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Tue, Jun 27, 2023 5:28PM 42:30

## SUMMARY KEYWORDS

sport, bmx, give, nick, man, kids, mountaintop, younger generation, clinics, good, people, race, track, talk, feel, women, dad, running, opportunities, career

## SPEAKERS

Edroy Odem, Scot McKay, Nic Long

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Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host, Scot McKay.



Scot McKay 00:19

Greetings, gentlemen, welcome to yet another episode of The World Famous mountaintop podcast. Yeah, as usual, my name is Scot McKay, I am your host at Scot McKay. on just about every social media platform, if you have not checked out the YouTube channel, well, you must be at least trapped under something extremely heavy and can't get out or maybe hiding under a rock because everybody's there, everybody's checking it out. That's because I'm running two minute videos that address one of the most frequently asked issues guys have about women and dating and relating to them. And you know, what we do we get rid of all the old wives tales and the answers that haven't worked, even though people have been repeating them, like little parents for 20 years. And what we do is instead give you the real answer that works. What else would you expect around here all that's at Scott McKay on YouTube. If you haven't been to the website lately, that is mountaintop podcast.com. Also, as always, you'll find lots of goodies there for you go and check it out. And the thriving Facebook group also, as always, is the mountain top summit on Facebook. Alright, guys, buckle your seatbelts because I got a great guest for you today. I have had this topic on my radar screen probably for two years now. And I've been contemplating who the right guests would be to have on to discuss it. Because you know, we are all about having the right guest to talk about the right topic with the right level of expertise. And something you guys may know about me if you've listened to more than a handful of these shows, is that my family is very deeply involved in the sport of BMX racing and has been for years. I don't bore you guys with a whole lot of BMX talk around here unless it's directly relevant to whatever topic we're talking about. But here's something I know about this sport. It is all about addressing the very topic that I told you I've been thinking about a lot lately. That topic is giving back to the younger generation. And see BMX is largely a kid sport that may ruffle some feathers. But even though it is also an Olympic sport, it is also a kid sport. And that means kids as young as three years old are coming to BMX tracks racing and they

race basically until they discover cars and girls at age 16. Some guys stick around longer than that, because it's fun, and it's competitive. But if there was ever a sport that gave kids grit, determination, and help parents raise them to be solid men and women who have confidence and character this sport is it. So what I did was I went to one of the most well traveled Facebook groups in this sport, it's got 10s of 1000s of members. And it's also known for being particularly blunt, and sometimes a little rough around the edges. So these people tell me what they think. And I said, Hey, who in this sport gives more back to the younger generation than anybody else. Got lots of great answers, but one name that came up time and time again, more so or at least as much so as any other happens to be that of my guest today. His name is Nick Long. He's from California, although he goes all over the country. And Nick is currently the team manager for Haro bikes, which is a huge brand in the bicycling world. I'm sure you probably have heard of it if you get around on two wheels and pedals at all. So Nick, man, welcome to the show.

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Nic Long 03:44

Thanks for having me, Scot. Happy to be here.



Scot McKay 03:46

Yeah, man after that lengthy introduction, which I thought was kind of warranted because of how closely related you are to the topic. I do want to let this audience know that you have a considerable amount of notoriety worldwide because you're a two time Olympian for team USA. So you've actually been to the Olympic Games twice, riding around a little kid's bike. Nice, right?

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Nic Long 04:07

Yeah, so exactly. Like you said, I made a career out of writing little kids bikes, which eventually took me to two Olympic Games, both 2012 in London and 2016 and real. I had a pretty mediocre amateur career as a young writer, but I figured it out and worked really hard.



Scot McKay 04:26

No, wait a second. Hold on a second. I remember hearing your name in the amateur ranks.

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Nic Long 04:29

It wasn't until later. So I was pretty mediocre up until about 14 1516. Like I would get some national small national wins but



Scot McKay 04:37

Small national wins. Okay.



Nic Long 04:39

Yeah, but it wasn't like a big, you know, I wasn't winning consistently. Not till I was about 1617 years old and then that's okay. That's when I really took it started taking it serious and it was you know, either get a job or you know, try to make BMX my career and that that was what ended up going the path that went down.



Scot McKay 04:57

Yeah, as a young teenager. Up until and three your adult life you're 33 now and racing vet Pro, but mostly giving back at this point, man, you're pretty much fire out there.



Nic Long 05:09

Yeah, I mean, I guess I flipped the switch a bit. In my later teens. It was either Yeah, my mom gave me the choice. I either had to work or go to school, and I didn't want to do either. And I really wanted to make BMX, my, my career path. And I, you know, I thought I could. So I dabbled in both school and work and, you know, never committed to it fully because I was so committed to BMX. And then I won my first World Cup in the elite class as an amateur in 2008. After I, I attempted to qualify for the 2008 Olympic Games I just missed out on the trials race. But I eventually won a World Cup against all three US Olympians at the end of 2008, after the Olympics, and that really just kind of boosted my ultimate career into the elite class and, and then making it to them and mixed twice.



Scot McKay 05:56

Yeah, right. Oh, that was a tough crowd back in the day. That false, the Olympics, man, everybody wanted a piece of that party.



Nic Long 06:03

Absolutely. It was, I mean, it was really tough. And especially I was only 17. At the time. I started traveling internationally, I did a, a China trip to the test event, the Olympic test event, they're on the track in 2007. So I was only 17, traveling, you know, across the world trying to figure it out. And if it was something that I could, you know, pursue and make a career. But yeah, so it was super tough. And being really young. I just, you know, I kind of got edged out and but it was it was nice. Yeah, it was, it was a great opportunity both my dad gave me and then just being able to race those riders and those older riders in that top class. So it was an experience and you know, something that, you know, ultimately shaped what I was able to do and create in this in this career.



Scot McKay 06:45

Yeah, man in Beijing, China, in general, was still a pretty exotic place to visit back in 2007.

Yeah, man in Beijing, China, in general, was still a pretty exotic place to visit back in 2007 / 2008. People don't really remember that anymore.

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Nic Long 06:55

No, it was really crazy. And especially in 2007, they were like, in the middle of shutting the city down a little bit. So they could raise that smog. That was super bad. So it was kind of a crazy time to and you know, being so young and just getting to travel internationally like that, and just kind of growing. Yeah, as a human was, you know, really, really, really cool.



Scot McKay 07:15

I remember the international community wondering aloud if China was going to be up to the challenge of presenting a Summer Olympics. And then man, as soon as they popped open that, that opening ceremony back in 2008 with that bird's nest, and it was like, Okay, I think these people are up to the challenge. Pretty crazy.

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Nic Long 07:34

And put on a really awesome show, especially with those opening and closing ceremonies.



Scot McKay 07:38

Yeah, there was a guy like running around the edge of the stadium, horizontally. It was nuts. Anybody before after his equalled that one? So like the gold standard? Yeah. Now, you mentioned your dad, Nick, and your dad, his name is Donovan Long, who is also a force in the world of BMX training, and giving back to the younger generation, and he's influenced you he gave to you, and you're basically handing down that mentorship, that example from your father, aren't you?

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Nic Long 08:08

Yeah. And and I guess it's, that's a great way to put it. And then I didn't really look at it that way. I guess I just kind of, you know, ultimately shifted into this role. But uh, yeah, well,



Scot McKay 08:18

you know, sons never see that. And they're fun. Yeah, Dad, you know, everybody else sees it goes, Wow, that's really cool. My 15 year old son's the same way. So yeah, he's just my dad.

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Nic Long 08:26

Yeah, we started racing at seven years old. And we got the opportunity at one point, and you know, three months into the racing, the local bike shop asked us to be on their team. And it

know, three months into the racing, the local bike shop asked us to be on their team. And it was like, 35 bucks for the jersey and my dad's like, what, I could just start my own team and you know, buy our own jerseys, why we spend the money. And in typical dad fashion, that's exactly how it started. So long story short, that was, you know, 26 years ago, and he's been running a team continuously since it's different team names, but you know, the same foundation and he's been doing training and, you know, running teams for that long. He does clinics and stuff along the way. Yeah, so I mean, I guess, thinking back now, I guess, I did just kind of shift into that role that my dad's been doing for this long this amount of time.



Scot McKay 09:12

Nick, what makes BMX special in terms of mentoring kids and helping them build character and grit?



Nic Long 09:18

I think the greatest thing about BMX is I mean anybody could do it, you know, for any age from whatever to to 70 years old. So but I think the best thing is just being able to connect with everybody like in what other sport like say soccer or basketball or or the you know, the beginner kids getting to ride with multiple time Olympians or gold medalists or you know, whatever. There's not very many sports or any off the top of my head that you get to you know, from the beginning stages of a sport all the way up to the highest level, all at the same arena that you know, you don't even have to buy tickets for it's just it ends up just being a huge family connection. And you know, I'm I'm so intertwined with, you know, riders from you know, I got a five year old Little boy on my team and his family is awesome. I got an eight year old little girl on the team and just being able to you know, not necessarily on purpose like mold and shape these writers but the opportunity to you know assist in ultimately their kind of lifetime decisions and how they grow up is is a cool is a cool thing.



Scot McKay 10:18

Yeah, for sure. And I think you made an excellent point. Not in soccer, not in Little League, not at football. Can you take your kid to? Well, indeed, I'll be at a national event but a national event relatively close to your home because man USA BMX, the sanctioning body for this stuff in the United States just runs nationals all over the place. And your five year old novice can race his first race ever on the same track on the same day that you and other Olympians will be battling it out on during the same event. That's the special.



Nic Long 10:52

Yeah, and and we're just you know, when in under 10, by 10 canopies just hanging out in the parking lot in the pits, just like right, all the riders, you know, we don't have VIP, nothing like that. Now, I'm not talking trash on that. It's just, we're grounded and, and on the same level, as all, you know, the riders from when they start to ultimately when they finish, and I think that's the greatest thing about this sport is how intertwined you can be if you choose to,



Scot McKay 11:16

you know, something just came to mind, Nick, that I think would be worth discussing. We're talking about men and the importance of giving back to the younger generation today. And so what came to mind for me, the first thing that a man really needs to sort out for this topic to make any sense at all is why is it even important? You know, why does the younger generation need a guy like me? Like it's the typical Hero's Journey story? Right? Like Luke Skywalker, may I just work on a farm and drink blue milk with, you know, my aunt baru? Why me? Why am I going to save the world? But every guy who has grown up, has achieved adulthood and has made something of himself and isn't he trying his best to be a man of character, even if he's not a father yet has something to give back to children, sons and daughters. At the BMX track. I'm the announcer and the little girls look up to me. My daughter loves me and the boys, you know, like talking to me, and I give them cool nicknames. Because you know, as well as I do, Nick, that little kids just just crave that they eat it up. Yeah. Like you call this guy like Jake, the snake, you know, whatever. And he's like, oh, yeah, I'm cool now. And it's just all about making kids feel good about themselves, building their self esteem. And of course, and BMX, they'll fall, they'll scrape themselves and you pick them up, dust them off and clap for them, which is a tradition. And it helps build grit and character, you win and you lose, you win, you get this awesome trophy, and you don't make the man you go home empty handed. And you're gonna have to come back next time, after you've learned how to be faster and gotten your head together. So I think a lot of times, when men become fathers, all of a sudden, we've got kids in our household who we have to give back to, like, we don't have a choice, you know, or else we're just neglectful fathers. But this idea of going outside our own four walls and saying, hey, you know, what I can help the entire worlds be a better place is something that I think more men need to come to grips with. And going along with that just to kind of give you something else to, to comment about. I think the second step, Nick, is to remember what it was like to be a kid. Now you've been connected to BMX your whole life. So it's kind of like, well, riding a bike, you never forget what it was like to be a BMX, or when you're a kid, because you never stopped. I took a 17 year hiatus between my teenage years, and returning. And it was the guys who never quit, who could still jump all the jumps and do all the tricks and manual rhythm sections. And these guys don't even know what that means. But let's just say it's a hard skill. Okay, and there, I was basically thinking, Man, I'm too old for this, I'm gonna hurt myself if I try that. So indeed, learning how to ride a bike is something you never forget. But man, learning how to ride a bike on a BMX track is something you can indeed forget. So man riff away at the importance of real men giving back to the generation and maybe believing we have something to give back and talk about the whole idea of not forgetting what it was like to be a kid. And why the more we understand that the more we can relate to the younger generation and indeed give back



Nic Long 14:35

I think it's really easy for me to level with the younger kids and beginners or the you know, just the younger kids because like you said, I I really haven't. I mean, I've grown up in age and you know, perspective and wisdom, but at the end of the day, I'm still the little kid at the BMX track and so when I'm, I love that answer. Yeah. So when I when I traveled to I last year, I did over 80 clinics at you know at 75 different tracks. Whatever, I'm able to put myself in that five year old kids shoes, because I was that little kid, I understand how to talk to him, I understand that I can talk to a 15 year old, different than a seven year old, different than a five year old. And growing up being each of those ages, and those kids, I'm able to talk to them, and know what they're

going to be able to understand for the most part within, you know, the confines of my sport. In other everyday general life. I mean, I could probably give tips on how to be a good human and kind of, at the end of the day, in sport, and in life, it's, you know, portraying yourself as the type of person that that you'd want to spend time with, or see or hang out with. So that's, that's kind of my goal and sharing my journey and, and my perspective, in the sport, and within the sport, it's just like I explained, you know, you got to work hard and that type of stuff, but also, to be a, you know, a good person. Yes, I feel like I'm just able to disconnect myself, and be that little kid at the same time, even while I'm talking to him and, and kind of look at what answer on you know, they're looking for and how I can give it best to him. Um, but also just portraying myself to be a good man, a good person, and not so much just giving back myself, but just um, kind of how I hold myself and how I act around other people, for people to see for the kids to see. Um, granted, if visually, if you look at me, a lot of I'm completely covered in tattoos. So I to the normal person, I might come off a little intimidating. But if you come to the track, and like you did on this Facebook forum, you asked who gave back the most, and it's not surprising that I was the answer to people and not not as a brag or a gloat, but I kind of pride myself and I really enjoy what, what I'm able to do and what I've been able to turn my career into from a top Olympian, and a top national champion in this country, to literally traveling, living in a motorhome full time with my wife and stopping it, you know, 50, to 80 to 100 tracks a year. And just preach and BMX, like a sermon, you know, and the opportunities it's given to me. I didn't come from a poor family or anything, but we definitely went bankrupt, twice, racing this sport, and I couldn't be more thankful for the opportunities that my parents gave me, my mom and dad, and then to continue on doing this with everybody else in the sport and sharing those stories and opportunities. And hopefully, being a, you know, I didn't want to be a role model or an idol. I never, I didn't act like that my entire career. I was out partying and having a good time and being the loud guy at the track. But I knew what I needed to turn into and how to, I guess just grow up ultimately,



Scot McKay 17:34

isn't that fantastic? I love every bit of what you just said. And in unexpected ways. I love it. There's a mental level theme here that your dad set the example for you not only to be a good man, any war, and I know of you, I've met you in person, you and I are best buddies. We haven't had a beer together yet. Yeah, I can. But I'm a very good judge of character. And I know about you and just watching you interact with the kids at my track, the time you did a clinic there, I could see very clearly into all this, that you you knew what you were doing, and you loved it. What an incredible joy it is to do what you love for a living. I mean, that example to the younger generation in and of itself is massive. You don't have to be a worker B, you don't have to work for someone else. You don't have to do what they told you to do. You can march to your own drummer. As long as you're passionate about it, you have some attitude towards it. And it makes a living kind of like a three legged stool, isn't it? Go for it. And yeah, your dad set that example. And you're following it. And now you're handing it down. It's generational, just like the circle of life itself. One thing I also want to focus on is you said you're covered in tattoos. And he kind of gave this impression that you're sort of a sheep and wolves clothing, to quote a an old Christian rock artists used to call himself that now saying your sheep these days is, you know, kind of an eyebrow raiser and I wouldn't say you're that by any stretch. But all I could think about when you were saying that Nick is what are you supposed to look like? I mean, you're supposed to be a choir boys supposed to have a white button down shirt and a blue tie. And are you supposed to dress like the Mormons riding around the neighborhood on their bicycles when you're teaching BMX? Now, man, you're supposed to be you you're supposed to do you, you're supposed to be the kind of man you want to be. If you're gonna be

the kind of man who has tattoos you own that and you run the tattoos, you get more of them. You wear what you want to wear, you do what you're going to do. You represent your lifestyle. And that is the key to respect isn't it? owning it? You are who you are, you're not trying to be what you're not. And if other people don't like that, and they have a problem with it, it truly is there a problem? Now I happen to know that in this sport that you're involved with, you're gonna fit in fine, of course, because after all, we're talking about a bunch of parents who strap on crash helmets to their five year old daughters and say get out there Pat him on the back, sir. All right, go win. And, but it is amazing by the way to see how gritty those little kids are, and how much my kids aren't even national champions. My kids are state champions, and my kids have done very well for themselves. But man, I think they could run a multinational corporation at age nine or 10, with the grit determination and confidence that this sport has helped them build. So I love everything that you said. So for the next question, Nick, I'm going to ask you, what you would say to these guys who feel like maybe you know what, I'm just not enough. I mean, I'm just a computer programmer. I don't have this cool job, I don't work cool. You know, I might need to lose a few lbs. I mean, I'm still working on getting the women to like me, let alone the kids or someone younger. What do I have to offer? How does a guy answer that question he wants to give back to the younger generation? Where does he start?

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Nic Long 21:00

It's funny that you asked that question because I actually found myself asking myself that at a time in my life, or you know, not too long ago, honestly, when I was ending my elite career. So I could have retired at the end of 2016. Or in, you know, after Rio 2016, I was completely content with my, with what I've done in this sport, what I've accomplished, I'm, honestly, I'm not the most competitive person, but I am a very goal driven person. So when I said something, or, you know, I like following tracking data and that kind of stuff. So at the end of 2016, or after the real race, I could have retired and been completely content, I didn't need anything else from the sport, but I kind of went through the motions through 2017 2018 2019. Just you know, I never not enjoyed racing, but I wasn't training for anything, I was not chasing a goal, I wasn't working for anything. So I kind of felt lost in the sport. And I couldn't figure out how to, you know, not not necessarily stay relevant, but to stay respected in the sport, I didn't understand the value in the knowledge that I had learned and gained throughout my, to my 20 years in the sport at least 25 years in the sport at the time, I really thought that, you know, parents would drop their kids off at a clip if I were to put on a clinic and they just wanted to hang out with this Nick long this, you know, this top athlete, and I didn't really like that feeling because I didn't really look at myself as some type of idol or anything or more hero how you say it. But I didn't want to do that I didn't want to just take people's money for people to hang out with me. I didn't realize I had the knowledge or the I didn't know what value I had to give back to these writers. It wasn't till 2020 or 2021, when I really figured out what I had what I had something that was valuable to BMX riders specifically. But I mean anybody if anybody wanted to come around, I have had experiences and you just my traveling and growing up through different channels of the sport and spending time with different Olympians and I know a great athletes are just great men in general, that I was able to share these experiences. And from a base level to a five year old, I could share you know, in in a more, I don't know mild context or you know, elementary level, I could explain, hey, if you if you work hard, and do X amount of things like you could have this possible opportunity to make the Olympics doesn't matter where you're from, or what kind of income you guys have or financially like I say this alive in clinics and stuff. But if you work hard enough, honestly, the opportunities come and being able to share that through, you know, my experiences and where I came from, like, it was me finding that value



and what everything I had learned and gained from the sport and being able to translate that into something that was valuable to you know, a customer or not, not at customers a rude word, because I'm not there to take money from people. Yeah, that does.



Scot McKay 23:49

Lil' Ripper, that's better. Yeah.



Nic Long 23:54

Yeah, absolutely.



Scot McKay 23:55

Yeah. You know what, Nick, you were talking about finding value in what you're handing down to the kids. And in the midst of that you've revealed a hidden gem. I'm not even sure you realize how profound you just were in my business, dating and relationship coaching for men, men, our whole world, our whole niche, whatever you want to call it was infamous back in the mid aughts, for guys saying, Yeah, I've learned how to be good with women and get lots of women to go after me. So I'm going to hang a shingle and I'm going to be a dating coach, and I'm going to show these guys how to do it, but they weren't teachers. They were good at what they did. They were rock stars to these guys. But then they would take them out in field and go Alright, there's this girl over there, talk to her. And the guy would be like, how? Well you know, just go talk to her, don't you not to talk to a girl? And they're like, not really. That's why I hired you and then frustrated and insult these guys. And things just got in from this out there. The coaches in my niche who have had the staying power, if you will, are the ones who get over themselves and know how to teach they know how to actually impart to someone else, and they respect someone else for wanting that information imparted to them. But as Ted Lassa would say exactly mundo de can be matumbo. You just nailed it. I have seen people who are huge names in this sport, run the world's crappiest clinics, Nick. And you're not one of them. I mean, people pay \$40 to this guy who was world one or racist Pro or something. And they're like, Yeah, cool. Watch guys. Just ride on the track. And we'll watch it if you do something wrong. We'll tell you. Alright, let's go gates. All right, do a gate. All right, next group of gates. They're not. This is like glorified practice. They're not importing anything. At the end, they sign posters and throw a couple hats at the crowd and they leave. Yeah, that's, that's living off being a rock star. That's not actually giving back that's making a public appearance. I mean, the surfer guys used to do that. Honestly. Remember, back when I was surfing, in the 80s, in my late teens and early 20s, sometimes the surf shops would host these guys that came around in a Quicksilver van or whatever. And these guys are pro surfers. And we'd go out and have a surfing session together. You know, it's hard to coach people when you're out in the waves together. Yeah. Like, hey, you over there. Watch out for that shark. You know, you can't do that when you're out coaching, surfing. So basically, all all that was ever expected was to go out and surf with these guys being all of their skills, and then they would get in the van and leave after well, they signed a few posters and through if you had to the crowd, but you just nailed the whole essence of this thing. It's wrongheaded. At its very essence, to think I've got to be a rockstar at this be world famous, you know, have a blue checkmark on Instagram, although that's not hard anymore. Or else no one's gonna care. Yeah, I know for a fact that

when people come to our track, and do clinics, three quarters of the parents who sign up for this thing, have no idea who this guy is from Adam, who's such a badass enough that he's coming here from out of state to teach these kids, right? I mean, it's cool to be able to say, Hey, I'm a two time Olympian, I'm sure that draws a crowd. But you know what, when you actually give back when you care about these kids, when you relate to them, when you give them something they can use when you remember their names, when you say, Hey, back when I was your age, I used to do this, and I used to think about that, and it would make me faster. And to your credit into a few other names in the sport, who I could mention, I find it not coincidental or ironic at all, either. Okay, that the pros who are most respected, and who have the staying power in this sport over the years, who are the ones who are champions, as pros, and as vet pros are the ones who get it, they get what you're talking about, they will look it up a wide eyed five year old crouch down to their level and say, hey, you know what, someday I think you're going to be even faster than I am. As you just think this way you do that and watch the kid just light up. You know, instead of walk around with this ego, right? The ones or the egos, they disappear, they disappear in this sport, and you know what, they disappear most other places too, if you're watching closely enough. I absolutely love what you just said, I think you hit it out of the park. Nowadays in our world, we become well almost solipsistic, we kind of believe we're the only person in the world and the whole world revolves around us. It's a very selfish world. And sometimes we fall into that trap, Nick, even when we're good, decent people, because it's kind of like, well, we're following the crowd. We're doing what everybody else does kind of like lemmings over a cliff. And what we have are a bunch of people who want immediate gratification, they want things their way they throw a tantrum when they don't get it and have become very compartmentalized in their thought processes and insulated, stay at home, watch everybody else, live life on TV, you know, I call it the suburban sleepwalk, which you knew nothing about because you and your wife like my wife would have me do or running around in motorhome all time. My wife would do that tomorrow morning and heartbeat. You know, I'm the stick in the mud who wants to stay here in San Antonio. But there's something deeply satisfying about giving back. And people realize that immediately once they get off their butts and actually go out and do something to give back. You do this on a daily basis. What would you say to guys who need that extra motivation to go out and give back? What do you get out of this? Why is it good for you to be giving back?

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Nic Long 29:42

I honestly couldn't even imagine doing anything else. I mean, you could start at a very basic level. You don't even have to have, you know a skill necessarily like I have. I started I mean to bring up something from the past. I mean, even while I was an elite top athlete, I used to watch My mom or listen to my mom used to do so my mom used to, you know, she would buy 1015 20 pizzas and hand cases of water and then go hand out to the homeless people downtown San Diego. And when I did that with her a couple times, and I just, it was so satisfying to be able to ultimately change somebody's course of their day, whatever was happening throughout that whole day they got up, they, you know, they got a hot meal during the day. And that was a really cool experience, and a really basic experience, if that's the right way to say it, that anybody could do. And I took that to extreme. So I would do that with my mom, I did that with her a handful of times. And then I ultimately morphed that very basic way of giving pizzas and waters to homeless people I ended up doing, I called it like homeless handout parties, I would invite all my friends and family or sponsors over whatever and I would hand cook 150 to under 50 boxes of food, whether it'd be pasta, and like, you know, garlic bread and stuff like that, plus water and drinks. And I would also get blankets and stuff donated from sponsors would buy stuff. And we we morphed that handing pizza out to this gigantic, you

know, we would have 50 friends of mine, and being able to hand out on a much bigger scale and, and so that was a way that kind of showed me the giving back type, not way of life, I guess. But just understanding that there's more people out there than just you, there's people out there that are struggling, that when you do something like that, it makes you just want to do it more because you feel like you've you know, changed somebody's life in a in a small sense. But it's a really great feeling. So if you're feeling like you're missing something in life, do not try giving back like it feels funny. It sounds silly, like it feels your heart, but man, it sure does give you that, that fulfillment feeling, being able to you know, kind of go to sleep, and I think you help somebody. And that was a story about how it kind of not how it started. But just a good story of me giving back. Ultimately turning into how I viewed my BMX career and how I could change these young riders lives because I was in those shoes and, and I looked up to riders, I looked up to some of the dads out there. So it's an easy thing to get into. It's just about you know, taking that step that sounds silly. But yeah, get off the couch, get off your phone, get off your game, and shoot, I mean, not saying you got to give money to people, but man go get an apple to somebody who's, you know, looking hungry. Yeah, man,



Scot McKay 32:20

for sure. You know, among the points you just made two of them stuck out really prominently for me. The first one was, you discovered that giving back felt good long before you actually applied it to the sport you're passionate about and that you're best at. So that's almost like a bonus. And I have to tell you, it's the same thing for me. I got particularly good at my craft. But it's not just me say hey, I get to do what I love and brag about it. I get lots of adoration for it. I love helping to empower other men and indeed other women to to enjoy success in their own right, to get better with women to improve their relationships. It's deeply gratifying. Because not only do I experience that primal satisfaction, that soul level satisfaction of giving back. But I get to do that in the surrounds of a topic that I love. And I'm passionate about. That's fantastic. The other thing that I caught you doing, and I don't want to pick on you. But hey, it's kind of something that fills your heart. And I know that sounds silly. And you said that a couple times. Nick, we as men have to realize that it's okay to be human and to feel even though we're male and masculine, it's not anti masculine, to feel something and have your heart be filled by this. And in fact, women love men who can still provide and protect, have a plan, make a decision, be wise, be courageous, and still feel something. So listen, man, I have no problem with you having your heart filled by this if you don't. And I think that is a huge lesson for guys listening to this. And I think it's a great place for us to, you know, put an exclamation point on what's been a wonderful conversation. Anything to add to that?



Nic Long 34:04

I don't think so. I think I got across everything I wanted to talk about and it was awesome listening and chatting with you about it. Yeah,



Scot McKay 34:10

man, Mic drop. Boom. All right, Mr. Nick long. You are the team manager for Haro bikes, you're a two time Olympian for team USA. You know, you're being kind of quasi humble about this, but you want all sorts of championships, I remember. And you are indeed giving back to the

younger generation. And for the record, your clinics are among the most popular in the country. And I believe it's for the reasons I just mentioned, you are a rock star and you actually know what you're doing and know how to impart it, which is important. I also want to say to these guys, before we close, you know, we talked about what skills you might have we talked about computer coding, construction painting. You know what gentleman, whatever it is you know how to do there are kids out there who need to know how to learn it, man, if you're thinking oh, I'm just a computer coder, what do I have to get back to kids? Oh, my friend, let me introduce you to a stadium full of young 12 year old kids who would love to know what you know, so they can get on it themselves, you have plenty to give. And I think that these guys, Nick will be incredibly empowered by this conversation more than you probably guessed. I think this has been fantastic. Gentlemen go to mountaintop podcast.com front slash Nick. And I see and you will be magically teleported to Nick's Instagram page and take a look at some of the things he has to say some of his videos, you're gonna be pretty impressed by this guy's talent. He's good at what he does. And if you think this sport is easy, or you know, kind of not a sport at all, wait to see what these athletes are capable of. And look at Nick interacting with those kids and just be inspired mountaintop podcast.com front slash Nick. Also in the show notes page, I'll give you a link to USA bmx.com Six letters.com, USA bmx.com. If this has finally inspired you guys were longtime listeners to this show, or maybe just tuning in for the first time and you got lucky. I don't know. If you have a son or a daughter, man, there are more little girls in the sport than ever before, Nick, I think it's 200% increase in the last decade little girls man, it's awesome. This will turn your little girl into the coolest little chick ever. Okay? If you have a son three years old, up to teenage years, or maybe you'd like to try your hand at this dad's class, I promise it's competitive, it's a lot of fun. They'll start off as novices, you're not going to be pitted against the likes of Nick long first time you go out there racing. It's a great sport. It's been, it's been called the greatest youth sport in America. I'm a biased opinion, but it has changed the lives of me and my kids. If you guys would like to try that. The first place to go is USA bmx.com. Man, the grassroots level is where the sport thrives. You probably have a track near you if you live in any decent sized metro area at all, and plenty of the smaller ones even. Just go to USA bmx.com and click on Find a track and see one near you and go check it out. Take a kid with you see if their eyes light up like mine did. And man what a great show this whole idea of men giving back to the younger generation. I can punctuate the whole conversation that by saying if not us, then who? It's got to be somebody gotta be somebody. Oh, you're saying? Yeah, man. Nick, thanks a million man been a great conversation. Thanks for dropping by.

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Nic Long 37:35

Thank you for having me on. And if I could follow up with what you were kind of just saying. I mean, everybody listening on here, I'll tell you what BMX is not only the greatest kids sport, it's the greatest family sport. There's everything about this. Everybody's connected. Everybody gets to spend time with each other that you literally can't but the tracks and the dads can get out there and race with their kids and understand, you know, instead of just yelling at them, you get out there and learn and figure it out, too. And if anybody has questions, like you said, Follow that link and you happy to answer questions. I'm here for everybody in the sport. I just want to see people get the opportunities that I was given and hopefully take it as far as I did. And that's what I can portray at my clinics or at the track that I'm at, you know, six days a week. That's That's my goal.



Scot McKay 38:18

100% man,

N

Nic Long 38:19

I appreciate, you know, acknowledging me and what I'm doing out here and I hope to you know, just inspire the next group. Love it,



Scot McKay 38:26

man. Thank you. It's been a great show and 100% on everything you just said. Gentlemen, if you've not been to [mountaintoppodcast.com](http://mountaintoppodcast.com) lately, check out the masterclasses. We do a new one every month that focuses on a particular area of excellence with women and being a good man in general. Thank you to our sponsors Jocko. Willings company origin domain, the best supplements, best boots Best Jeans ever. If you're into Brazilian Jujitsu, if you're into hunting, fishing, man, we gotta get choco to do some BMX stuff, man. Wouldn't it be great the origin and main BMX kit would just be epic. I want if I could get those guys in on that message. We'll chat. All right. I'll send them to your neck, you can straighten them out. But origin domain everything is made in the USA by Americans and man, good quality stuff. I joke all the time that I think my jeans my origin jeans are going to outlive me. That's probably true. Although my son has a pair and he's 15 years old, he's doing a good number on him. He's putting them to the test, Nick. Also the key port.com The coolest everyday carry devices you've ever seen. Man the gadgets they can pack into something that loosely resembles a Swiss Army Knife is amazing. You need to check out the guys at key port. And don't forget to personalize it with your own face plate hero soap.com The best bath gel you'll ever use, especially if it's in the company of a beautiful woman and you're using it on each other. That's one of life's simple pleasures. Gentlemen, hey, no giggling over there. And of all the different varieties that the actual heroes soap comes in itself. I love cool, because it just makes me feel like my face feels after I've shaved with mental shaving cream getting out of the shower. I just feel I mean, fresh is not the right word. Okay, I just feel incredibly renewed after using there cool. So it's great. It's just called Cool. All of those sponsors if you partake of any of their fine goods, please use the coupon code mountain 10 To get an additional 10% off. And guys, listen, if you've been inspired by this show, if you want to be the kind of man who gives back to the younger generation, I'm going to give you a secret that we've kind of hidden under wraps until right this very minute in this show. Women this is like catnip to women. If you're a mentor and you give back this is providing this is protecting this is having a plan. This is being a decision maker. And an example of the highest order you want to attract women you'd be this guy if you want to talk about that for 25 minutes and get on that path to getting better with women whatever it takes, please click on that button at the upper right hand corner of the website at [mountaintoppodcast.com](http://mountaintoppodcast.com) like your life depends on it and let's talk it won't cost you a dime for that initial consultation. All of that more is indeed there for you at [mountaintoppodcast.com](http://mountaintoppodcast.com) And until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas. Be good out there

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