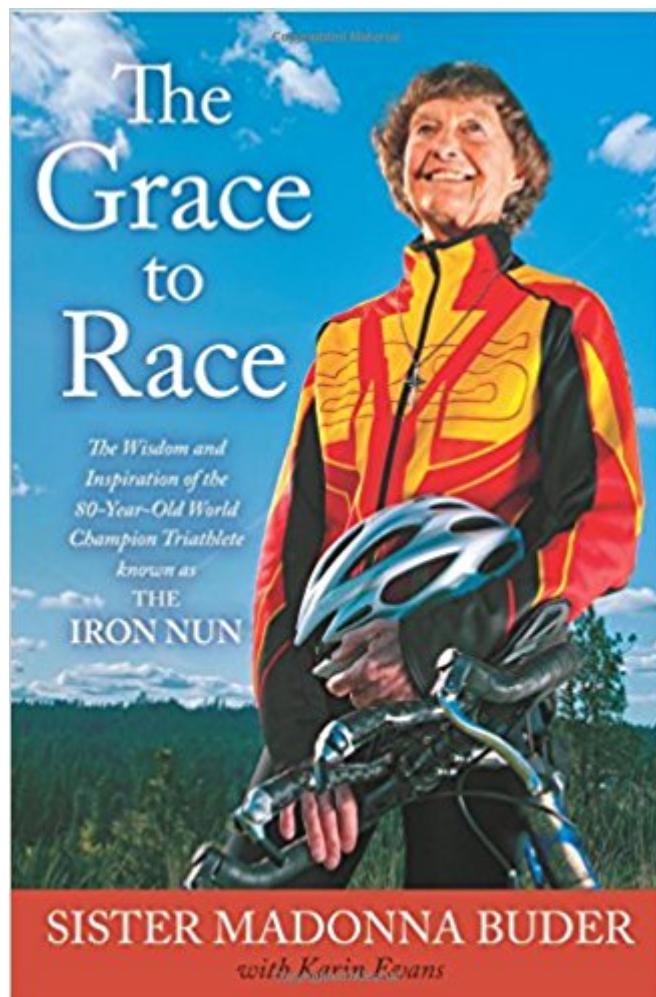


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# The Grace To Race: The Wisdom And Inspiration Of The 80-Year-Old World Champion Triathlete Known As The Iron Nun



## 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

I thought I was getting old and starting to do races like duathlons and triathlons was maybe not for me. I started having some minor pains too and thought perhaps I needed to back off a little. After reading about Sister Buder I know I have nothing at all to complain about. The book showed me by example how someone can enjoy life, stay healthy, and be in competitions without necessarily being competitive except with yourself. Her faith was very inspiring as well. I would recommend the book for runners, triathletes, or athletes that have pains and complain about their hardships. I would also recommend it to someone who needs some inspiration and wants to see how someone else stays in touch with God. Wow! Great read. I don't read many books in just a few days but this one I did. It starts out with a race and gets you hooked, then goes back in time to her life and how she found her place in life and then how she got hooked into running and eventually triathlons bringing the story back to current time. It was a great complementary book to Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen because that book spoke of times when we used to run as a child for fun barefoot and just because we loved to run around. Sister Buder still does this at age 80!

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.

Yes, she sort of pumps herself up a bit and doesn't like that in other triathletes. Hmmm... I was reminded of a visit with my 75 year old aunt who talked about herself (in a wonderful glorious way) and I sat and listened for 6 hours. Trust me when I say: Kona and the Queen K highway is HOT and unforgiving. There is no shade, it's you, the heat and the desert. What she has done (repeat.repeat.repeat races) is incredible for a Normal person, but for someone her age is AMAZING. I've watched 3 Ironman World Championships in Kona and was exhausted just from the heat and I wasn't competing! The fact that her family had money and her fees are "comped" does NOT get her to the finish line. We've all seen that rich people don't become perfect~ but, she put in the hard work to get to where she is now. Who cares that her fees/travel is paid for? In Oct, 2003: My husband and I spent a "hard" day watching the Ironman race, having drinks and dinner and wandered the dark streets to the IM finish line to cheer on the triathletes in Kona. In the dark, here came Sister Madonna, alone, jogging the last 2-3 miles. We were side by side, me: full of dinner and wine, tired from the day, and Sister Madonna, up since 4 AM, working the race for 15+ hours.... We cheered her on in the darkness and it sort of got to me~ The irony of that incredible and ~~humbling moment. I felt like: Wow, why can't I be like HER? I felt like a failure. I was 42 (overweight, out of shape) and she was maybe 73? (my math might be off, but you see what I'm saying) Sister Madonna "works out" with me as I train for my first half marathon. She has given me some good advice! :) She says, "patience" and "one mile at a time". Not sure it's her or Her Master!

I love this book... Sister Madonna is such a trooper... I want to be like her when I grow up. She has inspired me to run more marathons, and appreciate being outdoors. I recommend this book to any athlete.

I read the Kindle edition of this book and never put it down. Wow! I came away feeling as though I have never pushed myself far enough, or hard enough. That S. Madonna Buder could do ironman length triathlons over and over, setting age group records all along the way and pioneering new age

groups for the events she entered, was very amazing to me. I loved reading of her spiritual journey. Thank you for such an insightful and inspiring book!

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...=)

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.

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