

Lin Bruce

Speaker & Cross-Country Cyclist

Lin Bruce is a late blooming, against-the-odds cross country cyclist, whose first transcontinental ride was in honor of her 60th birthday in 1999. In the years since then, she has crossed the U.S. four times, bicycled 800 miles to attend her 50th high school reunion, and 600 to her 60th, among other adventures. She uses her bicycling story as a metaphor for saying “**yes**” to bigger things.



Wondering “*Is it all downhill from here?*” It’s time to say “yes**” to your next big thing!**

Break-out of your rut, embrace living fully! Identify new or forgotten horizons. Acquire keys for achieving goals you didn't think possible. Find inspiration to face inner limitations, and practical steps to make challenges manageable. Enjoy a spirited story presented in a unique style—including bicycle lyrics set to familiar tunes.



Lin’s presentation will show you how to:

- ▶ Stop assuming you “can’t”
- ▶ Realize your **own** dreams
- ▶ Expand your view of your personal potential
- ▶ Crack open your stereotypes about aging
- ▶ Live life fully
- ▶ Finally learn to ask for help
- ▶ Start believing more is possible, at any stage of life
- ▶ Improve relationships as you prioritize your own dreams
- ▶ Apply 5 keys to keep putting your dream into action
- ▶ Expand your horizons, both literal and metaphorical

Book Lin for your next speaking event

Contact info

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Testimonials

"Listeners at Lin's presentation were encouraged to try new things, believe in themselves and see the possibility of adventure around every corner! It was a great fit for our community. Working with Lin Bruce was delightful as she is very professional, timely, and communicative—a dream to work with! Perfect speaker for our "North of 50" series."

– **Tara Banon Williamson, Senior Librarian, Park Hill Branch Library, Denver, CO**

"Our staff and community members found Lin's stories and experience both inspiring and motivating. Her insight on "how to be present" and how not to be afraid of challenges or change at any age were of particular value to all who came to listen. We strongly recommend Lin's presentation to adults who are ready to play bigger in their lives!"

– **Stacey Falvey, Adult Services Librarian, Lake City, MN**

"You are an inspiration! People were revved up by your speech—ready to stretch themselves. What you said will stick with me for a long time. I admire your tremendous drive, your determination, and your ability to say yes to what's possible in our lives. You make me feel like I could do something, too!

I have interviewed many people in my 35 years doing this job. You rise to the top in terms of people whose memory will remain with me and who I am truly happy I met."

– **Becky Orr, Reporter, Wyomingnews.com**



Lin Bruce is a walking testimonial to the power of staying active later in life, and an expert on overcoming her own perceived limitations. Having begun cross-country cycling in 1999 at age 60, she began speaking about those journeys at age 70. Every time she gets stuck thinking "I can't do that," she has learned to go back to the 5 keys that helped her get from one side of the country to the other by bicycle, and apply them to current challenge.

Retired massage therapist, mother of four children, grandmother to eight, and wife of retired librarian turned yoga teacher, Lin speaks far and wide, entertaining audiences with stories of her bicycle adventures—gently reminding them that they, too, can say "yes" to bigger things. When she went from biking across town to biking across the country, Lin transformed her inner and outer sense of possibility, forever shifting the scope of her dreams. Photo by Jan Kepley

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