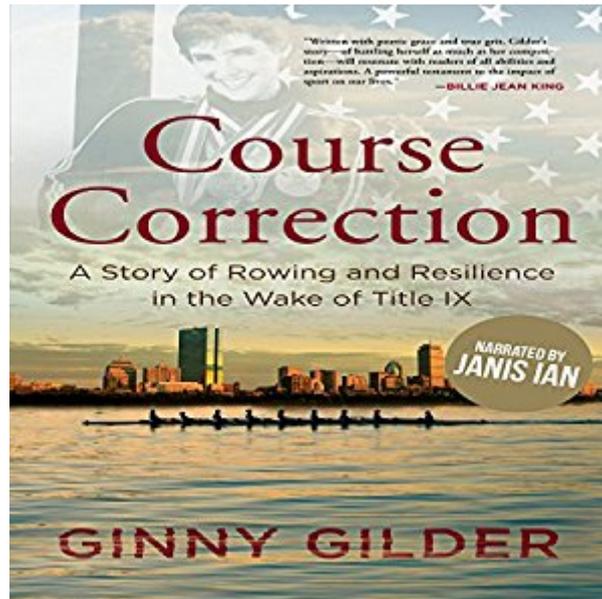


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# Course Correction: A Story Of Rowing And Resilience In The Wake Of Title IX



## Synopsis

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 10 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.

## Book Information

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## Customer Reviews

Ginny Gilder's love affair with the sport of rowing (and the path that would eventually take her all the way to the Olympics) began when she happened upon a crew practicing on the Charles River as a teenager. An unhappy "problem child" in her dysfunctional, upper-crust family, Gilder welcomed the chance to prove her toughness and dedication in such an intriguing, elegant-looking sport, and she took the first opportunity she could - joining a group of young women at Yale who wanted to learn at a tryout practice. Though her coach was unimpressed with her size (as she was a self-described "shrimp" by rowing standards), Gilder quickly took to rowing and found herself competing only six weeks into the season. Blessed with other strong and dedicated teammates, several of whom would go on to medal in the Olympics, Gilder became accustomed to winning, and she also found an unexpected sense of community, as she realized how dependent the sport was on teamwork. Gilder also helped to fight discrimination against women athletes, which was present when she was competing (Title IX was new then). Eventually, she became determined to compete internationally, and despite negativity from those instructing her, as well as difficulties with asthma, Gilder managed to triumph there, as well. She also began to come to terms with her sexuality and take steps toward becoming happier, both professionally and personally, as she realized that she did not necessarily have to repeat her own parents' mistakes. Gilder tells an unflinchingly honest story that is as honest with her own mistakes and weaknesses as she is describing her family's. She manages to convey both the beauty and the pain of the sport of rowing well, and it's easy to cheer her on as she moves forward to achieving her goal.

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