



good/energy

Athlete of the Month



MIKE NORTON TEAM IN TRAINING

Congratulations, **Mike!** "Hard Work, Pays Off!" June's Athlete of the Month was a Captain for **TEAM IN TRAINING** cycling of northern New Jersey. Mike was responsible for preparing over 40 riders of all skilled levels in their training for the rigors of "America's Most Beautiful Bike Ride", a 100 mile bike ride which the **TEAM** completed together on June 4, 2006 in Lake Tahoe, Nevada.

Mike is an **Allendale native** who came to **Good Energy** for a change in his workout routine. **Mike** trained several years with personal trainers at a local health club, but was looking for a more private atmosphere and personal attention. He has received both at **Good Energy** and we are thrilled to have the ability to train such a dedicated and driven individual. **Mike** initially came to **Good Energy** to supplement his long rides in preparation for the endurance event in Lake Tahoe, but continues to train two sessions per week because he is now hooked on the boost of energy he feels following his sessions at **Good Energy**.

Upon arriving back to Bergen County following the Ride, **Mike** was recognized for his leadership and dedication to **TEAM IN TRAINING** by being inducted into the Leukemia & Lymphoma Society of Northern New Jersey Chapter Hall of Fame on Saturday, June 17, 2006. **Mike** continues to do his weekly rides with the team as well as with teammates who are preparing for their individual races and additional **TEAM IN TRAINING** rides this fall. **TEAM IN TRAINING** is a charity organization for the Leukemia & Lymphoma Society which raises money to fight against blood related cancers.

Mike, Good Energy congratulates you for your Leadership, Generosity and 100% Effort!

GO GOOD ENERGY!



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