

JOHN DEAN – PROFILE.

John has been involved with cycling for many years and started cycling when he was just 15. He still rides competitively and competes annually at the World Masters Cycling Competition held in St Johann, Austria.

His background is in both road and track cycling where he has competed at both National and International level and holds 39 National titles. He first represented NZ at the age of 17 at the Tour of Tasmania and from there went on to represent New Zealand at two Olympic's (Mexico & Munich) and the Commonwealth Games (Christchurch)

John was involved as a competitor and also an organiser in the Triathlon Sport when he lived in Queensland, Australia, which has given him an insight on cross training and the benefits of.

John was lucky to have had the help over the years from George Wharehoka (former National Track Champion) and Tony Walsh (former National Champion & Commonwealth Road silver medallist) and knowledge gained from these two is now being passed onto others. John has recently set-up a group of young riders to help them reach their goals and potential and they are all given individual training schedules to suit their abilities.

You must be 100% committed and be prepared to work hard towards your goals and to be completely honest with yourself. We all need to have a dream, words that were echoed by his friend and coach George Wharehoka. If the dream was not achieved in that year (for various reasons) then there was always the next, but you always hold on to that dream. If you are prepared to help yourself then John is prepared to help you

John has found that his own commitment and dedication towards achieving his sporting goals have helped in his personal life's experiences and challenges. The solid base of exercise and work is always there to assist when the going gets hard as it does at times.

If you require assistance, guidelines and a personalised training schedule to help you achieve "your dream" in the 2007 Yarrows Taranaki Cycle Challenge then please contact me. I personally get a huge "buzz" when I see enthusiastic individuals reach their goals. I have on numerous occasions seen people that I have helped train, go to ride 20 to 40 minutes faster than the previous year.

All their effort and training was rewarded with their bright smile on their faces when they crossed the finish line.

Hope to talk to you soon and take care out there on those roads.

John.

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