



Interview with John

Q: How have you been training for the Cycling Tour? Do you follow a special diet?

A: I have gone on a few overnight trips; commuting at least 10 miles per day on my bike, more on the weekends. I eat Clif Bars and am “carbing up.” Carbohydrates are supposed to be a good source of energy for cyclists so I will eat a lot of carbs before doing a big ride. I am very health conscious when it comes to my diet – no fast food! I eat plenty of fruits and vegetables and drink lots of water.

Q: Describe your personality?

A: I’m laid back and easy going.

Q: Do you participate in any extracurricular activities in high school?

A: I play the tenor saxophone for Tate High School Jazz Band. I enjoy jamming with friends on weekends; we play blues music. I also participate in Teen Trend Setter, an after school mentoring program that helps elementary school children with their reading skills.

Q: What are your favorite classes in school?

A: English and History.

Q: What are your favorite sports?

A: Baseball – I played for nine years. I’ve always wanted to play lacrosse but it isn’t a big sport here in Pensacola.

Q: What are your favorite food(s)?

A: Japanese and Greek cuisine.

Q: What do you like to do in your spare time?

A: Reading, writing, listening and playing music with my friends.

Q: What are your plans after high school (e.g., college, work, combination)? Please provide details.

A: After the Cycling Tour this summer, I am planning on working with WWOOF. This stands for World Wide Opportunities on Organic Farms. I do not know where I will be stationed yet. They give you a place to stay and they feed you. In exchange, I will be working for them. In the fall, I am looking to finish up my Associates Degree most likely with a focus in business at Pensacola Junior College. After that, I will transfer to a four year college.

Q: What would you like to accomplish in your life?

A: I want people to look at me and say I am a happy, go-lucky person. I want to make other people happy through this Cycling Tour and by showing them that they can overcome obstacles and be bigger than their diagnosis. For my life in general, I want people to be able to say that I made them a happier person by just knowing me.