



The Limitless Women Podcast Lin Bruce

Cross-country cyclist and gifted motivational speaker Lin Bruce is teaching the world to say 'Yes I Think I Can!' Listen in as Lin shares the beginnings of her journey into successful motivational speaking, what she might have done differently in her younger years, and the lessons she's learned & teaches about staying engaged with your passion into your golden years.

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- [05:10] - Learn how Lin's 60th birthday cross-country bike ride inspired her journey into motivational speaking
- [10:01] - What would Lin say to her younger self?
- [14:56] - Lin's thoughts on marriage and independence and the intersection of the two

Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] Welcome back to the Limitless Women Podcast. In today's episode, I am so thrilled to introduce you to my very good friend, Lin Bruce. Now Lin Bruce is what she would describe as an ordinary woman who just does extraordinary things. She's very humble. She is an octogenarian, which if you haven't figured that out means she is over the age of 80, and you know, what we love about Lin Bruce is that she is a woman who not only meets every opportunity with humility but she just does it with such grace and such ease, and she's really committed to doing the steps that are in front of her each and every day. We recently had our 8th annual Limitless Women Leadership & Legacy conference in California and she was one of our guest speakers there, and I have to tell you if you weren't there with us, she was by far, on the feedback forms, most of the women who attended, that was their favorite part of the whole conference! I am excited to share her with you today, I am excited to share her story with you. I am excited for you to have an opportunity to know this woman who's become not only a dear friend to me, but also an amazing role model. She just has some great advice about how to keep, keeping on when life seems tough. Enjoy the episode!



[Laura Gisborne] Okay, beautiful. So, when we do this episode, Lin, I will have a little introduction, you know, introducing you with your bio and all that good stuff. So, we can pretty much just dive in and I wanted to ask you a few questions and I'm so happy to have you with me today.

[Lin Bruce] Thank you.

[Laura] It's a pleasure to be with you always and love you so much and just really grateful for who you are and how you role-model for all of us in the Limitless Women community. We're blessed to have you as part of our community for several years now. I was trying to think because we met I would guess like 2013, maybe? Something like that?

[Lin] It was the year that I turned 70.

[Laura] Uh-hm.

[Lin] I saw you on the stage at an event.

[Laura] Yeah.

[Lin] And, thought, "Oh, I like that person and I don't fit her -- *[laughs]* her business model at that time.

[Laura] Right.

[Lin] So, at any rate, so that would have been – now, that would have been 12 years ago.

[Laura] Yeah, a long time, long, long time. So, just so wonderful to be with you today and I'm grateful that even though it didn't feel like a business match at the time, we became friends and stayed in touch all these years and then work, you know, just work together to support you and you supported me and you supported our community so generously and we just love you. So, let's talk a little bit about what do you think inspired you – you know, one of the things that's remarkable about your long distance bike riding is that people would say that just can't be done, right? Like, I'm 55 as we're recording this, I'm thinking, man, I'm pretty sure I couldn't do that, you know, I mean, I guess I could with some training. But, you started riding your bike long distance at age 60 if I remember the story correctly.

[Lin] That's – that is correct, yes.

[Laura] So, what inspired you, like what had you say, okay, I'm going to do this, I'm going to go make this happen?



[Lin] Well, I was feeling desperate in my life. I was feeling as though I was just going to be 60 in a few months. And at that time – at that time, I thought 60 was old. Well, I don't think that anymore. But at that time I thought I'm going to turn 60 and that's going to mean I'm just going to slide down to end to this boring dead end of my life and I was just feeling so flat and so as though they weren't any possibilities at all. And I realized that I could justify and I was needing to justify at that point. I could justify doing something big because it was going to be a decade birthday.

[Laura] Uh-hm.

[Lin] And I knew that I wanted it to be not a party. Some kind of adventure, something that it was a challenge, but that I thought I could handle probably and I needed it to be mine. I needed it to be something that I – into which I put the energy, so that I could succeed. I didn't know what that was going to be. I saw a little ad for this cross country bicycle trip ran by Woman Tours. I didn't know Woman Tours at the time. Now, I do. It's a very known company that runs bicycle trips for women. This trip was for women over 50, so I figured I'll be with sort of peers.

[Laura] Right.

[Lin] It turned out it was exactly the right beginning. There were 27 of us, none of us had ever been on a long bike ride before. We rode to various abilities and lengths, but not – not ever anything like this. And none of us knew each other, which was a big deal too. And this was before the days of texting and, you know, mobile phones and stuff. I mean, it was...

[Laura] Yeah, different world.

[Lin] So, that we became a group of people who were all on this new adventure. We were all new to this adventure and we were determined to – to do it.

[Laura] Excellent. How far was that bike ride? I mean, I know it was over the course of time, but how far?

[Lin] Right. It was 3,354 miles or something like that, about 3,000 miles, yeah.

[Laura] And how long did it take you all to do it?

[Lin] We took 60 days, 60 days.

[Laura] Wow!



[Lin] Yeah. I will – side story, I took my bike into the mechanic shop here in town before I was gone and I said what I was going to do and he said, “How long is it going to take you?” And I said, “60 days.” He said, “How come?” “The record is 17,” he said. “Well, we’re all over 60 and we’re not on a race, we’re just getting across the United States.”

[Laura] Wow! How wonderful. Did you have an inkling of the work that you do now with your leadership work and your motivation work? Did you have an inkling that that was going to come out of this or...?

[Lin] Not at all.

[Laura] Yeah.

[Lin] Not at all.

[Laura] What was the progression? So, you did this amazing adventure and I’m sure we could, you know, take hours just talking about all the stories that you learned there. But, what was kind of the next steps for you to craft the platform that you have today of inspiring others with your voice?

[Lin] That didn’t come immediately. I – I was so taken with what I had accomplished. I have had fun. I had worked hard every day. And every day, there was a destination and I got there every day and I got there every day until I finally did this. We have been told at the beginning of the trip that this journey will change your life. This journey... We all kind of rolled our eyes and said, “Oh, yeah. Oh, yeah.” And, at the end of that journey, I thought, “Wonderful, I haven’t changed.” And a couple of bike trips later, I asked our oldest son, “Have I changed since I started doing these rides?” He’s very perceptive thoughtful man and said, “You have a greater sense of possibility.”

[Laura] Oh, beautiful.

[Lin] Yes. And that is true. I do and it has come I realized out of knowing myself to be capable. It’s a particular niche. You see, I’m starting to tear up because this is big stuff for me.

[Laura] Yeah.

[Lin] Particular niche. I wish I could say I’m fearless. That’s not true. I am willing to make a commitment and stick with it and realize that if I – if, not if, when I stick with my commitment and I do what is required every day that I will get to where I need to be. That has been a profound gift for me in my life and to realize that that’s possible for me because – because one of the reasons I think that I am believable, I’m not a super athlete at all. I am a very normal kind of person.



[Laura] Right.

[Lin] And I think my normal – normalcy, my normal...

[Laura] Your normalness.

[Lin] That's the word, normalness, can demonstrate that others can do that too. So, she can take that on when she's 60. If she can take that – if she can do that last summer's bicycle trip with 800 miles and she's 82 years old, I can do that too or I can do that whatever the something is.

[Laura] Yes. And, hence the brand, right?

[Lin] Right. 10 years later after I started riding that I realized that people might be interested in what I was doing. And I first spoke just to tell. So, we went here and then we went here and then we went here. But, somehow, it came across in a way that engaged folks in realizing that they had that potential too if that was a choice. Not biking, but the choice to commitment that's possible, that's possible.

[Laura] Or whatever they want to get committed to.

[Lin] That's it. Yes.

[Laura] Yeah. So, that's a possibility like your son said is pretty powerful. What do you think has been the biggest when you're sharing some of the perspective of, you know, who you've become on this journey right over the last 22 years, what do you think has been the biggest – the single biggest lesson that you've learned, you know, I want to hear more about that?

[Lin] The biggest lesson is that by doing a little bit at a time, you know, a little bit at time gets you there. You put all the little bits together, that moves you down the road. That moves you to your destination. And another way that I scripted it out for myself just recently when I was thinking was that the little bitty steps day after day, those little bitty steps go together and complete the task or achieve the journey or...

[Laura] Yeah. Get to the post like at the end game. If you were to go back in time, right? Because I think this is always a fascinating thing. We have such different perspective, the more mature we get the older we get, the more years we get to be blessed to be on the planet.

[Lin] Right.

[Laura] What would you say to your – to your 25-year old self? If you look back at where you were at age 25, what would you say to yourself?



[Lin] I would say, “Notice what really interest you. Make time to do at least portions of that, that the people you love and people who depend on you gain out of your sense of being an able capable woman. And that that’s a gift I can give into the world. That expansion of myself, that affirmation of myself translates into being present and supportive to those I love. It’s not a selfishness because that’s what I thought at that time.

[Laura] Right. So, you think differently today?

[Lin] Very different today. And, you know, I mean, that was a different era, it was way back when – it was a long time ago.

[Laura] Yeah. Sure. Well, so the world looked at women differently? The world looked at how you conducted yourself and how you carried yourself and so, it’s, you know, we’ve got this great blessing of living in a time where especially as we live in the developed world where we are encouraged to have a voice and to have confidence and that was not always the case obviously.

[Lin] That’s right. Yes, that’s right.

[Laura] Yeah. So, when I see you in our community and I see how much we are just enriched when you share, you know, when you decide to share because you’re very humble and you kind of sit back there often and just listen and, you know, participate as one of the family. And then, when I call on you and say, “Lin, what do you got to say about that?” I’m always – always blessed by the nuggets that fall out, you know just it’s a great thing. It’s a beautiful thing. Is there anything that you – anything that you – I think this is one of the ways to look at it, like what would you have told your younger self is one way to look at it. But, is there any – do you have any regrets?

[Lin] Oh, I wish I had started earlier.

[Laura] Okay. That’s a [could have]. Yeah, I mean, when [inaudible], right? You’re here now, but it’s just an interesting, I’m interested in your perspective on that.

[Lin] Right. Yeah. I wish I had because there’s lots of adventures that I – I look at and I think, “Oh, I’d like to.” And then, there is a reality piece in who I am and where I am and age and all those things now.

[Laura] Right.

[Lin] What’s true is that I am so grateful that I started.

[Laura] Yeah.



[Lin] I would like to have started earlier, but I come, I started when I was 60 and I have had these years. I am so grateful for my start.

[Laura] Yes.

[Lin] So, don't wait. Do it now. Start whatever that is.

[Laura] Whatever it is for you, right? Like, yeah, that's a beautiful – it's a beautiful thing. All right. How long have you and Bob been married?

[Lin] 62 ½ years.

[Laura] I knew it was going to be a delicious number. I knew it was going to be something fantastic. What do you think, you know, because he's just glowy and delicious himself, what do you think has been the secret to your happiness and your marriage? It's a long time to choose to stay in partnership.

[Lin] Yes. Well, we had a spot that was near divorced and we made that – made it through that.

[Laura] And how long ago was that?

[Lin] When we were about – when we're in our early 40s, so that's a long time ago now. So, we've been married 20 years, 23 years at that time and – what was your question? Why did we stay together?

[Laura] Well, what do you – what do you think has been kind, you know, maybe – maybe why you chose to stay together and, you know, again, I see relationships as a choice, right? I mean, did you have an alternative, we could not be together.

[Lin] Right.

[Laura] 62 years to choose to grow with the same person, I personally find very remarkable and Scott and I are 22 years and its been probably one of the greatest – my marriage has been in many ways the greatest teacher of my life. Yeah.

[Lin] Well, I wish I could tell you something really profound.

[Laura] I love it.

[Lin] So, there is a – we had children in common and we have made the choice to be present together through their lives, not at the expense of our own life or our own lives or our own...



[Laura] Happiness.

[Lin] Opportunities and happiness, not that at all. That has been a – that has been a bonus for us for staying together. I had one – this isn't quite on your question, but I will say to you that once I have realized that I can do some of my own thing that I can follow my own dream, that has made our relationship even – even stronger, even – more reason – filled with greater respect for each other. Yeah.

[Laura] Yeah. Because I meet too many women that, you know, they feel that they can't do something because it's going to somehow impact their – their family, their children, their partner. And, often I know in my own experience I, in retrospect I think I've used that as an excuse to not do things, right? Versus when I actually do step into an opportunity for growth, nobody's happier for me than my family. You know, they're really thrilled with it. Now, they may not like it automatically because they may not like that I'm traveling or away from them, but overall, you know, when it comes down to the results that we get from the actions we take, I've been blessed with this family who's become my greatest cheerleaders.

[Lin] Yeah. Very, very true. Very true.

[Laura] Yeah. All right. We just have a couple of minutes, is there anything else that you want to share? Anything else – any other pearls of wisdom that you thought about before we got on this call today because it's really, again, the purpose of this was just for me to have an opportunity to capture some of your brilliance for me and for others and to share you because I love you so much and I, you know, I feel like everybody should know you.

[Lin] Thank you. Well, there's a couple of things. And I've had – one of the things that I would really wish for all of us is that when we come to the end of our lives, we've been doing what we love whatever, however that shows up for us in a wide variety of ways, of course, an activity, a time with who knows what that is. But then, our time always, but particularly evident in the olden years. I have the privilege of being older and older and I realized that doing what I love honors my life, it honors the people that I – with whom I live and who support me with their love. So, I think that matters. And that in engaged keeps us active. You know, you can this is a nice rhyme, engaging while aging.

[Laura] I love it.

[Lin] Yeah. And staying engaged keeps us healthy and interested and part of life and that that's really, really important.



[Laura] Yeah. And so, when you say engaged, meaning engaged in your passions, engaged with each other, right? You and I are talking before we got on this about Scott and I living separately right now and how, you know, he's very, you know, a big part of me moving to Texas had to do my health issues, but I think it's really for him. Him staying in Colorado is not because we don't want to be together, it's because he's on purpose with the project that he's just fired up about. And, you know, it is not a forever thing, it's however long it's going to be thing, but there are something in him feeling purposeful that I noticed really adds vitality to his life.

[Lin] Oh, yes, yes. When people lose a sense of purpose, that's when I see my contemporaries really getting old.

[Laura] Yeah.

[Lin] They've lost the zest. And so, it's a challenge to stay purposeful and it's critical. I would say critical.

[Laura] And how do you check in just as we wrap up here, how do you check in to know what you love each day? Like, what gives you that clue?

[Lin] Am I feeling grumpy? Do I want to...If good dance music came on, would I feel, oh, yeah or would I feel, pfft.

[Laura] Yeah. So, you really – you're like taking your internal temperature if you will.

[Lin] Right, my internal temperature. That's it, that's good.

[Laura] I just made that up. I have no idea, but I think it's an interesting thing. I was just talking to Jacob, my son, the one who's here in Houston, right? And he is triple vaccinated, right? He's double vaccinated plus the booster and he still got Omicron, whatever you just – he got COVID. And he's good. He had a very – I think because he was triple, you know, loaded up here with good stuff, he was okay. He just had a couple of days of feeling off and a little bit of a fever and achy. And, you know, I keep checking in with him, it's been a couple of weeks to see how is he feeling today and what's going on. He said, you know, the only thing he recognizes is the little foggy in the brain. And I was like, ah, welcome to that. You're almost 30, you don't even know what fog is [inaudible] and maybe not, maybe not. So, it's an interesting thing, you know, just the function of what we're aware of. But, taking in each day and seeing how do we feel.

[Lin] Right.



[Laura] And I think, you know, Caterina Rando, who's one of our, you know, again dearly beloved Limitless Women community members, family members I would say, says that when we're doing what we're meant to do, it energizes us, right? And when we're not, we know it because it starts depleting us. And I think that that's, you know, along the same lines of what you're sharing is like, you know, checking in what gives me energy today, what has me feel vital, what has me feel inspired and I'm going to choose to do that. Yeah, really, really good. Well, I just want to say, again, thank you, my love. It's just such a pleasure to always spend time with you. I hope I'll see you now that we're back in time for the holidays. We're going to be having in our Saturday classes and things happening and events and I can't wait until I get to be with you again in person in a safe way and give you big mass of hug and a kiss.

[Lin] Yes, I like that. Okay. Thank you. Thanks, Laura so very much.

[Laura] I love you bunches. Talk to you soon. Bye.

[Laura Gisborne] Are you a woman business owner who's great at what you do, but you're just not as far along as you like to be? Each month, I offer a handful of clarity calls to help women just like you. The purpose of these calls is to help you get clear about what your next best step is so that you can begin to get the results you want and you deserve. There's no fee for the call, but I only offer a few each month. So, please visit me online at limitlesswomen.com/apply to grab a spot for us right now. If you don't see any times available that work for you right now, please check back. We're always reloading my calendar and I would love to be able to support you. Visit me online at limitlesswomen.com/apply and get us setup to chat today.

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