

JOHN WORDIN BIO

A nationally recognized leader of the movement to improve suicide prevention and help Veterans and First Responders affected by PTSD, TBI, MST and injury, John Wordin is the President and Founder of Project Hero.

A native of Southern California, John was an avid high school and college athlete, earning a scholarship to play football at Cal State Northridge, where he graduated with a B.S. in Finance.

Weighing 260+ lbs. at graduation, he decided to change his lifestyle through exercise, which included cycling, and improving his diet. Within 16 months he was at 185 lbs. and had started a career as a professional cyclist. He participated in 3 US Olympic Trials and earned a Bronze medal in the 1989 US National Championships.

John founded and was president of the Fitness Challenge Foundation, which was the genesis of Ride 2 Recovery, which was founded in 2008, and Project Hero. He was also the director of the Mercury Cycling Team, which became a dominant presence in US professional cycling, winning 535 races from 1998 – 2002, and was named Team of the Year a record 7 consecutive times by the prestigious cycling publication *VeloNews*.