



Rusch to Glory: Making the Journey from Ordinary to Extraordinary

Rebecca Rusch , Selene Yeager

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Rebecca Rusch is one of the great endurance athletes of her generation, but she began her journey toward greatness from an ordinary beginning. A scrawny, asthmatic kid from Chicago who leaned toward lazy, Rusch graduated college with top honors and soon abandoned a predictable life, heading from home to wander the world and find adventure. Borneo, Patagonia, Vietnam Rusch's rambling saw her discover adventure racing, stare down her demons, witness the tragic death of a friend, and jar against the glass ceiling in sports.

Today, Rusch is a 3-time world champion mountain biker and a 4-time winner of the grueling Leadville 100 trail race. This unremarkable kid from Chicago is now known as the Queen of Pain for her remarkable perseverance against all odds. "Rusch to Glory" shows how one woman went from ordinary to extraordinary and how anyone can discover their own greatness."

Rusch to Glory: Making the Journey from Ordinary to Extraordinary Details


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From Reader Review Rusch to Glory: Making the Journey from Ordinary to Extraordinary for online ebook

Hella Comat says

Whether you are a cyclist or not, Rebecca's autobiography (so far) is simply inspirational. She started with climbing, then paddling, then adventure racing (how they survived in some of those hot, high altitude, cold etc. conditions for days and days is amazing), then went on to endurance mountain biking.

She won many 24 hour solo events - after all, she was used to having to race for 10 days, not just one. And she not only won the infamous Leadville 100 - a mountain bike race of 100 miles in Colorado that is almost all above 10 000 ft and includes brutally steep, long climbs - in her first attempt, but she broke the record. Then she went on to win it and beat her own record 2 more times.

And most of her achievements came in her mid to late 30s! She claims that it's not only her physical preparation and fitness, but her mental strength and willingness to endure pain and discomfort that gave her so much success.

Oh, one other tough achievement - she was one of 3 women who, in the winter of 2001, paddled a board down 300 miles of the Colorado River. This was the whole length of the Grand Canyon, with lots of difficult, deadly rapids to navigate. And, they towed their gear too, as it was a completely self-supported trip, taking over two weeks.

I had to breathe a sigh of relief when I finished the book!

Mindy says

Read it in 24 hours. Loved it. Rebecca is amazing and inspirational. Thanks Tarah!

Anita Klimek says

A fantastic, inspiring read. If you're looking for a some motivation, read this. This woman is simply amazing.

Amy Moritz says

I am not a mountain biker. My one and only time on a mountain bike was on a Women's Quest retreat and I pushed it more than I rode it. But I loved the bike anyway and promptly came home, bought a road bike and started my journey into endurance sports. I'm not sure how I was first introduced to Rebecca Rusch but I've been following her on social media for some time so it was about time I read her autobiography.

It's a great tale of her journey into becoming a pro athlete, really by accident. She found adventure racing, loved it, and built her life around it. When that door closed she had the opportunity to find a new adventure

to finish out her sponsorship with Red Bull. Do something amazing, they told her. So she did a 24-hour mountain bike race which, she thought at the time, seemed like a stupid idea.

What I loved about Rebecca's telling of her story is her honesty. So often when I read books about people who take amazing adventures, they skim over the part about fear and risk. Take big risks! That's the message. But Rebecca's message is one of calculated risk -- of knowing her limits and pushing those boundaries with skill and knowledge not necessarily reckless abandon. That speaks to me. So does the part about learning to ignore how other people view you. So does the part about being happy in a way that the quantity and quality of her competition increased each year at Leadville. That made it harder for her to win, but also meant the sport was growing for women and that, it seems to me, made her heart sing.

My bookmarked lines:

"Sometimes all you need is permission to fail in order to succeed."

"I suck What is wrong with me? I feel fat and slow and awful. I should consider a career change." His enthusiastic reply: "Excellent. We're right on track."

"The competition out there made me rise to another level that even I didn't know I could reach."

"It's persevering through adversity, not mechanically putting out watts, that makes an epic journey that much more satisfying."

Raelynn Milley says

A true adventurer, Rebecca Rusch did what it takes to become a professional athlete, she sacrificed many things in order to follow her passions. It paid off and the story is told in an honest, sometimes raw and painfully emotional journey. I felt as if I was sitting in the room with Rebecca telling the story live. When I read about women like Rebecca Rusch I'm puzzled how books like "Wild" could ever lead a reader past page one....read this if you want to be inspired, to set high goals for yourself and to appreciate those who put in the truly hard work not for recognition but because it's who they are!

Tarah says

I love this book. I love the heart and grit of this woman. When I first started reading, I thought, interesting, the writing is simple and plain, a jock's writing, no flowery language or metaphor. It drew me in. I'm sure I enjoyed it more than some because of my active lifestyle and involvement in the community, though I share none of her sports on common. She's a badass with a big heart and I'm inspired by both.

Uros Abaz says

What a life story! Very entertaining read.

Dianne says

Rebecca Rusch is a very successful adventure racer and endurance mountain biker, born in Chicago in 1968. Before reading this book, I had never heard of adventure racing. This involves a competition lasting many days over several hundred miles like 500, and involving some or all activities such as paddling, mountain climbing, biking, rafting, catching and riding horses or camels, in such countries as Borneo, Argentina, Kyrgyzstan or Morocco. Thank you, Hella, for recommending this incredible book about an amazing person.

Nancy Zink says

Inspirational book!

Bruce Crawford says

This is an incredible story. Rebecca Rusch is one of if not THE most amazing athlete I've come across. Endurance racer: climb mountains, kayak, run, hike, swim, cycle, etc. etc. across ridiculous distances in incredibly difficult, demanding, and challenging regions across the world. Then she, at age 38, becomes a world class endurance cyclist: 24.0 hour marathons; 100 mile races. Again in incredible settings. Win the endurance mountain bikers penultimate race: Leadville (that sport's Tour de France), four consecutive times. On and on! This is one amazing athlete. Amazing person.

And the writing, especially describing her experiences throughout certain races, is taut, colorful, grabs you, keeps you on the edge of your seat, exciting!!! The words get you in the moment as best you can imagine what she puts herself through.

This is an amazing story of an amazing woman, Rebecca Rush. Extremely well-written. Buy it. Read it. Share it. And parents of daughters, have them read it. Just: "Wow!"

Jen Pearson says

This is a great adventure read for female athletes and anyone who wants an exciting story. Rusch is an amazing role model.

Jude Woodcock says

she does not seem to realize what a great athlete she is?

Pat says

Intimidating. At first. While reading about Rebecca's Eco-Challenge adventures, while reading of days without sleep, while reading about rappelling 500 foot waterfalls in blizzards and biking hundreds of miles over rough terrain, I just wanted to crawl into bed and never surface and never do anything dangerous again.

As the author started to age and slow down (though slowing down is relative), her adventures started to become more inspirational. Instead of bionic woman only activities, she took up activities that the average person can do. Not on her level, but I could relate to her mountain biking up-hill climbs.

The author not only wrote of her glories, but wrote of her challenges too--both physical and mental--which we can all relate to.

By the end of the book, I was no longer intimidated. I even spent the next two days mountain biking.

Camee says

I loved reading about all of Rebecca Rusch's adventures. From river boarding in frigid water to riding a camel across the desert, there were so many of them I lost count after a while. I especially liked hearing about her dirt bag roots and her evolution from gym rat to crag chick. She also never stuck to one kind of sport - one thing always led to another until she became the well rounded athletic machine she is today. The best part was learning how Rusch didn't get into mountain biking until she was 38! As someone who wants to get into mountain biking and is afraid to try this was very inspiring to me.

Rusch is not only special in terms of her all her travels and athleticism, but also because she is a terrific role model for women and young girls. I loved reading about her efforts to get more girls involved in sports like mountain biking.

This is one of those books that if I have a daughter, I will be sure to push this in her direction. Even if you aren't into sports you will enjoy the tales of Rusch's awe inspiring adventures.

Jennifer says

Recently, I've been on a fitness kick, and as a result, I've had an interest in reading sports books. While I certainly have enjoyed many books about male athletes, I also wanted to read books about female athletes. However, your typical "Top 100 Sports Books" list will have literally 95 or more books written by and about men. Often, even books about female athletes are written by men, and I've found I've already read most of them. Consider this list by The Telegraph - all 50 books are written by and about men, except Seabiscuit (by a woman, about a horse). The SI Top 100 features Seabiscuit, as well as two other books about women. Actually, both are about girls: *In These Girls*, *Hope is a Muscle*, and *Little Girls In Pretty Boxes*. The other 97 books seem to be written by and about men. You get the point. There have obviously been inspirational stories created by female athletes, but I guess no one has written good books about these stories.

Rusch to Glory has been very well reviewed on Amazon, and since I've particularly been on a cycling kick lately, I was excited to read it. Having read it, I have mixed feelings. This is the story of Rusch's life as a professional athlete.

She begins doing adventure racing. These are multiday torture fests in which the contestants try to get from point A to point B via various waypoints, and must do climbing, paddling, mountain biking, horseriding, running and other athletic pursuits along the way. Rusch glorifies her ability and desire to withstand pain. She is unimpressed when teammates want to drop out, and as captain pushes one teammate to the point she must be med-evaced from the course. Rusch herself attributes her lifelong asthma problems to one particularly grueling race at high altitude.

In addition, Rusch's narrative goes sort of like this: I didn't think I could do it. I was scared. My [fill-in-the-blank] was hurting / bleeding / broken. I pressed on anyway, and we finished. I found this theme more repetitive than inspirational.

Rusch eventually loses a friend during an adventure race and decides to take on 24-hour mountain bike racing. From there, she progresses to 100-mile mountain bike races and also dabbles in some shorter races. Rusch finds she is a natural, and here the narrative goes more like this: - I was hurting, but I soon realized I was in the lead. I was very tired, but I finished, and I won! While the theme of the book is supposed to be how an ordinary person can succeed in, well, anything, if they try hard enough, I found Rusch in her own words to be anything but ordinary. She appears to have tremendous natural ability in distance mountain biking and fairly effortlessly beat younger and more experienced athletes.

Finally, there was no discussion of PEDs in the book. Rusch succeeded in biking at an age at which most athletes are in decline. Given the massive prevalence of PEDs in biking, it seems at least a token discussion and declaration that she competed clean would have been in order.

Despite all these complaints, I did enjoy reading about Rusch's journeys and her successes. I particularly enjoyed the latter half of the book that focuses on her mountain biking.
