023

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Dengue, Dogs, & Bears: Couple Chronicles 18,000-Mile Bike Journey in New Book 'Joy Ride'

PORTLAND, OR. – Bear attacks near Canada, dog bites in Peru, dengue fever, and an 18,000-mile bike trip from Prudhoe Bay, Alaska, to Ushuaia, Argentina. These are some of the perils Kristen and Ville Jokinen faced along their two-year journey, all chronicled in Kristen's new book, *Joy Ride: A Bike Odyssey from Alaska to Argentina*.

While the couple encountered adversity, they also experienced incredible beauty and unimaginable kindness along the way. Kristen's *Joy Ride* is not only a story that inspires others to brave their own emotional or physical journeys, but one that demonstrates how—with patience, determination, friendship, and understanding—we can endure hardships and accomplish the seemingly impossible.

In her introduction to *Joy Ride*, author **Cheryl Strayed** said, "This spectacular book, what a joyous ride it is." Readers will ride along with the Jokinens on their incredible journey, experiencing the beauty and harshness of the road. *Joy Ride* is a must-read for anyone who dreams of embarking on their own adventure and finding the courage to pursue their goals.

Published by Portland, OR-based Hawthorne Books, *Joy Ride: A Bike Odyssey from Alaska to Argentina* is now available for purchase via all major online retailers.

Here's what others are saying about *Joy Ride*:

"If you are looking for inspiration to go on an epic, rollercoaster of an adventure, read this book."

—**TOMMY FORD**, U.S. Ski Team, 3-time Olympian, 9-time National Champion



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"*Joy Ride* is a celebration of the human spirit, an entertaining journey about the lengths we can and will go to live our lives fully, deeply, triumphantly."

—**AMANDA KNOX**, *Waiting to Be Heard: A Memoir*

"Fasten your seatbelts, you are in for a ride of a lifetime.."

—**LEE MONTGOMERY**, *The Things Between Us*

"[*Joy Ride*] might be the inspiration for you to drop everything and live the kind of life you've only dreamed of."

—**CHRISTOPHER ROBINSON**, *Deliver Us: A Novel*

"*Joy Ride* alone is an inspiring victory, but its authorship and publication by women make it even more inspirational. Their achievements defy stereotypes, empower aspiring writers, and underscores the importance of female voices. It serves as a poignant reminder to follow our dreams and break down barriers."

—**KRISTEN SIMENTAL**, *Founder of Five South Journal*

A media kit, including photos and videos, is available here
<https://tinyurl.com/joyridepresskit>. For interviews, podcast appearances, or media inquiries, please contact:

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Hawthorne Books, Portland, Oregon

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Interview Questions

What inspired you to do this ride?

The voice of reason doesn't exist in either Ville or me. We are committed to living the fullest life possible and are willing to do anything to achieve that. And so, when this idea was presented somewhere in the wilds of Washington, there was no guardrail and we sailed right off that cliff and into the great unknown called The Next Adventure – Riding bikes from the top of the world to the bottom.

How do you spend all day together?

I think that is the easiest part. I enjoy being with Ville. We don't take ourselves too seriously and we enjoy our sense of humor. It makes life fun. Also, when riding we had to ride in single file most of the time, so we were alone. We spent breaks, lunch, and the end of the day together.

What is something you learned from this adventure?

This world is full of kind people. Generally, we are all seeking the same things, health, happiness, and the best for our families. When given the opportunity we want to help each other. Also, you get what you give. Remember, a smile goes a long way.

Did you ever want to quit?

No, but we hoped nothing happened that would force us to quit. When I had a virus, we think possibly Dengue Fever, that was the closest we came to a forced end to the ride. I was still sick and out-of-shape climbing into the Andes so it took a lot of determination and drive to keep going, but it was better than quitting.

What advice would you have for someone who dreams about embarking on an adventure?

No better time than now. Don't over-plan. In fact, it's best to not make a plan. The best-laid plans will always change. Plus, new opportunities you hadn't known existed will present themselves along the way, and if you're scheduled it's hard to deviate. Without a plan, the world is your oyster. The big picture can be overwhelming, so tackle things day by day.

Why is it important to share your story?

We believe that for all the kindness that has been shown to us and positive things that have happened to continue, they must be shared. We owe it to the people that have done so much for us. Also, we need to see the potential to know anything is possible. I hope we inspire others to walk the path that is true to themselves.