



Rebecca Rusch: Professional Athlete, Best-Selling Author, Emmy Winner, Activist, Keynote Speaker

A 7x-world champion and celebrity in the ultra adventure/endurance realm for nearly 3 decades, elected to the prestigious international [Mountain Bike Hall Of Fame](#), her status as a fierce competitor and inclusive influencer motivates millions. Recognized by *Outside Magazine* among the Top 40 Women Who've Made the Biggest Impact, and by *Men's Journal* with the 25 Most Adventurous Women, she's a maverick whose grit, determination, and perseverance labeled her the "Queen of Pain." By repeatedly embracing risk she has reaped the reward of championship titles, course records, "first-ers" and myriad accolades, but it's her desire to share the journey that sets her apart and attracts a loyal following.

Known for seeking the toughest challenges imaginable, pushing herself into unknown territory has yielded a first female ascent on Yosemite's 3000-ft. El Capitan, a first descent river boarding 300 miles of the entire Grand Canyon in 18 winter days, and a charitable cycling expedition up and down [Mt. Kilimanjaro](#). She's the only female competitor to win the iconic Leadville 100 (Mountain Bike) four times; she's won the renowned Dirty Kanza gravel grinder in 6 of 7 attempts (including the notoriously demanding 350-mile DKXL); she's the fastest woman to complete the 142-mile Kokopelli Trail through Colorado and Utah (13:32:46), and the first person to ride the entire 1,200-mile length of the Ho Chi Minh Trail, documented in the Emmy-winning film, [Blood Road](#).

She crossed the line as the first female finisher in her first attempt at the [Iditarod Trail Invitational](#) by pedaling 350 self-supported miles through the Alaskan wilderness in subzero temperatures in under 4 days, and recently set the FKT as the inaugural rider of the [Arkansas High Country Route](#), completing 1,041 miles and 84,373' combined elevation gain in 8 straight days, 3 hours and 33 minutes.

As she enters her 50s (version 5.0), her inimitable brand and redoubtable resumé continue to expand. Combining ongoing athletic pursuits with entrepreneurial interests as CEO of [Rusch Ventures](#), she oversees an impactful network of events, products, experiences, and content designed to elevate possibilities for people and their bikes. Whether in print (including the best-selling *Rusch to Glory: Adventure, Risk & Triumph on the Path Less Traveled*), on the trail, via her popular digital platforms or as a keynote speaker, she inspires and emboldens countless fans. Her marquee event, [Rebecca's Private Idaho](#), is ranked a top 5 gravel event by Global Cycling Network, and one of the top 25 rides in the world by Outside magazine. Her [Rusch Academy](#) full-spectrum cycling retreats boost skills, confidence and performance. Guiding annual [MTB Lao](#) adventure travel excursions is a deeply personal expression of Rebecca's desire to use the bike as a catalyst for healing, empowerment and evolution. Established in memory of her father, Rebecca's [Be Good Foundation](#) focuses on [UXO mitigation in Lao](#), [protecting public lands](#) for recreation, and partnering with bike-centric nonprofits to fund meaningful change. As an example, her signature RPI event benefits [The Wood River Trail Coalition](#) and [Idaho Interscholastic Cycling League](#) (Local); [PeopleForBikes](#) (National); and [World Bicycle Relief](#) (Global). To date, her efforts have raised over a half-million dollars in support of select nonprofits.



CAREER HIGHLIGHTS

- First person to ride entire length of the Ho Chi Minh Trail
- Seven-time World Champion in multiple sports
 - Raid Gauloises World Champion(2003)
 - 3x 24 Hour Solo Mountain Bike World Champion (2007, 2008, 2009)
 - Masters Cross Country Skiing World Champion(2008)
 - World Masters XC World Champion (2010)
 - Gravel Bike World Champion(2015)
- Four-time Leadville 100 MTB Champion
- Summited Mt. Kilimanjaro by bike
- Course record: Kokopelli Trail (Moab-Fruita) 13h 32m 46s
- First & unrepeated self-supported 18-day swim of Grand Canyon in winter (documented in the film *Three Women, Three Hundred Miles*)

PROFESSIONAL WORK

- Gold Rusch Tour- Events and rides aimed to get more women and girls on bikes.
- Rebecca's Private Idaho- Idaho's premier gravel grinder in its 7th year.
- *Rusch To Glory*- Rebecca's best-selling autobiography, published in 2014.
- Keynote Speaking Engagements- Motivational speaker for corporate, academic, and civic audiences on topics ranging from: Evolution-Celebrate Backward, Grow Forward; Taking Risk & Finding Reward; Don't Be A Boss, Be A Coach; and Reba's Rules For Success

SOCIAL MEDIA- @RebeccaRusch

- [Instagram](#)
- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

ADDITIONAL INFORMATION

- Contact - jointherusch@rebeccarusch.com
- [2018 Year End Review](#)