



## **Mike Mullen**

### **BMX rider**

Mike began riding BMX bikes 20 years ago as a hobby after school. From then onwards he's been constantly amazed by the experiences it's given him. He has met inspiring people, visited interesting and unusual places and so many opportunities have grown from being a BMX rider. His career has included competition world titles, jobs as a performer, company director, coach and mentor to young people. He wouldn't change any of it for the world.

#### **What is your favourite/most important piece of kit?**

It's got to be my full face helmet. Whenever I put it on, I'm in my own zone, totally focused. I know it's time to get serious and push myself. It's definitely the most important piece of kit: you only get one head!

#### **Best piece of advice that you have ever been given:**

If you put your mind to it, you can be capable of anything.

#### **What advice would you offer for any one looking to try something new or to better themselves?**

Go for it! Follow your heart and your interests and you will always find your way to a more positive place. Study your heroes or idols and ask yourself what they would do in your situation.

#### **What is the most challenging situation that you have been in and what was the outcome?**

Injuries and their psychological affect have posed the most challenging to me in my career. Its one thing getting injured but the time it takes to heal is often nothing compared to the mental barriers you have to overcome to keep trying that same move again.

#### **Why have you decided to become an Athlete Mentor?**

Being an Athlete Mentor gives me the opportunity to draw from my experiences and give advice young people who need a bit of direction in their lives.