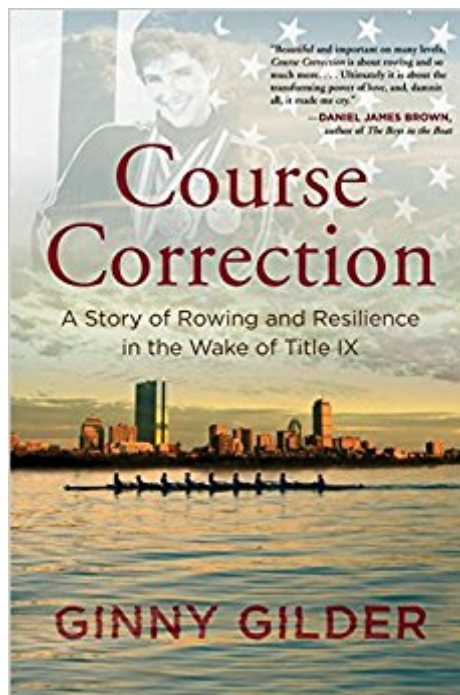




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Course Correction: A Story Of Rowing And Resilience In The Wake Of Title IX



Synopsis

“Beautiful and important on many levels,” *Course Correction* is about rowing and so much more . . . Ultimately it is about the transforming power of love, and, damnit all, it made me cry.”

• Daniel James Brown, author of *The Boys in the Boat*

“Written with poetic grace and true grit . . . A powerful testament to the impact of sport on our lives.”

• Billie Jean King

Wild meets The Boys in the Boat, a memoir about the quest for Olympic gold and the triumph of love over fear

Forty years ago, when a young Ginny Gilder stood on the edge of Boston’s Charles River and first saw a rowing shell in motion, it was love at first sight. Yearning to escape her family history, which included her mother’s emotional unraveling and her father’s singular focus on investment acumen as the ultimate trophy, Gilder discovered rowing at a pivotal moment in her life. Having grown up in an era when girls were only beginning to abandon the sidelines as observers and cheerleaders to become competitors and national champions, Gilder harbored no dreams of athletic stardom. Once at Yale, however, her operating assumptions changed nearly overnight when, as a freshman in 1975, she found her way to the university’s rowing tanks in the gymnasium’s cavernous basement.

From her first strokes as a novice, Gilder found herself in a new world, training with Olympic rowers and participating in the famous Title IX naked protest, which helped define the movement for equality in college sports. Short, asthmatic, and stubborn, Gilder made the team against all odds and for the next ten years devoted herself to answering a seemingly simple question: how badly do you want to go fast?

Course Correction recounts the physical and psychological barriers Gilder overcame as she transformed into an elite athlete who reached the highest echelon of her sport. Set against the backdrop of unprecedented cultural change, Gilder’s story personalizes the impact of Title IX, illustrating the life-changing lessons learned in sports but felt far beyond the athletic arena. Heartfelt and candid, Gilder recounts lessons learned from her journey as it wends its way from her first glimpse of an oar to the Olympic podium in 1984, carries her through family tragedy, strengthens her to accept her true sexual identity, and ultimately frees her to live her life on her terms.

From the Hardcover edition.

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Customer Reviews

“Beautiful and important on many levels, *Course Correction* is about rowing and so much more—hope and hopelessness, fear and courage, loss and redemption. Ultimately it is about the transforming power of love, and, damn it all, it made me cry.” —Daniel James Brown, author of *The Boys in the Boat*

“Written with poetic grace and true grit, Gilder’s story of battling herself as much as her competition will resonate with readers of all abilities and aspirations. A powerful testament to the impact of sport on our lives.” —Billie Jean King

“This is a compelling account of one woman’s sacrifices to be an elite athlete while also coming to terms with her personal life at a time when coming out of the closet was done at considerable peril. A good choice for women’s studies and sports-history collections.” —Booklist

“Filled with lyrical descriptions of rowing on the water and detailed portrayals of the workouts she endured to build up her strength and stamina, the narrative flows with the passion the author feels for her sport.” —*The author’s ardent story is one of struggle and triumph, of shrugging off the naysayers to follow a dream to its end, whether good or bad, and of following the heart. A passionate memoir of a woman rower who battled numerous odds in search of becoming the best in her sport.*

—Kirkus Reviews

“Highly competitive athletes like Ginny Gilder have a gift for tolerating pain and ignoring adversity. They accept these things as the price they pay for greatness. These habits of mind and body serve us well in many aspects of our lives, but not in all aspects of our lives. *Course Correction* is about taking time to heal and exploring the joy that lies beyond adversity.” —Tori Murden McClure, first woman to row alone across the Atlantic Ocean and author of *A Pearl in the Storm*

“Ginny Gilder not only shares her journey of becoming a world-class athlete, but of growing up—the searing self-talk of a teenage girl, her homage to the sport of rowing that both gave and helped make meaning of her life. A beautifully written memoir of a dream come

true. • Whitney Johnson, author of *Dare, Dream, Do: Remarkable Things Happen When You Dare to Dream* “Course Correction is not only a wonderful narrative about what it took to succeed as an elite female rower in the Title IX era, it is a complex study of an individual who struggled to come to terms with herself in the aftermath of her own success. Beautifully written, this memoir will not fail to hold you in its powerful wake, page after page delivering the wisdom that only deep reflection and experience can bring. • Daniel J. Boyne, author of *The Red Rose Crew: A True Story of Women, Winning, and the Water* “Ginny Gilder writes with an artist’s eye and an athlete’s power, insight, and finesse. *Course Correction* is a brilliant quest for courage, excellence, and ultimately love. Exhilarating and inspiring. Simply put, I loved this book! • Lynne Cox, author of *Swimming to Antarctica: Tales of a Long-Distance Swimmer* and Grayson “Whether you’re a wetbob or landlubber, Ginny Gilder’s lyrical descriptions of rowing will have you yearning to be on the water, while her gripping life story will keep you eagerly turning the pages. She writes as she has lived • courageously, honestly, and thoughtfully. An oar-inspiring read! • Roz Savage, first woman to row solo across three oceans, author of *Stop Drifting, Start Rowing* “The 1970s were the breakthrough decade for Title IX and for Ginny Gilder and they both just kept getting stronger. Here’s a personal glimpse, with a few course corrections along the way, of what the revolution in women’s sports looks like from the perspective of one of its pioneers. • Susan Ware, author of *Game, Set, Match: Billie Jean King and the Revolution in Women’s Sports* “Course Correction is the story of one woman’s heartfelt struggle to be true to herself despite a boatload of obstacles. Part memoir, part sports history, the work is also a love letter to rowing and to Yale, to the author’s parents and her siblings, to her partners and her children, to Olympians, past, present and future, and to female athletes everywhere. • Madeleine Blais, author of *In These Girls, Hope is a Muscle* From the Hardcover edition.

Ginny Gilder is an Olympic silver medalist in rowing, the founder and CEO of an investment business, and co-owner of the Seattle Storm. The mother of three children and stepmother of two, Gilder lives with her wife, Lynn, and their two poodles in Seattle, Washington.

Ginny Gilder tells the story of her discovery of rowing and its place in her life. She is a graduate of Yale College and, for a time, was the top female sculler in the United States. She set a speed

record in an important rowing event that has lasted several decades and won an Olympic silver medal. I learned of Gilder during her international winning days when I tried out for Yale Women's Crew and became an unlikely member of two pretty successful JV boats. Despite my financial aid status and need to work, Gilder had created one of the first endowments for a women's sports program in the nation which allowed me to participate in everything the team did without needing to fundraise for my participation. Pretty amazing that she had done this in her youth, even when she was focused on boat speed and personal achievement. Her memoir is a courageous telling of a story that recounts her childhood mired by mental health dangers, college angst and glory, asthma crisis, and eventually the discovery of her unique artistry as a sculler. She recounts her personal challenges with fear, doing the right thing, and accepting herself as a lesbian. She has written the best descriptions of rowing and its nuances from a rower's perspective. Thank you Ms. Gilder.

My knowledge of rowing consists of reading one book on the subject and - to be clear - I've never considered myself an athlete of any kind. And yet, with every page, I wanted to read more and more and more. I didn't put Ginny Gilder's wonderful book down and finished it in a single afternoon. Even then, I *still* wanted more (and that's not a bad thing). The work marks the personal journey of Gilder, and her evolution of self is revealed with a great deal of sensitivity, honesty, passion, and clarity. Gilder holds nothing back and - ultimately - the work is a triumph of honesty and personal revelation. I recommend it without reservation!

This story is extremely well written, spinning the threads of the author's different identities as a product of a dysfunctional family, a rower, a sexual adult and a parent together with unflinching honesty and an objective voice that is both compelling and sometimes haunting. The reviews posted are all fair reflections of the fine quality of this book. As a rower of some practice but no particular athletic merit, never mind a lack of real competitive drive, I observe that the fineness of Gilder's observations about her internal intellectual processes and her self-analysis really reflect something fundamental to rowing. For every one of the millions of strokes this author undoubtedly has taken, I would wager she applied the same almost brutal honesty in evaluating whether they achieved her purpose in efficiency, power and purpose. She applied that same directive for self-observation and judgment to her life on and off the water and in all of her relationships regardless, it seems, whether she had control of them or not. Her entire story seems to build as a pressure cooker, sometimes with the heat turned up and sometimes with the heat turned down until a counselor allows her to open the valve and relieve the pressure by telling her that

it's okay to want what the heart wants and that the horrors of her past need not be inflicted on her children. Compelling to me, at the end of the story, is the self-taught and hard-won lesson Gilder lovingly imparts to her daughter after being turned down for a soccer team: "You're not going to let one coach tell you . . ."
Loved the book.

The Boys in the Boat meets Wild is a great description for this book. Ginny Gilder describes her life as a child and her rowing career as broken out by the four divisions of the rowing stroke. It's well written, though a little hard to read at points, but worth sticking it out to see how Gilder survives. It's also the story of her coming out and how she struggled with her sexuality, worrying about what friends and family would think of her if they knew. This book couples well with The Red Rose Crew because a lot of the same characters are referenced.

Having read Boys In the Boat, I expected the same upbeat story, but was surprised at the difference in the story line. It's hard to believe how hard this woman worked, the sore muscles, blisters, etc. I was sorry to read about how miserable her home life was as a child. It was not an easy read because of all the sadness, but she had the same determination that carried the Boys In the Boat to the Olympics. She really was a determined person and did all that it took.

A great story about overcoming the past to succeed in the future. The beginning of her passion for rowing, and how it developed are wonderful. She also weaves the story of falling in love with her partners so beautifully, it touches your heart with her deep desire. As a Title IX athlete myself, I was fascinated with the history and explanations of how Title IX came to be.

A truly engaging book with something for everyone. Ginny Gilder leaves you with an inspiration to find your passion and the perseverance to reach for your goals. A must read for any athlete, woman, or anyone looking for a great story about triumphing over your obstacles and yourself.

I am not a rower or an athlete but I loved this book. Great book for young adults, especially girls/women. Well written. Full of psychological insights. Fascinating to get inside the head of an Olympic athlete.

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Course Correction: A Story of Rowing and Resilience in the Wake of Title IX Periodical Title

Abbreviations: By Title (Periodical Title Abbreviations: Vol. 2: By Title) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Resilience Engineering in Practice: A Guidebook (Ashgate Studies in Resilience Engineering) To Wake, To Rise: Meditations on Justice and Resilience Periodical Title Abbreviations: By Abbreviations (Periodical Title Abbreviations: Vol. 1: By Abbreviations) GMAT Sentence Correction Guide: Concepts, Strategies, Practice Questions, GMAT Foundation Course & Verbal E-Books Rowing and Sculling: The Complete Guide Shell Game: Reflections on Rowing and the Pursuit of Excellence Rowing to Latitude: Journeys Along the Arctic's Edge Rowing Faster - 2nd Edition Boathouse Row: Waves of Change in the Birthplace of American Rowing River Running : Canoeing - Kayaking - Rowing - Rafting My Hurricane Andrew Story: The story behind the preparation, the terror, the resilience, and the renowned TV coverage of the Great Hurricane of 1992. The Diagnosis and Correction of Vocal Faults: A Manual for Teachers of Singing and for Choir Directors (with accompanying CD of sample vocal faults) The Art and Technique of Digital Color Correction The Ultimate Guide to GMAT Verbal: Grammar and Sentence Correction Dentofacial Deformities: Integrated Orthodontic and Surgical Correction (Volume IV) Tongue Thrust Book: Oral Myofunctional Therapy And Articulation Correction Dentofacial Deformities: Integrated Orthodontic and Surgical Correction, Volume III

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