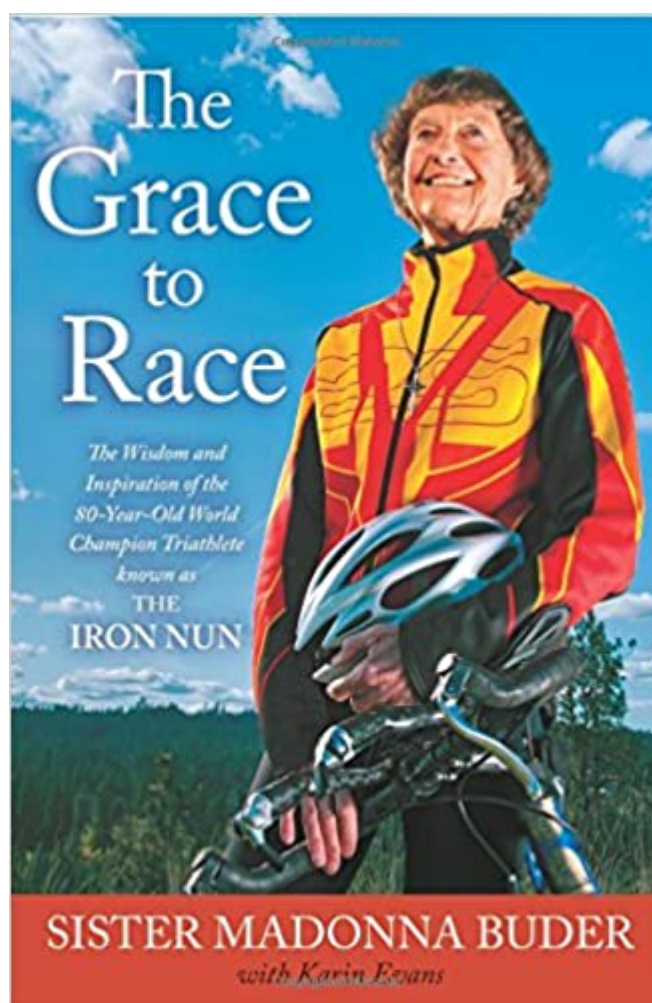


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# The Grace To Race: The Wisdom And Inspiration Of The 80-Year-Old World Champion Triathlete Known As The Iron Nun



## Synopsis

The Iron Nun, a champion triathlete still competing at age 80, shares her inspiring firsthand account of achieving harmony between body, mind, and soul.

## Book Information

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## Customer Reviews

"Sister Madonna's story is one of purpose, conviction and passion. She dismisses boundaries and proves to us that nothing is impossible. "The Grace to Race" is both inspirational and energizing; long live the Iron Nun!" Dean Karnazes, "New York Times" bestselling author of "Ultramarathon Man"  
"Sister Madonna's courage and wisdom shine through the pages of this warm, funny and inspirational memoir. You'll learn a lot about finding joy, achieving your goals, facing hardships, loving God and the rest of those in the human race, and keeping a sense of humor about it all oh, and about running, too." Father James Martin SJ, author of "The Jesuit Guide to (Almost) Everything"

"Sister Madonna's story is one of purpose, conviction and passion. She dismisses boundaries and proves to us that nothing is impossible. "The Grace to Race" is both inspirational and energizing; long live the Iron Nun!" --Dean Karnazes, "New York Times" bestselling author of "Ultramarathon Man"  
"The Grace to Race "is inspiring and funny. The story of this now-80-year-old nun will make you want to push your body to the limit as you learn to appreciate the miracle and splendor of Creation." --Mary Higgins Clark  
"Sister Madonna's courage and wisdom shine through the pages of this warm, funny and inspirational memoir. You'll learn a lot about finding joy, achieving your goals, facing hardships, loving God and the rest of those in the human 'race, ' and keeping a sense of humor about it all--oh, and about running, too." --Father James Martin SJ, author of "The

Jesuit Guide to (Almost) Everything""Sister Madonna is a genuine heroine, a person whose example we badly need. Not everyone is going to do a triathlon, of course, or even aspire to a marathon. But just getting out and moving can do wonders, and she's a beacon of hope." --Walter Bortz MD, author of "Aging for Dummies", "Dare to Be 100", and "The Roadmap to 100""Sister Madonna proves you can make records, and break them all over again, at any age. Her spirit is without limits." --Dara Torres, Olympic gold medalist and author of "Age Is Just a Number"

SISTER MADONNA BUDER, also known as "the Iron Nun," "the Flying Nun," and "the Mother Superior of Triathlon," is a Roman Catholic nun. She began running in 1978 at age 48. As of 2009, has completed 38 marathons and 325 triathlons. An inspiration to athletes and non-athletes, the religious and the secular, she has appeared in such publications as Runner's World, U.S. News & World Report, Sports Illustrated, AARP Bulletin, USA Today, the Seattle Times, the Denver Post, Competitor Magazine, Triathlete Magazine, Ironman Magazine, More Magazine, and numerous others She lives in Washington State.

This may not be unbiased! My family has hosted Sister Madonna at our home three separate times when she came to Panama City Beach, Florida for a triathlon. We love her to pieces and truly respect and admire her. So when I heard she wrote a book, I immediately bought several copies to read and pass along as gifts to family members, one of whom is a young lady just starting out in triathlons. She is inspirational, and so is her book. She is unassuming, and really not egocentric in any way and the book helps point out that how you live and act is sometimes way more important than what you say. I give her full marks, and her book, too.

I really wanted to love this book as a triathlete and a Catholic. While she is amazing, the book is not. It is disjointed, repetitive, and just poorly written. I thought it was odd that she talks about her brothers but never mentions their names. As another reviewer wrote, I think it's a little irritating that she comes into things unprepared and relies on the help of benefactors and kind hearted strangers who are her "angels." One line that really irked me was that she has no Sherpa while men who are competing often have their wives be Sherpas. Yuck. That seems a little old fashioned. And believe me Sister, a lot of us race without "Sherpas." I also thought her accusing another competitor of sabotaging her bike was weird. She is inspiring, but the book, whether through its poor storytelling or disjointed layout, left me feeling uninspired.

Such an inspiring story from the Iron Nun. Her inner beauty, faith and love just pour out. I would love to meet her one day. This is a great read.

This book is worth reading for one simple message. Never give up on yourself. It doesn't matter what age you are - age is a mindset. Her success hasn't come without trials and tribulations. Some parts of the book are a little slow but some chapters are particularly good and it's worth reading the book to truly understand her journey. I hope I have the privilege to meet her one day.

This autobiography is both about her journey to discovering endurance sports and finding her spiritual calling. She has an easy to read writing style and is so humble about the incredible things she has accomplished which she often dedicated to others. She certainly has become a role model for me.

As a triathlete in the Pacific NW, I'd heard about Sister Madonna. I found the idea of a nun who competed in Iron-distance triathlons fascinating. When I heard there was a book, I jumped at it. I have to say I'm disappointed WITH THE BOOK. Let me be clear. Sister Madonna Buder has an amazing story. Although not an Ironman (yet) myself, to do what she does - and has done for 25 years, more if you include the marathons - is immense and inspiring. Yet in having such wonderful material sitting there, you'd think it would be easy to piece that into a great book. Yet they failed. So very badly. I almost gave up half way through it. My wife did. I.M.H.O. it's very badly written. Although the first half starts with a kind of chronology of her life, later chapters jump all over the place (I admit that I prefer a 'structure' to my autobiographies). Added to which, the writer chooses to focus on some very odd facets of Sister M's life, whilst skating over or ignoring other parts. For example, about the only time we hear of Sister M's training, is if she somehow injures herself! Also, despite some really close races (where Sister M was right up against the race cut-off), there is a distinct lack of drama. Perhaps it's meant to be a reflection of Sister M's persona, but it just doesn't "grip" you. If you like a light-hearted 'skim' through Sister M's life, then you may enjoy this. Otherwise, you'll get as much reading Sister M's Wikipedia page. Rock on Sister M - I hope to run into you (not literally) one of these days.

We were informed of this book by none other than the Author, Sister Madonna Buder herself. Having known Sister for many years this book was a great insight to her early years, family and how she got to where she is now. My husband has raced with her at Ironman Hawaii and St Anthony's

and she is truly a divine spirit. Her book tells it like it is. She is always on the "run". She travels light, with only her bike box and a back pack. Always has her camera and is quite a accomplished photographer. Sister is always aware of those in need of prayer no matter where she is and what she is doing. We have witnessed first hand her need to administer to others even while traveling on the interstate. The book is a quick read, and most enjoyable. Sister is one fascinating woman and an inspiration to us all.

I enjoyed this book and the easy-going attitude with which it was written. It definitely makes the sport of triathlon more approachable for anyone trying to work up the nerve to do it. The only reason I didn't give it 5 stars is the incorrectly spelled words in it. Throughout the book, it refers to aerobars as arrowbars. I guess my OCD is flaring up. But seriously, this just goes to show that God has a plan for each of us, and though some feats may seem impossible, if He tells us to do something, He'll make sure we are able to do it. How else can you explain an elderly woman with cracked ribs and a fractured bone finishing Ironman? Amazing...=)

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