

# Smart Money

## Former Olympic Cyclist Pays It Forward

(NAPS)—A former Olympic cyclist and self-made businessman knows that one of the best investments you can make is in people.

That's one reason Russ Dalbey, founder of the Dalbey Education Institute, sponsored the New Life team during the Denver Marathon.

After training for months, the 15-man team—ranging in age from 19 to 60—completed the 26.5-mile race. Running the race was part of the team's two-year commitment to the Denver Rescue Mission's New Life program and to each man's own personal recovery from alcohol and drug addiction.

When Dalbey first heard about the team, he didn't hesitate to lend his support. In the early 1980s, Dalbey was on the Olympic development cycling team and set and held the world record in the 1-mile ride for an unprecedented four years running.

Today he is founder and CEO of the Dalbey Education Institute, the country's leader in real estate cash flow note education, resources and coaching, and a nationally known motivational speaker.

"I relate very strongly to these men," said Dalbey. "The specifics of our lives are different, but I too had some very rough times in my young life. I understand very well how tempting it is to make bad choices and how sometimes you just need a little help, motivation and support to make the right ones. I have had the support of numerous people throughout my life and career and for me this was simply about paying it forward.

"The fact that these men were using athletics as their inspiration really spoke to me," he continued. "Cycling—athletics in



**Russ Dalbey (left/front row), former Olympian cyclist and founder of the Dalbey Education Institute, with participants in the Denver Rescue Mission's New Life program.**

general—have always been a great metaphor and literal teaching and inspirational tool for me. The lessons I learned through cycling—goal setting, competition, hard work, having a mentor—are all lessons I want to impart to these men."

Dalbey spoke with the team on several occasions, was kept current on their training and was thrilled by their success at completing the marathon.

According to Greta Walker of the Denver Rescue Mission, Dalbey's support was crucial.

"Russ' contribution and support was vital to the success of this great team, which was made up mostly of first-time marathon runners," she said. "It is great to see a leader such as Russ giving his time and talents to help the men in the Denver Rescue Mission's New Life program achieve success."

The Dalbey Education Institute provides educational products and services for home-based entrepreneurs. For more information, visit [www.dalbeyeducation.com](http://www.dalbeyeducation.com) or [www.dalbeyblog.com](http://www.dalbeyblog.com).