

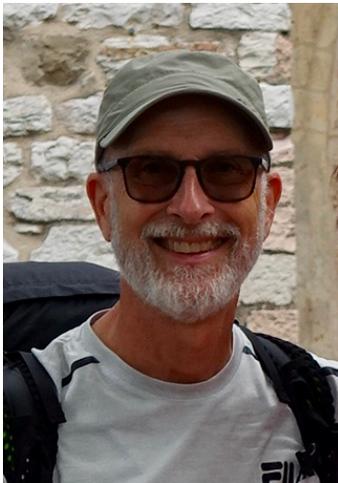
About the Book: Since before the year 1,000 AD millions of pilgrims have walked to Santiago de Compostela, in Northern Spain, believed to be the burial place of the Apostle James. Since the 1980's there has been a modern resurgence in the ancient pathway, with over 300,000 completing the pilgrimage annually.

For Russ Eanes, trekking 500 miles on the ancient Camino de Santiago was not just an item to check off his bucket list. It was a journey he had dreamed of taking for decades.

At age 61, with his children grown, he was too young to retire but wise enough to know that he needed to reorient the hurried pace of his life. He left his work and took a sabbatical to "reset" himself, and the first step was to head to the Camino.

With everything he needed in a 16-pound pack and, equipped with a set of seven simple principles, he took off from St. Jean Pied de Port, France, to walk, as pilgrims have for twelve centuries, across Spain, to realize his dream. It was the Walk of a Lifetime.

In a style that is part personal memoir and part travel memoir, he combines history, spirituality, coffee, culture and humor into an engaging journey of personal rediscovery.



About the author: Russ is a writer, walker and cyclist from Harrisonburg, Virginia. He has several decades experience in the publishing business, most recently as the Executive Director of MennoMedia and Publisher at Herald Press, the publisher for the Mennonite Church in the U.S. and Canada. He now works full-time as a freelance writer, editor and publishing consultant and coach.

He grew up in the suburbs of Pittsburgh, Hartford and Chicago, where he spent as much of his time as he could in the outdoors. From an early age he had ambitions to become a writer and to travel the world.

He graduated from Indiana University with a degree in English in 1979 and from Boise State University with a Masters in Public Administration. He also studied theology and pastoral ministry at Southern Seminary.

In addition to his work in publishing, he has worked for several decades in ministry, including work as a pastor and a coordinator of local services

for people living in impoverished communities. He has also been a university administrator.

Even as a book publisher, he says that he never dreamed of writing his own book. Writing *The Walk of a Lifetime*, was a project which he says was as much of an adventure as walking the Camino de Santiago itself.

Besides walking and cycling, he enjoys reading, gardening, photography, making music and spending time with his family, and continues to have a passion for the outdoors and for the environment. He lives in Harrisonburg, in the Shenandoah valley of Virginia with his wife, Jane, several of his adult children and his five grandchildren.

Russ enjoys speaking to groups, both locally and far away, about the Camino de Santiago, trekking as a way of touring for older adults, about the importance of pursuing dreams as one grows older and about writing his first book at age 62.



The Walk of a Lifetime: 500 Miles on the Camino de Santiago

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Foreword by Arthur Boers

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Available at Ingram, Amazon, Barnes and Noble, Apple, and at www.russeanes.com

The book is available locally from the author

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Media Stories, Interviews, Podcasts and author events

- Featured in the AARP magazine online, June 2020: [5 Retirees Find Purpose in Their Second Act Careers](#)
- Interviewed on the Retirement Revised Podcast with Mark Miller, February 17, 2020. [Late-career burnout: How to adjust your mindset about work.](#)
- Appeared at WMRA's Books & Brews, February 11 & 12, 2020, see [interview on WMRA](#).
- Career Pivot Podcast, August 25, 2019, [Russ Eanes turns the Walk of a Lifetime into a writing and consulting career.](#)
- Weathering the Pandemic: [Career Pivot Podcast Feb 2021.](#)
- [Pasos del Camino interview](#) on YouTube, June 2021.
- [WSVA Radio interview](#) on the Early Morning Show with Jim Britt. (Local media) June 16, 2021.
- [Camino Café podcast](#), on YouTube, Sept. 2021.

Endorsements from other authors:

The next time you hear someone announce the final demise of God or Christianity or religion – take your pick – recommend they take a walk on the Camino de Santiago. If they can't do that for some reason, then give them this wonderful book.

– Arthur Boers, author of *The Way is Made by Walking: A Pilgrimage Along the Camino de Santiago*

Books on the pilgrimage to Santiago de Compostela are many, but few capture the richness of the experience as well as Russ Eanes' *The Walk of a Lifetime*. It merits a slow reading so that its spiritual and human truths might be deeply savored. Russ shares not just details of his walk along the Camino de



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Santiago in Spain, but the grace that carried him forward and left its mark on his heart forever. I am grateful for the telling of his pilgrim story for it is the story of many.

—Kevin Codd, author of *To the Field of Stars: A Pilgrim's Journey to Santiago de Compostela*.

What sets *Walk of a Lifetime* apart from the many hundreds of other Camino books is the clarity of the writing, the vivid descriptions and the author's sheer sincerity which shines through as he narrates his journey along the Camino Francés. I enjoyed reading this book. You will too.

—Johnnie Walker, author of *It's About Time: A Call to the Camino de Santiago* and Camino guidebooks

Russ Eanes has created a lovely travelogue that is blessedly bathed in his prayerful, positive and cheerful outlook. *The Walk of a Lifetime* reminds us all that the path may at first seem to be an ordeal of obstacles and challenges, but if you're open to it, it becomes a transformative experience, filled with friendships and laughter and joy. It was great fun to read Russ's memories, and hear in them a call to be back out on the trail again, meeting people like Russ who bring their joy to each footstep."

—Sandy Brown, pilgrim guide and Camino guidebook author

Reading his book was like getting to walk the Camino all over again. As I plan my own return to the Camino this year, reading Eanes' account of the villages and their lessons gave me butterflies as I begin to anticipate my own journey... Some Camino memoirs make you wish that you had had the opportunity to walk alongside the author. Eanes' is one of those. And yet he does invite us to walk alongside him on his journey, sharing with us the scenery as well as his innermost thoughts and struggles. Walking with him was an absolute delight.

—Roni Jackson-Kerr, reviewed in March 2020 *La Concha*, quarterly newsletter of the American Pilgrims on the Camino

What Camino Pilgrims are saying:

I've walked the Camino Frances three times as well as other English, Spanish and Italian pilgrimages and hikes. So—it takes a unique book on this subject to capture my heart and mind and to be deemed worthy of shelf space in my Camino library. *The Walk of a Lifetime* is written in a way that made me feel as if I were walking with an old friend. By the end of the book, I felt my feet itching for the trail, my head cleared, and my heart light. Whether you are a past or future pilgrim or only want to "travel" the Camino on a path of words, I encourage you to read this book.

—Ann Loar Brooks

I own over 35 Camino books and this is easily one of the top 3 Camino books I have read... reads like a conversation over a cup of coffee with the author!

—Scott Pierengeli

Reading Russ Eanes' *The Walk of a Lifetime* was the next best thing to doing the entire Camino. I felt like I was walking with him every step of the way. If you can, do the Camino. If you can't (at least this year), read the book.

—David Brubaker, Dean Eastern Mennonite University

Beautifully written and authentically capturing just what makes this pilgrimage live forever inside the those that have walked the Way! Well done peregrino!

—David Mangiacaro

What readers are saying:



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Just finished Russ' book... loved every page. His writing took us on the journey with him. I laughed, felt the urge to slow down and pause to reflect on the many spiritual gems he offers us throughout the book... I loved his feast at the Albergue Fenix!

– Velleda M.

There is surely no way that reading a book is anything like experiencing a Camino pilgrimage in person. Eanes makes the journey come alive, offers insight into his personal quest, and introduces us to fascinating fellow pilgrims from around the world. The book is a creative blend of spiritual reflection and practical advice for those considering a similar challenge.

—Loren Swartzendruber.

The style of relating his personal growth interspersed with tales of the trail, both humorous and otherwise, keeps one turning the pages in anticipation of what comes next, much like the daily pace of the Camino. One of the few books I have wanted to never end, perhaps reflecting the feelings of the pilgrim nearing the end.

– R.Rich

The author created an expansiveness in me as I imagined walking my own Camino while immersed in his tale... and it opened my mind to the possibility of the soul's journey that may unfold step by step given the invitation.

—Debra Livingston

...a well written well researched work. Loved the descriptions of both the stunning beauty, emotional ups and down, the albergues, the physical challenges and the food—could almost smell the coffee!

—Maureen Mavrinac

