



and stones, in fact anything that is picked up by the rider in front.

In life, it is no different, those that we choose to follow closely will hit us with whatever they are dealing with. Some unload love, understanding, peace and other such attributes. Others unload aggression, turmoil and disappointment which denies peace and satisfaction to all involved.

Trey Canard is a guy that likes to avoid roost on the track by staying up front. He is no different in life as first and foremost he follows The Lord Jesus Christ. Yes, he has picked up roost for making his stand for Christ, but as you will have seen, he brushes such negative remarks off with unpretentious strength, knowing that he has put his trust in the Creator and sustainer of life itself.

Are you fed up of getting roosted with other peoples garbage? Cheesed off with promises that hardly ever deliver? Tired of trying to fit in with every new fad? Then you might like to consider a new life.

Becoming a Christian is a big decision and one not to be taken lightly, for many that will be reading this leaflet, life will have roosted you and left you scarred or as it is sometimes termed "carrying a lot of baggage".

When we realise that we are sinners and have gone away from God's plan for us, we need to repent. This means that we say sorry to God for our sin, turn around and start again in a new direction. All of the baggage is dropped and a new, fresh, beginning awaits.

If you would like to know more about the Christian life, please contact the person who gave you this flyer.

Today, more than ever before we are all constantly groomed by the media and peer pressure to conform to other peoples agendas. From the clothes that we wear, the language we use, the car that we drive, the music that we play or the people that we hang out with, we are continually under pressure to follow others.

If we are fortunate to follow good role models, then we can gain strength, direction and encouragement. Unfortunately for many, they have followed the wrong people and are "getting roosted" with such things as debt, addictions, broken relationships, sexually transmitted disease and in some cases remand centres.

As many of you will know, when you follow another rider during a motocross race, you get roosted with mud, sand

Should this box not be filled in, please e.mail: johnhenry@cwgsy.net for support.

Thanks go to **Trey Canard** for his willingness to stand for Christ and share his faith as an encouragement and example to others.

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Those that follow,

Get Roosted



Trey Canard

talks of his faith and how it works for him as a professional motocross rider.

introduction

Trey Canard remembers his childhood with fondness, growing up in Oklahoma, a small state with a large farming community.

The Trey we know now was already beginning to develop at the age of three when he began riding his first motorcycle, this was encouraged by his family who had a keen interest in off road riding.

This was not the only distinctive characteristic that began to grow at this early age, Trey's late father Roy, mum Kari, older brother Aaron and younger brother Jaxon were all keen members of the local church. This was the solid foundation that was to prove invaluable throughout the very difficult and unforeseen time ahead. When Trey was twelve years old, his father Roy passed away. The family's living faith in Jesus Christ was to prove itself during this very challenging time.

Equipped with a living faith that had stood firm through the dark and difficult times of life, Trey did not intend discarding his relationship with God should the good times come, and come they did.

Turning professional at sixteen years of age, Trey won his first "Supercross" in Atlanta, Georgia. In 2008, the Supercross Lites Championship was added to the growing collection in the trophy cabinet and since then, Trey has never been a stranger to the podium.

For me, it was "podium time" that caught my attention, I have seen many top level athletes making good use of well earned podium time however, Trey regularly thanking "The Lord Jesus Christ" demanded further analysis. What made this guy tick?

I knew that many other people all over the world were refreshed by Trey's attitude to success and so I approached him about making his motivation public in written form. In his usual unassuming manner, he said he would be happy to be involved if it was something that would benefit or encourage others.

I trust that the following interview will give hope and encouragement to all who are prisoners to negative peer pressure or maybe victims of poor role models.

Extract from an interview between John Henry and Trey Canard

Q You are very well known for your post race interviews, as they invariably include thanking "The Lord Jesus Christ," You have trained hard, and with the help of your team and sponsors, you have reached the top of your game, why do you feel the need to include "The Lord Jesus Christ" in your victory?

A I train hard and ride hard and when I get on the podium it's my chance to represent the people that have supported me to get me there. The way I see it I wouldn't be anywhere without The Lord, after all He created me so he is the first and foremost on the sponsor list. When you are asked how you achieved a podium place it's natural to share your faith.

Q Some athletes and sportsmen dress in a certain order or maybe carry a particular item as a good luck charm, is your faith something similar to this?

A Not at all. I know that everyone is different but for me a simple prayer of thankfulness for being able to race and for safety and that The Fathers will is done is about it for my pre race ritual.

Q Are you aware of anyone else in the team that has a faith in God?

A Yes, Andrew Short is my brother in Christ which is cool. We are very much alike and so it's cool.

Q Would it be fair to say that most motocross riders have suffered broken bones and spectacular crashes?

A Yes every pro motocrosser you talk to has suffered injuries of some sort. It seems you also become very good at crashing as well, I mean, when you have crashed enough you learn to roll and not thud when you hit the dirt.

Q Have you ever broken any bones?

A Yes several, my first when I was five. Some are harder to come back from than others, but thankfully all of my past injuries have healed and don't hold me back at this time.

Q Is there any one crash that stands out in your mind?

A High Point National in 2009 definitely sticks out. I'd have to say the Lord was with me on that one cos I should have been seriously hurt. Luckily I just broke my wrist.

Q Motocross is known as an "extreme sport," would it be fair to say that it attracts, riders that are hard, committed and fearless?

A Most definitely, a lot of the times only the strong survive this kind of thing. It's a difficult sport from all aspects of it, between riding, training, injuries, travel, appearances and balancing a normal life on top of all that. But I feel like I was made for it.

interview



Q Living much of your life hanging out with guys that push themselves to the point that they are as familiar with the fracture clinic as the local burger bar, do you ever feel that your faith is out of place in the pits or on the podium?

A Sometimes yes, but if I just look at where Jesus was, it makes me realize that this is where I need to be. You can't save anyone always being in your comfort zone.

Q Have you ever had any negative comments about your faith in Christ?

A Most definitely, I look at it like this. That person has been exposed to Christ and therefore I have done a good part in getting Jesus in his or her thoughts.

Q You are a world famous rider, have access to the best machinery and technical support available, you enjoy good health and a lovely home, why do you need a faith?

A While this job may look very easy and star studded, with riches, fame and fun from the outside, I will be the first to tell you its not always the best. I have struggles in my job just like everybody else. I have had my times of being very discouraged. But as King Solomon said "enjoy the work of your hands." That's what I do, like anything, you must have joy about it and I do. I wouldn't trade it for any other job and I know this is where The Lord wants me to be, to have influence and a place to shine. I believe the main thing is that you always keep your focus on The Lord and He will put you where He wants you. And without Christ I would be nothing more than lost so there is always a need for Him in your life if your famous, rich or poor.

Q Has life always been a blast for you?

A Most definitely not as it's not ever easy until it's eternal. I grew up with not the most money, I lost my father at 12. I struggled to be a motocrosser until I was 16 so it hasn't been easy but it's certainly not been as rough as some folk get it.

Q Are there any comparisons between your life and a motocross track?

A In some ways yes, like the rough tracks and obstacles that you get in racing you will always have those times in life. And without a Lord like ours I could never make it through the tracks or the storms of life.

Q Do you ever read The Bible?

A Yes everyday, it's what our lives need to be centred around as it's the inspired Word of God. It's my manual for life and it's how I know how to be. I take it very seriously.

Q Does the Bible have anything to say for today's generation or is it like reading history?

A There is nothing new under the sun. (Ecclesiastes 1; 9-10) that sums it up for me. Yes technology gets better, yes clothes change, but people will always be the same and the Word of God is the only thing to get them to Christ.

Q Have you ever said a prayer?

A Yes everyday, God is our lifeline, let him know what's on your heart.

Q What is the point of prayer?

A Prayer is very, very important. How else can you communicate with God? It's pretty amazing to me, we can let our request be made known to a God who cares as it states in 1 Peter 5: v 6-7.

Q How did you come to believe in God?

A I grew up in the church with my family, I am very lucky to have had that and I am thankful for it! I was baptized into Christ at age 18 after spending most of my years in the church. I am very thankful I am a Christian and try to let my light shine each day. I try my hardest at everything using what I have been given for the glory of Christ.