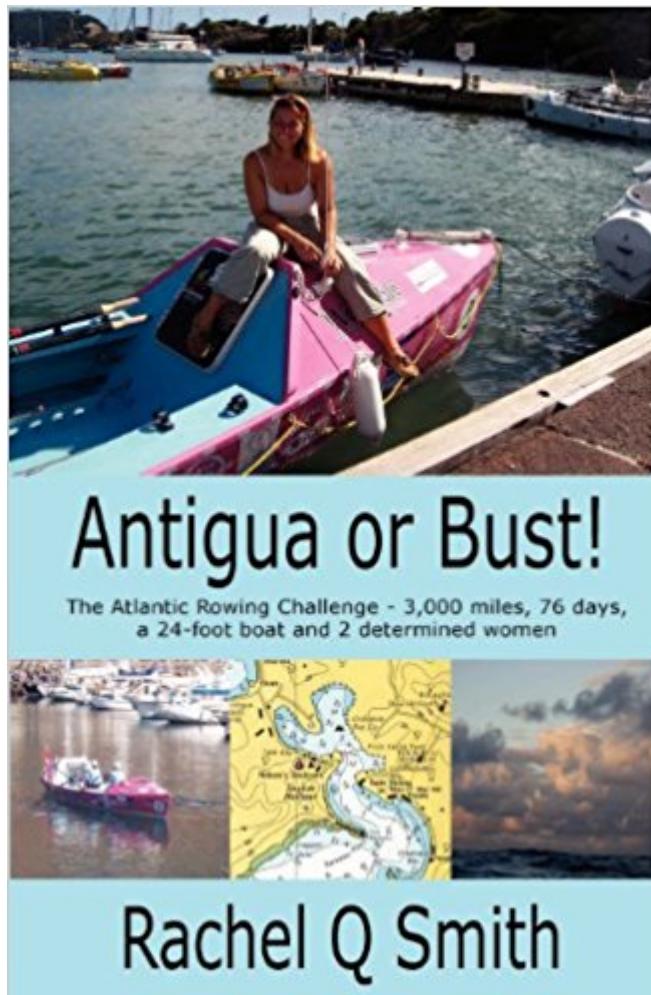


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# Antigua Or Bust



## **Synopsis**

Rachel never excelled in sport at school, was genuinely the last to be picked for teams and in all honesty, isn't really designed for rowing! But her love of the water led to kayaking and dragon boat racing and from the age of 16 she discovered a talent for paddle sports. Her introduction to ocean rowing came through dragon boat racing team-mate Debra Searle, who rowed the Atlantic solo. With Debra's encouragement, the idea of rowing an ocean was firmly planted. In 2007, Rachel and Lin took on the challenge to row across the Atlantic Ocean. 76 days, 11 hours and 12 minutes later, they stepped off the boat in Antigua, holding hands and still best friends. They've since been awarded a Guinness World Record for their achievement. This book takes you on an honest and emotional journey as Rachel recounts the months of planning and preparation, with its many ups and downs, before the pair faced 30-foot waves, wildlife with big teeth and rowing naked during their life at sea together for eleven weeks in a 24-foot boat!

## **Book Information**

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## **Customer Reviews**

One can nearly hear Rachel's voice as she candidly takes the reader along with her on a journey through her experiences of dragon boat racing and of special friendships which she then crescendos with her and Lin Diaby organizing, planning and rowing across the Atlantic Ocean. Rachel is remarkably open in sharing her internal hopes, fears, jubilations and disappointments while giving the reader a vivid picture of what life would be like in a rowboat on the open ocean. I thoroughly enjoyed her book and I would recommend it to anyone who has an internal dialog of their own and wishes to accomplish a dream.

One of the many things i liked about this book is how 'to the point' the chapters were. Many other books are in my opinion full of 'blurb' but Rachel's book told her story with just enough background to understand the person behind the book. I felt as though i was the journey with her. I am a triathlete and currently training for the London Marathon. The many ups and downs of my own training have been difficult but my therapy has been a hot bubble bath, mud mask and this inspiring book. As the chapters came to an end, so did my mud mask with tears of pride. WELL DONE LADIES...Rather impressive ;-) THUMBS UP...Great book and a great source of inspiration x

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