



## The Grace to Race The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun

By Sister Madonna Buder

Simon & Schuster. Paperback. Condition: New. 256 pages. Dimensions: 8.4in. x 5.5in. x 0.7in. SISTER MADONNA BUDER is 80 years old, has run more than 340 triathlons, and doesn't know what all the fuss is about. In *The Grace to Race*, she shares the no-nonsense spirit and deep faith that inspired her extraordinary journey from a prominent St. Louis family to a Catholic Convent and finally to championship finish lines all over the world. As a beautiful young woman, she became an elegant equestrian and accomplished amateur actress. But as she describes in this intimate memoir, she had a secret plan as early as 14: she wanted to devote her life to God. After being courted by the most eligible bachelors in her hometown, she chose a different path and became a Sister of the Good Shepherd. She lived a mostly cloistered life as a Nun until her late forties, when a Priest suggested she take a run on the beach. She dug up a pair of shorts in a pile of donated clothes, found a pair of second-hand tennis shoes, and had a second epiphany. This time, she discovered the spiritual joy of pushing her body to the limit and...



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