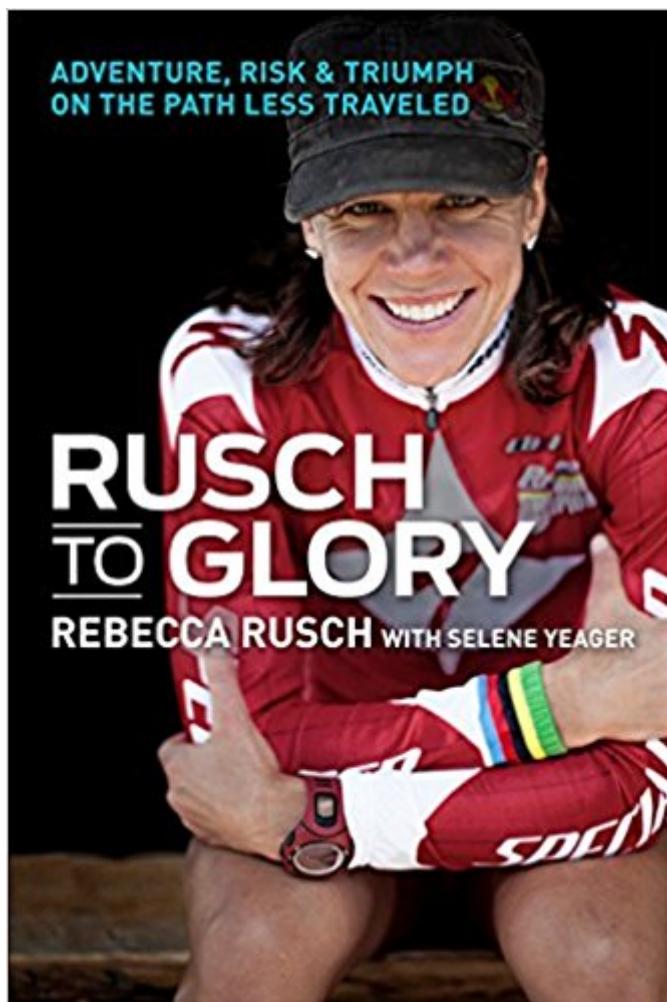


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Rusch To Glory: Adventure, Risk & Triumph On The Path Less Traveled



Synopsis

Rebecca Rusch is one of the great endurance athletes of our time. Known today as the Queen of Pain for her perseverance as a relentlessly fast runner, paddler, and mountain bike racer, Rusch was a normal kid from Chicago who abandoned a predictable life for one of adventure. In her new book *Rusch to Glory: Adventure, Risk & Triumph on the Path Less Traveled*, Rusch weaves her fascinating life's story among the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Rusch has run the gauntlet of endurance sports over her career as a professional athlete-- climbing, adventure racing, whitewater rafting, cross-country skiing, and mountain biking--racking up world championships along the way. But while she might seem like just another superhuman playing out a fistful of aces, her empowering story proves that anyone can rise above self-doubt and find their true potential. First turning heads with her rock climbing and paddling skills, Rusch soon found herself spearheading adventure racing teams like Mark Burnett's Eco-Challenge series. As she fought her way through the jungles of Borneo, raced camels across Morocco, threaded the rugged Tian Shan mountains, and river-boarded the Grand Canyon in the dead of winter, she was forced to stare down her own demons. Through it all, Rusch continually redefined her limits, pushing deep into the pain cave and emerging ready for the next great challenge. At age 38, Rusch faced a tough decision: retire or reinvent herself yet again. Determined to go for broke, she shifted her focus to endurance mountain bike racing and rode straight into the record books at a moment when most athletes walk away. *Rusch to Glory* is more than an epic story of adventure; it is a testament to the rewards of hard work, determination, and resilience on the long road to personal and professional triumph.

Book Information

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Customer Reviews

Ã¢ "Rusch to Glory tells the story of Rebecca Rusch, a 38-year-old whose sporting career has had more twists and turns than the singletrack upon which she currently dominates the sport of ultra-endurance mountain biking. In this autobiography written with BicyclingÃ¢ "s Fit Chick, Selene Yeager, Rusch shares the story of her incredible career as an endurance athlete. Rock climbing, adventure racing, whitewater rafting, cross-country skiingÃ¢ "nothing has proven too tough for Rusch.Ã¢ "• Ã¢ "¢ BicyclingÃ¢ "Dubbed the Queen of Pain by one adventure sports publication, Rusch would rather think of herself as the Queen of Perseverance.

SheÃ¢ "¢s not the strongest, the tallest or the fastest athlete out there, but she prides herself on never giving up.Ã¢ "• Ã¢ "¢ Sports IllustratedÃ¢ "Rusch to Glory is an easy read about the rise of Rebecca Rusch from an average Chicago kid to one of the best known female cyclists in the country and the determination it took to get there.Ã¢ "• Ã¢ "¢ OutsideÃ¢ "In a world that too often settles for mediocrity and conformity, Rebecca knows that the secret to success is being your best in all you do. And once you establish that baseline, you push through it.Ã¢ "• Ã¢ "¢ Mark Burnett, producer of Eco-Challenge and Survivor, from the foreword to Rusch to GloryÃ¢ "There is perhaps no one who defines Ã¢ "œjack-of-all-tradesÃ¢ "¢ better than Rebecca Rusch. For more than 20 years, Rusch has explored her physical ability full of determination, without relent. Her drive as an ultra-endurance athlete and one of the most successful endurance mountain bikers in the world has brought her to success in just about every kind of adventure sport imaginable. Her compelling story of disappointment, heartbreak, and resilience is recounted in her book.Ã¢ "• Ã¢ "¢ VeloNews.comÃ¢ "Rusch to Glory is an easy readÃ¢ "¢just sit back and relax and follow Rusch through her various endeavors. She does all the suffering, so you don't have to. It may be the perfect book to give an aspiring young female athlete who is or will soon confront her own demons. When facing or about to face these kind of obstacles on the path to success, it's nice to know you're not alone and have a good example to follow.Ã¢ "• Ã¢ "¢ CyclingNews.comÃ¢ "RebaÃ¢ "¢s 50% hard core racer, 50% advocate, 50% adventure seeker, and 100% inspiration. That adds up to 250%, which is just about right for her. And if you donÃ¢ "¢t already want to be just like her (I do), you will by the time you read the fun, funny, and always-down-to-earth story of her life. [Rusch to Glory] is a fantastic book, by a fantastic person.Ã¢ "• Ã¢ "¢ Fat CyclistÃ¢ "Rebecca Rusch turned to the bike to cement her position as one of the best endurance athletes in the world.Ã¢ "•

Ã¢ ¸ VeloNewsÃ¢ ¸ “Rebecca is probably the greatest endurance mountain biker in historyÃ¢ ¸ male or female.Ã¢ ¸ •Ã¢ ¸ ¸ Singletrack magazineÃ¢ ¸ “You name it, Rebecca Rusch has tried itÃ¢ ¸ ¸ get inspired by her adventures mountain biking, white-water rafting and climbing in exotic locations around the world.Ã¢ ¸ •Ã¢ ¸ ¸

Triathlete.comÃ¢ ¸ “When your nickname is Ã¢ ¸ “The Queen of Pain,Ã¢ ¸ ¸ you probably have some good stories.Ã¢ ¸ •Ã¢ ¸ ¸ Colorado Public RadioÃ¢ ¸ “Written by multi-world and national champion mountain bike racer Rebecca Rusch (with BicyclingÃ¢ ¸ ¸’s Selene Yeager), Rusch to Glory contains plenty of tales of riding and racing. But itÃ¢ ¸ ¸’s not really about the bike, as they say. ItÃ¢ ¸ ¸’s about what you can achieve in all walks of life if you have tenacity, perseverance, and the courage to try when youÃ¢ ¸ ¸’re afraid of failing. You may never river-board the Grand Canyon in the dead of winter or break records at the Leadville 100. But youÃ¢ ¸ ¸’ll turn the last page inspired to face down a few of your own demons and find some adventures yourself.Ã¢ ¸ •Ã¢ ¸ ¸ Bicycling.comÃ¢ ¸ “You name it, Rebecca Rusch has tried itÃ¢ ¸ ¸ get inspired by her adventures mountain biking, white-water rafting and climbing in exotic locations around the world.Ã¢ ¸ •Ã¢ ¸ ¸ Triathlete magazineÃ¢ ¸ “The Queen of Pain continues to be one of the driving forces in the world of mountain bikingÃ¢ ¸ ¸|Ã¢ ¸ ¸

Mountain FlyerÃ¢ ¸ “Rebecca Rusch of Ketchum is among the best endurance athletes on the planet, and how that happened is a fascinating story and a great read. She got a taste for adventure as a rock climber, then spun that into an adventure racer and mountain bike racing with lots of detours on the route to becoming a world champion. ItÃ¢ ¸ ¸’s an autobiography, adventure tale and inspiration for anyone who loves the outdoors. ItÃ¢ ¸ ¸’s told with humility and honesty.Ã¢ ¸ •Ã¢ ¸ ¸ Idaho StatesmanÃ¢ ¸ “The book is a smooth read and a revealing and inspiring trip. I recommend it to anyone who is pursuing or is pondering the pursuit of a fit and active life.Ã¢ ¸ •Ã¢ ¸ ¸ CyclingWest.comÃ¢ ¸ “Rebecca’s book Rusch to Glory is as unique as she is, yet her journey toward achievement is universal and will touch anyone who has yearned to do more. Her book reminds me in many ways of one of my favorite books, Wild by Cheryl Strayed. Rusch to Glory pulls you along on an amazing, fascinating, courageous, yet very human, imperfect, and vulnerable journey.Ã¢ ¸ •Ã¢ ¸ ¸ Patti DeNucci, author and speakerÃ¢ ¸ “Rebecca Rusch is proof that will and tenacity are far more important than any other life skill a person can possess. It’s not just about the athletic feats, no matter how numerous and ludicrously awesome hers are. The fact that she succeeded, time and again, at a new sport (and a new life!) is a testament to hard work, intellectual curiosity, teamwork, and the attitude of a champion. And that lives in all of us.Ã¢ ¸ •Ã¢ ¸ ¸ Robyn Benincasa, World Champion

Adventure Racer, CNN Hero, Guinness World Record Holder, Founder/Minister of Dreams, Project Athena Foundation
Rebecca Rusch [was] not just one of the top female racers out there, she [was] flat-out one of the best all-around [adventure] racers of either sex.

Jacques Boutet, professional adventure racer

"In a world that all too often settles for mediocrity and conformity, Rebecca knows that the secret to success is being your best in all you do. And once you establish that baseline, you push through it."

-- MARK BURNETT, producer of Eco-Challenge and Survivor

REBECCA RUSCH has run the gauntlet of endurance sports over her career as a professional athlete-- climbing, adventure racing, whitewater rafting, cross-country skiing, and mountain biking--racking up accolades and world championships along the way. But while she might seem like just another pro playing out a fistful of aces, her empowering story proves that anyone can rise above self-doubt and find their true potential. First turning heads with her climbing and paddling skills, Rusch soon found herself spearheading adventure racing teams. As she fought her way through the jungles of Borneo, raced camels across Morocco, threaded the rugged Tian Shan mountains, and river-boarded the Grand Canyon in the dead of winter, she was forced to stare down her own demons. Through it all, Rusch continually redefined her limits, pushing deep into the pain cave and emerging ready for the next great challenge. At age 38, Rusch faced a tough decision: retire or reinvent herself yet again. Overpowering a lack of skill with her relentless drive, she shifted her focus to endurance mountain bike racing and rode straight into the record books at a moment when most athletes walk away. Rusch to Glory is more than an epic story of adventure; it is a testament to the rewards of hard work, determination, and resilience on the long road to personal and professional triumph.

If you are looking for inspiration, pick up this book and read it! You will learn the life story of Rebecca Rusch, an incredible female athlete who tells her story of overcoming fear and obstacles to pursue a mission of adventure. What I love about her tone in the book is she never talks down to the reader. She doesn't present her athletic talent as some kind of God-given gift that completely separates her from the reader. Instead, she explains that much of her success comes down to plain old HARD WORK and perseverance, something that we can all apply in our lives. She then applies this hard working attitude to helping her community through both her work as a fire-fighter and as an event leader that brings significant economic benefit to her hometown. We all have something to learn from Rebecca's story. Don't miss this book!

Let's say there's something you've always wanted to do. It might be running 5km, going whitewater rafting or learning to ride a mountain bike. You want to do something like this but you think you can't. If this describes you, then I strongly recommend that you read this book. Rebecca Rusch is a world-class endurance athlete who reached that status by facing her fears, taking calculated risks, working hard and not giving up. Her message is simple; if she can do it, so can you. A lot of people might say 'yes, but I'm just me!' Rebecca's point is that everyone is 'just me' for themselves. If you want it badly enough and are willing to put in the work, you can achieve your goals. Rebecca is down-to-earth, humble and very easy to relate to. She is honest about the issues she has struggled with, which include an eating disorder and the death of her father in the Vietnam War. This has not been an easy journey for Rebecca. Her story is very inspiring. I've put sticky notes in the book so I can quickly find helpful passages when my running isn't going well or I need a boost. I really can't recommend this book highly enough. It's worth your time and you won't be disappointed.

Having recently chosen cycling as my newest pursuit--at nearly 44 years old--I was searching for some inspirational reading to keep me focused. I hit the jackpot with this book! Rebecca takes the reader through the adventures of her life without an ounce of ego and does it with the voice of a writer as opposed to cocky professional athlete. I've read dozens of autobiographies in my life and this one easily makes the podium as one of the best. As opposed to Jens Voigt's autobiography, which was my first attempt at a cycling based book, this book is written in a smooth, professional style. Voigt's exploits may have come on a bigger stage in the shadows of legends like Armstrong and Indurain but his retelling is all "me, me, me" and "I, I, I". Rusch composed a thesis compared to the elementary writing style of Voigt's book. If there is ever any doubt you can push on, as an athlete or just at Life, Rebecca Rusch should be Required Reading.

Every sport needs heroes. They inspire us. They bring us to the edge of our seats. They encourage us to be more than who we are. More importantly, they sell us on sports. In terms of stardom, mountain biking got off to a slow start. If you asked ten people to pose the biggest name in MTB off the top of their heads, you'd hear ten different names. I believe that might never change and for good reason. Rusch to Glory is a story about embracing pain and chasing dreams. Rebecca's climb was awkward but ambitious and full of adversity. She embraced the struggle and built a career out of it. She might very well symbolize the kick off of a new age. An age where athletes begin their careers in their forties and continue on for many years. Granted Rebecca started much younger as an adventure racer but most anyone who hops on a mountain bike did something athletic when they

were younger. The point is that age is slowly being removed as an obstacle to our dreams and this is a sport where they can be realized. I'm not saying that Rebecca is our new hero but she is now one of them. I'm saying her story teaches us that we don't need to elbow our way into a narrow spotlight. She's done very well for herself and we all love her but our heroes rarely appear in movies or on talk shows. Our heroes, much like our trails are many and varied. We simply inspire each other. Rebecca's path didn't exist before she carved it but now that it does you can expect many to follow.

This is an absolutely terrific read. This is among the best motivational books i have ever read. I am old (67) and an avid 150 mile per week road cyclist. I am also a Pastor of a Church which is full of Tri Athletes and other cyclists. (1 Iron man so far) I am always excited to see men and women - young and old - who refuse to give in to life's difficulties. This is certainly not a 'Christian' book - but it is a great book about a wonderful young woman (young to me:) who doesn't give up - who is a model of the word persevere and who is giving back to her community and to many others (including me) who want to live life to the end with purpose. Being a Pastor i wish she knew Jesus like i do but she is made in the image of God and certainly is a credit to who God has made her.

Thank you, Rebecca for sharing this story that encourages and inspires all regardless of age, gender or fitness level. I loved the experience I enjoyed in that pages of your book. I was sad that it ended. I am an active 46 year old mom who loves to try all sorts of athletic activities, including mountain biking (which I find few women on the trails). Now I know where to look for some fellow biking women. Rebecca's Private Idaho perhaps? I think so! Here's to seeing you soon! Thank you, again, and God Bless!! Carry on, Sister!!

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