

00:00:00:24 - 00:00:20:21

Nico

Joey, thanks for joining us today. Really looking forward to continuing our discussions in this series of Rethinking Resilience, with Amplify Investment Partners. Thanks for your time today and looking forward to it. Gerry, let's let's begin in the beginning. Tell us a bit about yourself, your story, and, you know. And why do you think it is we sitting here today?

00:00:20:23 - 00:00:43:06

Joey

Yeah. Well, so, you know, I grew up writing beer mixes, and I love, I love my little beer mix as a kid, and I loved, like, the freedom it gave me. You know, back in the 80s, which which wasn't that long ago, but, you know, my real dream was to to ride and race motorcycles. You know, I always wanted a motorbike growing up, but, I was one of six children, you know, there was no money for for motorcycles and that kind of stuff.

00:00:43:08 - 00:01:00:22

Joey

And it took me until I was 26 years old, and I. And I got this first motorbike and I started, you know, with motocross and then off road racing and that kind of stuff. And I, and I just loved this whole world of, of off road motorcycles and that kind of stuff. And I heard about a race and it's a race called the Dakar Rally.

00:01:00:22 - 00:01:16:21

Joey

And I think some of the guys will know about that. But, I heard about this race. I saw some stuff on TV, a couple little clips, and I was just like, you know, one day I'm going to do that race that was that became like, this, this kind of dream and this kind of goal to to one day race the deck already.

00:01:16:23 - 00:01:32:01

Nico

So you you had this dream to race in that car. But it wasn't, a smooth ride to get to the that kind of race track. So maybe explain to us a little bit how this, this, this ride to to the Dakar, planned out for you.

00:01:32:02 - 00:01:53:05

Joey

Sure. Yeah. So working towards that, you know, and at the time, I mean, I get, it's an expensive race and it costs, you know, upwards of a million rand, and it was I was, you know, pretty young at the time. And so something like that was at the time, in my 20s, it

was it was unachievable, you know, absolutely unachievable.

00:01:53:05 - 00:02:08:15

Joey

I was I got I got married quite young. So I was 23 when I got married and and I had, four daughters by the time I was 28. So you don't waste time. And, and then I've got this. I got this dream to do this big race, but I'm trying to balance it with being a dad and being a husband and that kind of stuff.

00:02:08:15 - 00:02:32:14

Joey

So it was kind of a race that was a little bit on the back burner. And in the meantime, I did other local races and stuff around South Africa, things like like the roof of Africa and the C2 and the Botswana desert race and these kind of things. But always I was like, like one day I'm going to race this Dakar Rally and I was racing locally, just trying to build up a bit of a CV because you have to have like, you know, you have to you know, eventually apply.

00:02:32:14 - 00:02:45:22

Joey

Yeah. That's it. Yeah. And you have to be selected, you know, you don't just pitch up on the start line, pay your money and you get to race. You got it. You got to kind of earn your your qualify to do that, to do the race. And so it was kind of like a bit of a long term goal.

00:02:46:03 - 00:02:48:16

Joey

And in the meantime, just doing the local stuff.

00:02:48:18 - 00:03:02:00

Nico

So that you, you, you earning your stripes, you get any experience, you know, to one day still, you know, race to Dakar doing all these local events and then, you know, at one of these events, things that go as as planned.

00:03:02:06 - 00:03:28:05

Joey

Yeah, it was, 30th of October 2007. And I lined up at the start of a race down in Heidelberg, just south of Jo'burg, with a whole bunch of guys. I'm lying second in my class for the championship. It's the second last race of the season. If I win this race, I can win this championship. And on that start line that just felt like the most important thing in my life.

00:03:28:07 - 00:03:50:20

Joey

But that would be the last thing I remembered. And the next thing I remembered was waking up, I'm lying in the dirt, my helmet is off, and these just faces looking down at me. And what had happened was going into that first corner. There'd been a guy behind me that that was coming into that corner just too fast, and he kind of almost like crashed into the back of me in a way.

00:03:50:20 - 00:04:12:22

Joey

And we both went down hard and in the dust in the mayhem. A lot of riders went over me as well, and I'd been unconscious and for several minutes. And now as I'm waking up looking at these people, the first thing I realized is that my mouth was full of dirt and stains. But it wasn't dirt and stones was my teeth and I'd, you know, broken or shattered 12 of my teeth just right down into the gums.

00:04:12:24 - 00:04:30:12

Joey

But then the big one hit us, and that's when we realized I couldn't feel my legs and I couldn't move anything from my chest down. And I ended up lying in the dirt for several hours. And then I was taken to three different hospitals over the next 48 hours and landed up at the Meal Mid Spinal Unit in Pretoria.

00:04:30:12 - 00:04:46:06

Joey

And that was where I learned the extent of my injuries. And what I'd done is I'd broken my back, I'd broken my teeth and T9 vertebrae about this high on my back. I'd broken the vertebrae off the ribs, and I'd crushed my spinal cord, and I was paralyzed from the chest down.

00:04:46:08 - 00:04:49:03

Nico

Get us. That is. I mean, that's one hell of an accident.

00:04:49:05 - 00:04:51:23

Joey

Yeah, it was not a good day.

00:04:52:00 - 00:04:53:19

Nico

Your teeth look amazing, by the way.

00:04:53:21 - 00:04:57:24

Joey

I just had, a lot of money going into this. Yeah.

00:04:58:01 - 00:05:10:04

Nico

Joe, jokes aside, I think that, you know, the recovery period must have been one hell of a long, you know, physiotherapy, mentally, physically, everything to, you know, literally get back on, on your feet.

00:05:10:10 - 00:05:29:20

Joey

Yeah. So, I mean, at first, my injury was termed complete, which means that it's, it's damaged once you damage the spinal cord beyond repair, it's a case of like, you never get it back. It doesn't heal. And so that's why a lot of people end up, you know, quadriplegic or paraplegic and needing to use a wheelchair the whole lot.

00:05:29:22 - 00:05:46:12

Joey

And that's originally how I was diagnosed. And then, I started to get a little flicker in my, in my big toe. And so, you know, one day I just, I could move my big toe just a little bit. And the doctors fused my back in an effort to take as much pressure off the spinal cord as possible.

00:05:46:14 - 00:06:04:19

Joey

And then as the weeks and months passed, I started to get a little movement in my left ankle, a little movement in my right quad. But obviously at this point, all my legs had, you know, completely atrophied. So I had like these just really, really skinny legs. And I had to then learn to learn to use these muscles again, learn to walk again.

00:06:04:19 - 00:06:25:00

Joey

And I started with, like, braces on my legs and a big brace that held my upper body. And then slowly but surely, just progressing and progressing and then and then learning to walk again. And so a lot of the swelling around my spinal cord, as time went on, it went down and I started to regain stuff. But I do have a lot of things that are I'll never get back that.

00:06:25:01 - 00:06:37:03

Joey

So I have a lot of permanent nerve damage. But obviously to be where I am, where I can walk and, and I can ride motorcycles again and stuff is, is is pretty cool to be able to to be there off to where we were amazing.

00:06:37:03 - 00:06:38:07

Nico

I mean. Well then.

00:06:38:09 - 00:06:39:08

Joey

You know, I know.

00:06:39:10 - 00:06:40:10

Nico

I'm a it was.

00:06:40:10 - 00:07:04:12

Joey

A lot of it was, it was really a, it was a lot of support. Obviously you have to you have to you bring your A-game, you know. But I've got a lot of support from doctors and from nurses and from my wife Meredith and my daughters and just, you know, friends and family supported us. And that's that was really important to just help me to, to allow me, I should say, to just keep working hard at trying to get better.

00:07:04:14 - 00:07:10:00

Nico

So you got better. You got back on the bike for whatever reason, because you still had this dream.

00:07:10:01 - 00:07:34:12

Joey

Well, I'll tell you. I'll tell you that it was. I'll tell you where that kind of dream was, like, reinvented. So in that hospital, it was. It was dark. It was tough. It was when I was facing being paralyzed for the rest of my life. You start to ask those big questions if it's, like, even worth living. You know, you look at every dream, every goal you have, your life is suddenly evaporated.

00:07:34:14 - 00:07:58:19

Joey

And this future is just this dark, dark future which doesn't feel worthwhile. And when you're in a really dark place like that, you've got to make a decision. You know that you're either going to just end it all you know, or you're going to choose to live. And in that hospital, I decided that that based on my, you know, my beautiful daughters and my incredible wife, Meredith, that I still had a lot to live for.

00:07:58:24 - 00:08:14:08

Joey

And I decided that I was going to live. But along with that, I decided that I'm not just going to live or I'm not just going to stay alive. I'm actually going to I'm actually going to live, and I'm still going to chase my dreams. I'm still going to chase my goals. I'm still going to do everything I wanted to do with my life.

00:08:14:10 - 00:08:27:05

Joey

And so along with that, I thought about my goal to raise the deck already, and I thought, you know what? One day I'm still going to do that race, even if it means I need to use a wheelchair for the rest of my life. I'm still going to do everything I wanted to do, and that became my goal.

00:08:27:05 - 00:08:49:05

Joey

And so the fact that I was fortunate enough to to to learn to walk again and learn to ride again was just absolutely amazing. But, you know, I still face a lot of challenges. You know, physically, I can't run, I can't jump, I can't feel hot or cold or pain below my chest. And to be perfectly frank, I still have to use catheters each day.

00:08:49:11 - 00:09:00:22

Joey

And so it's a lot of, a lot of physical challenges that I'll, I will still deal with the rest of my life. But in spite of that, I, I was determined to still do the things I wanted to do with my life.

00:09:00:24 - 00:09:21:18

Nico

I'll tell you, it's that gave me a few goosebumps. You spoke about the dark times of the dark days. You know, your eyes are open, but this is overwhelming feeling of, you know, what is. What's the purpose? Yeah. How did you overcome that? What was, you know, how did you, you know, decide and make the conscious decision of, you know, there's more to this.

00:09:21:18 - 00:09:23:17

Nico

I need to get through this.

00:09:23:19 - 00:09:45:18

Joey

You know, having having big goals and big, you know, things that you're looking for one day is, is is really important. But you know, everybody everybody out there has really, really tough times where you go, like I couldn't give a stuff about those goals. I don't care about that stuff. It's just so hard right now that I don't care, you know what I mean?

00:09:45:20 - 00:10:19:17

Joey

And we all have different challenges. Some have physical, some mental or emotional, but but we all have those kind of times. And when I was in the hospital, it was those kind of times. It was just it was so bad, so dark, so tough that it just didn't even feel like like living was worthwhile. And so the strategy that I use then and it's and it's really is I think this is a really great strategy for anybody really struggling is you go one day at a time, and so you get up in the morning and you go right, just today you don't think about the future.

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Joey

For me, it wasn't like I couldn't think about all the things I wouldn't be able to do, how this would impact, my children, my wife, my financial future, all that sort of stuff. It was just, you know, way too much. And so I'd go, like, just today. And what I do is I just do that day, whatever I could to just make my life just a little bit better.

00:10:38:20 - 00:11:00:04

Joey

Yeah. So it might be just like, get to the physio sessions, you know, try to be positive, you know, just just do the little, little things that I could that day. For, for a lot of people in, in darkest times, it's like, get up, get showered and brush your teeth. And that's like, some days that's an achievement, you know?

00:11:00:06 - 00:11:19:24

Joey

And so it was those sort of days that was just like just a little bit just that day. And then if you can't do the whole day, you go just to lunchtime or just to just do Linux visualization, and then you, you have to get through a night. And sometimes the nights are really hard because, it's, it's literally dark.

00:11:20:01 - 00:11:33:11

Joey

It's literally you're literally alone. And I think a lot of people relate to this. Sometimes when you wake up in the night and your mind just goes thinking about all your problems and all this stuff, and you like when you can't sleep and it's like all that sort of stuff. And there was a lot of that at that time.

00:11:33:13 - 00:11:56:03

Joey

And so sometimes it was like, just get through the night, you know, and then just get through the day. And what happens is when you do that, the days take off and the nights take off, and slowly but surely you don't actually realize it, but you're just inching out of this dark place. Yeah. And that was really the strategy I used in that was how we, we, I say weeks.

00:11:56:03 - 00:12:04:09

Joey

It was obviously me and my family, but it was like, that's how that's how we we, hacked our way through those times. Yeah.

00:12:04:11 - 00:12:22:24

Nico

There's there's a lot. And your. What happened to you as a physical, you know, event that happened to. Sure. So I mean, you obviously showed physical resilience, but I think a lot of what you're saying was there's a lot of mental in that day to day, you know, unpack a little bit more that the mental resilience, you know.

00:12:22:24 - 00:12:23:24

Joey

Yeah, 100%.

00:12:24:01 - 00:12:28:03

Nico

Because I think it kind of goes hand in hand with that physical resilience that you, that you showed.

00:12:28:05 - 00:12:54:09

Joey

Absolutely. So, so obviously mental is more important than anything. You know, when you're in a, when you're in a hospital for so long and in a rehab center, you know, I was there for several months and all this sort of stuff. And since then I've gone back and to



the rehab centers and that kind of stuff and you will see people with what I would term a minor injury, that their life just goes off a cliff because they're like, this is so bad.

00:12:54:15 - 00:13:20:16

Joey

It's so terrible. It is just the worst thing ever. And you'll see someone that has like, a neck injury. So they'll be they'll be quadriplegic. So no use of arms, legs you lose or bowel control or bladder control. You lose your ability to digest food. You can't you can't even cough, you know, massive, massive injuries. And the guy is positive and he's living his best life, and it's just amazing.

00:13:20:16 - 00:13:48:20

Joey

And the difference is not the physical challenge they're facing. The difference is the mindset towards those challenges. Something that I've noticed, which is, you know, it's not it doesn't ring true for every for every case, but sometimes you'll have a guy who's paralyzed or something like that happens, and they will they will perhaps even like, I don't know if I'm has put this in or not, but I'll tell you anyway.

00:13:49:01 - 00:14:09:12

Joey

And you guys can decide. Sometimes you have a guy who's paralyzed with something and his his wife will leave him and he'll be like, she couldn't handle me in the wheelchair. You know, and so she has to leave. And I can tell you that from my experience, 90% of the time, the physical thing is not the issue.

00:14:09:17 - 00:14:26:07

Joey

The problem is the guy just starts feeling sorry for himself, and he starts complaining all the time, and he becomes a pretty miserable guy to be around. And. And that's often why these things, you know, break up. It's not his physical stuff. It's the way his mind is towards the physical stuff that destroys relationships.

00:14:26:09 - 00:14:44:22

Nico

Jodi so we've we've spoken about that, you know, physical and mental resilience, but you still have this dream. And that was to do the deck. Take us through that. I think it was a ten year journey to get to the starting line of, of the deck us. And, you know, when your accident happened.

00:14:44:24 - 00:15:04:06

Joey

Yeah, yeah. So the accident happened in 2007, and now here I am and I've got this call to 2 to 1 did raise the deck already. So what I did is I then I then broke it up and I said, all right, what do we have to do. And obviously part of it was was learning to walk again, and then to ride again.

00:15:04:06 - 00:15:20:05

Joey

And the first time, had the opportunity to, to ride a motorcycle was actually two and a half years after breaking my back. And, I had a buddy who had a bike, and a mate of his, and they were kind of in the felt. And I was with my family, and we were, you know, heading for a picnic kind of thing.

00:15:20:05 - 00:15:34:09

Joey

And I saw them over there, and I stopped and I walked out and we started chatting a bit and and my buddy was like, hey, man, you two, you, you want to give it a go? And I'm like, you know, yeah, let's do this, you know? And they had to push down on the back of the bike, helped me lift my leg over, and I pulled out.

00:15:34:09 - 00:15:46:08

Joey

The kick started to start the bike. I got my leg up on the kickstart and I just fell over, thank goodness. But this bike still between my legs. And you know what your buddies are like. They stood there laughing at me for a bit and then. And then they helped pick me up and got me back on the bike.

00:15:46:08 - 00:16:11:05

Joey

And they started that bike. And I rode that bike for about 200m, just in a big circle around this flat piece of felt, but not being able to run or jump and do all the things I used to do to be able to just twist that throttle and just move effortlessly was so incredible. And this just ignited this goal to, to, to ride into and to achieve this goal of race in the Dachau.

00:16:11:07 - 00:16:28:02

Joey

And so off to that. I bought a second hand motorcycle. I cut the foam out of the seat, I got all the suspension lowered, so I kept my feet flat on the ground. I could hold it up myself. And I started riding again and then I started, you know, just riding with my buddies, going into the mountains, being in the sunshine.

00:16:28:04 - 00:16:42:23

Joey

And I can't even tell you how cool it was to be able to do stuff. I never thought I'd be able to do again. So good for my mind. So good for that motivation. And then I had to. Then I really started to look at the stack. I think now in order to raise the deck, I really have to qualify.

00:16:42:23 - 00:17:01:15

Joey

And so it means you've got to do a lot of local races. You've got to send in a CV with all of the sun, then you've got to do some multiple day races, you know, some rally races. And finally you have to finish an international rally, in the pro class. And you send in the CV and they select about 140 riders a year to race back off from around the world.

00:17:01:17 - 00:17:18:16

Joey

So I've got to try to get this entry. That's the big goal now. And so I started doing some local races time board time board time board not finishing races and then started to finish races. And then I had to step it up. And then I started doing some multiple day races and I started just climbing this goal.

00:17:18:16 - 00:17:44:00

Joey

And, and then I started to get a few multiple day races, you know, behind me. And I can feel I'm getting closer and closer. And then I had a big crash at a race on the border of, Swaziland and Mozambique up in northern KwaZulu-Natal. And I'm riding down this dirt track at over 120km an hour. And this car just steps out, and I just I just T-boned this car and go flying down the track.

00:17:44:02 - 00:18:07:01

Joey

And I'd broken a couple of ribs. I'd separated my collarbone from my shoulder. I tore open my forearm and exposed the bone in my forearm, and I. I broke my elbow and tore the triceps muscle off the elbow, and it was pretty remote. Work crashed into the line there in the south for several hours, and then I was transported by road to Richards Bay, spent a week in hospital in Richard's Bay, and then back to Jo'burg.

00:18:07:01 - 00:18:22:24

Joey

And it was like six months of like operations and costs and healing and all this kind of stuff. And I was it was it was tough because I was kind of thinking like, maybe it's time to

to just give up on this goal, you know, give up on this dream. It's a little bit crazy. I need to just bring it all down.

00:18:23:01 - 00:18:41:19

Joey

And that was, that was another really dark time and really tough and, and, it was a time to either give up or recommit and, and I decided I don't want to be one of these guys that one day I'm going to look back on my life and go, I settled, you know, I quit on goals and dreams because I faced challenges.

00:18:41:19 - 00:18:56:16

Joey

I don't want to be that guy. And I decided, you know what? In that hospital, I said I'd do that race, and I still want to do it. I know I've got some fight left in me. I got a couple more rounds here, and I decided, you know what, we back on. And so I recommitted and and then we started again.

00:18:56:16 - 00:19:13:05

Joey

And it was almost like we had to start again down here. And then we had to build it up again. And then I did do some more multiple day races again after that. And I started getting back into it. And then I had to do a big international rally. And one of the ones that's on like the global circuit, there's only about 5 or 6 each year.

00:19:13:07 - 00:19:37:14

Joey

And so I took all the savings that we had as a family. And I went over to Morocco and I went and raced in the Missouri rally, where we raced for seven days through the Sahara Desert. Just an incredible race and finished that race. And I came back from Morocco and I filled out my Dakar CV and I sent it in and I waited and it took about about six weeks to get a reply.

00:19:37:16 - 00:19:51:24

Joey

And I got a reply from, from the Aso, the company that owns Dakar. Same guys that own the tour de France and, and they came back to me and they said, you know, it said, Dear Joey, congratulations, you've been accepted to race the 2017 daquiri.

00:19:52:03 - 00:19:57:13

Nico

Amazing. Now you need to get the funding.

00:19:57:15 - 00:20:04:05

Joey

Man, can I tell you that that was something else. And obviously chatting to guys here that are in finances, they'll get this.

00:20:04:05 - 00:20:04:24

Nico

Yeah.

00:20:05:01 - 00:20:27:02

Joey

Certainly. We had to suddenly we had to raise a lot of money. And so I was I'd spent our life savings going to Morocco. I'm at now to race Dakar. The bike at the time cost about 600,000 rand, which I financed. So we could we could cover that. But then I needed another 1.1 million rand, and I'm out.

00:20:27:02 - 00:20:46:01

Joey

I got nothing left. And it was six months before the race, and I sat down with my wife and my daughters, and I said, right now we have six months to the start of this race, and we're going to raise 1.1 million rand. And we just did everything we could. We had fundraising evenings where I've got some speakers in and we raffled off a little prizes and stuff with my daughters.

00:20:46:02 - 00:21:04:06

Joey

We'd go table to table selling raffle tickets, and then we did a big adventure bike ride, and we did a big enduro bike race where my my buddies helped me to mark the trails in the felt, and my wife insisted that all entries and my daughters help Marshall and sell cold drinks and hot dogs on the day and all this sort of stuff.

00:21:04:08 - 00:21:21:12

Joey

And it was just a couple of days before the start, and we reach that goal of 1.1 million rand in six months. And so on the 2nd of January, 2017, I stood on the start line of the Dakar Rally, down in South America, in Asuncion, Paraguay.

00:21:21:14 - 00:21:26:12

Nico

So, I mean, I think we talked a lot about your resilience, maybe your family's resilience.

00:21:26:14 - 00:21:52:08

Joey

In. Absolutely. You know, here's a I'm going to kind of go off on a little bit of a side thing, you know, and, my, my second daughter, when she was 19, in 2020, she had a massive head on collision in her vehicle. And she ended up, you know, in hospital. And she was in ICU for ten weeks, in a coma for several weeks.

00:21:52:08 - 00:22:02:23

Joey

And it was. That was by far the the the how could I say, like, the darkest point in my.

00:22:02:23 - 00:22:03:14

Nico

Life.

00:22:03:16 - 00:22:27:07

Joey

And I wasn't injured. We knew the other guy on the outside and someone you love is injured. I can honestly say that is way harder than than than being the guy that was injured. And I don't think I fully got that when I had my spinal cord injury and stuff, because obviously other guys paralyzed, other guys injured, but sometimes it's well, I think a lot of the time it's it's hard of being on the other side.

00:22:27:07 - 00:22:47:09

Joey

And so after that experience, and my daughter was fortunate enough that she did live, you know, in the end and, you know, because a lot of challenges to, to deal with physically, but to be to be the person who's, who's caring for the person that's, that's, that's injured is incredibly tough. And so I can tell you now that that.

00:22:47:11 - 00:23:07:19

Joey

Yeah, my wife's my wife's a badass. Yeah. She's, she's she's super tough. She's super resilient. And and she was certainly like, and my daughter's, you know, certainly a big part of being able to recover is having people that have got your back and looking after you in that a caring for you and, the kind of willing you on.

00:23:07:19 - 00:23:10:15

Joey

So, yeah, they a big part of that.

00:23:10:17 - 00:23:27:01

Nico

Amazing. Yeah. Can so yeah we all start line of the you got 13 days in front of you. What's going through your mind? How does it you know, what do you feel like? What is it? You know, you sitting there looking at all these guys, like, take us through that.

00:23:27:03 - 00:23:54:10

Joey

Man. I tell you what, standing on that start line is, is his super cool and super intimidating because you're facing, you know, 13 days, 9000km, you're going to have sand dunes and rivers and forests and rocks and mountain passes and canyons, and you're racing with cars and trucks that start behind you, and they come posture every day. And so it's a, you know, it's give you an idea as well.

00:23:54:10 - 00:24:37:03

Joey

In just over 40 years, the Dakar Rally is been nearly 80 deaths on the race. It's 080. So it averages at nearly two every year. And so you have to remember that people die on this race and it's mostly bikers. And you're one of, you know, 130, 140 bikers on that start line. And bear in mind that it or something, I guess I should say something I didn't realize at the time, but but as I saw in the race, there's this tiny percentage of guys that can get killed on the race, but there's this massive percentage of guys that go home with massive injuries, life changing injuries.

00:24:37:05 - 00:24:58:23

Joey

And it's it's a it's brutal, you know, and so it's like, you know, having done other races with Morocco and other ones and things, you got a good idea what you're in for here. And so it's like a lot of like nerves. There's a lot of things going on behind in your mind now. Also a bike is made up of thousands of components.

00:24:59:00 - 00:25:16:00

Joey

Any one of those fail and it's a race ender. You know, where a lot of it could be a race ender. There's a lot of things that you can make mistakes on as an individual. And so when you're on that start line, it consists of two things. It consists of all your preparation to that point. And then what happens from that point.

00:25:16:00 - 00:25:35:08

Joey

So a lot of things that take you out of the Dachau, you can you can eliminate before you're on that start line. And so I'm there, I've got a well prepared bike. You know, I've done the training of then everything I can. I'm still got a lot of physical challenges I'm dealing with. So I'm at a bit of a disadvantage compared to, you know, most cars on the start line.

00:25:35:10 - 00:25:59:05

Joey

But, you know, when you're there, you've just got to remember, like, alright, it's go time. We're all in this. Let's, let's do what we can. And off we went. And it was to give an idea that you there was, there was three of us South Africans, on the start line on motorcycles. Up until that point in time, in 39 years of the decade, really, only nine South Africans had ever managed to finish that race on a motorcycle.

00:25:59:07 - 00:26:22:24

Joey

And there was three of us on the start line that year, and off we went. And, we all got through day one. We all go through day two, we all got through day three. And at the end of day three, I was I was broken, you know, physically, mentally, emotionally. I was racing for about about 16 hours a day.

00:26:23:01 - 00:26:46:15

Joey

Sleeping for like 4 or 5 hours each night. You know, my eyes are bloodshot. I'm falling asleep on the bike. Every muscle is just. It's just cramping up, you know? My hands are blistered. I'm sunburnt. I'm like, you know, just everything is just. I'm destroyed, and I'm lying right at the back of the motorcycle category.

00:26:46:17 - 00:27:09:18

Joey

And it's the end of day three of a 13 day race. And I just realized that I'm out of my league. You know? I don't belong here. I need to just go home. This is. This is just crazy. And, it was another dark time, and I. And I kind of used that same strategy I used back in the hospital where I was like, okay, one day at a time.

00:27:09:20 - 00:27:30:02

Joey

And and so I got up on day four, and I got on that start line and I was like, hey, just today, just just survive today. And it was a it was a brutal day. That day we had to cross a dune field at high altitude, of over 100km of dunes. And the dunes was soft. And we are over 4000m in altitude in Bolivia.



00:27:30:04 - 00:27:47:11

Joey

And so what happens is the motorcycles lack power at altitude as well with the lack of oxygen. And so the bikes just keep sinking into the dunes. And you had to kind of drag it off the dune and get going again. You sink again in this I mean, you've got a bike that weighs nearly 200kg and it's just like it just it just kills you.

00:27:47:11 - 00:28:10:00

Joey

And then you got cars and trucks coming over dunes and blind rises around you while you're buried in the sand. And it's like it's a it's a really chaos. Crazy, scary environment. And I kind of hack my way through, but sadly, my teammate, Walter Terblanche, he he went out that day, he'd burn out his motor, and he was will burn on his clutch.

00:28:10:00 - 00:28:29:02

Joey

And he was, And so he couldn't finish that stage. And so he was eliminated from the race that day. And that was that was really gutting because he's a he's a good mate and he's a, he's a better writer than me. And, and he just unfortunately like he exited the car that day. And then the next day he got up again and I was like, right.

00:28:29:02 - 00:28:47:04

Joey

Just, just today. And we crossed over the Andes Mountains that day. We went over 5000m in altitude. So you start dealing with altitude sickness as well and everything. Just kind of you think slow, you slow. And it's it's a weird feeling, you know, and you feel like someone's sitting on your chest the whole time and say.

00:28:47:06 - 00:28:48:00

Nico

You standing up.

00:28:48:00 - 00:29:07:22

Joey

And you taking those deep breaths and you're like, focus, focus. And you try to eliminate all those little things that can take you out the race. And it was raining and then it was hailing, and then it was snowing as you went over the tops of these mountains and you have these switchback dirt tracks. And they were all, like, muddy and slushy and everything, and, and and it was super sketchy.

00:29:08:01 - 00:29:36:11

Joey

And I come round this, like, kind of one kind of sweeping corner and there's a dip in the track, and I hit this dip and I pop about the dip and I just see a black line there. And I recognized the bike. And it was the other South African, David Thomas and I look around for Dave, and I see him lying down there in the mud, and I stopped with him, and, they landed a medical helicopter there, and I hope to I hope to put him into the helicopter.

00:29:36:13 - 00:30:00:21

Joey

And he was medivac out of the race, and it turned out that he'd broken his leg in eight places. And and it was just it was a it was a real brutal reminder of where you're at and what you come across. And there was another time I came across a quad bike guy who'd gone down the side of a mountain, and I thought he was dead at first, because he was in a in a silver blanket and everything, lying there with a helicopter next to him and stuff.

00:30:00:23 - 00:30:19:17

Joey

But what they'd done is it was so cold. They were trying to keep him warm. But as you're riding up to this, you see this destroyed quad and you see this silver blank, and it's like, you're hard, guys. But he was alive, you know, there was other guys with broken arms, you know, broken legs. It was it's it's it's a brutal environment.

00:30:19:17 - 00:30:42:03

Joey

And it's like it, it makes you start to question, you know, why are you here? What are you doing? And what is the point of all this? You know, but I just kept pushing push and push in. And I got through that day five. And I go through day six, and I go through day seven and day eight, and there were so many things that that happened all these days that I'm Tom to tell you all the different things, but but just kept, kept pushing, pushing, pushing and day living.

00:30:42:05 - 00:31:03:13

Joey

I finished stone lost. And you always start in the order you finish the day before. So day 12 of 13 of the 2017 Dakar Rally. I started Stone lost at about 4:00 in the morning, and that was a day that I would live with the rest of my life.

00:31:03:15 - 00:31:22:05

Nico

You know, this feels like it's horrible. Would just decide. Not again. It sounds like a warzone. I mean, it's yeah. And it's and it's insane. Like, I've, I've been I've watched echo on TV and you know, you've, you know, but but it that's just it's just crazy, like, are you fucking mad man. Yeah.

00:31:22:07 - 00:31:54:01

Joey

The answer is yes and yes and no. It is, it's, it's a, it does, it feels like a warzone and it's like the, the challenges with, with a race like this is that you're trying to balance, what are you trying to push forward physically? So physically it's really, really hard because of the distance and the like the calorie burn and the the fighting the bike and digging it out of the sand and like, riding over rocks and then and then through riverbeds and then, you know, obviously constantly picking up a bike and working it physically.

00:31:54:03 - 00:32:05:06

Joey

But you also have balancing that with maintaining, hydration and calorie consumption and, and looking after your body and that kind of stuff. And you're balancing that with this.

00:32:05:06 - 00:32:07:00

Nico

Fear of cars.

00:32:07:00 - 00:32:28:15

Joey

And trucks behind you the whole time coming over these dunes, the, the fear of of crashing and being badly injured and being isolated. The so, so, so you kind of fighting a physical game, a mental game, and you got to think clearly about all that, that like hydration stuff and altitude sickness stuff. And you got to like, you got to you got to be good.

00:32:28:17 - 00:32:48:13

Joey

You got it. You got to tick all those boxes because all of any, any things, well, everything in all of these categories is going to take you out of this race, you know, and and you're trying to do that for 13 days straight. And so it's physically, emotionally, mentally just exhausting every day. And once again, it's just that strategy of like just a bit at a time.

00:32:48:15 - 00:33:03:06

Joey

Just keep keep going, keep going, keep going, stay focused, make good decisions. And like, you know, obviously when we think about, you know, the rest of our lives and stuff and sometimes people talk about resilience and, and some people think resilience is just keep.

00:33:03:06 - 00:33:03:19

Nico

Going, man.

00:33:03:19 - 00:33:20:16

Joey

Just go go, go, go. You keep doing the same. But it's not resilience. It's like stop, think, adapt, go a different angle okay. That doesn't work okay cool. Then then I'm going to do this and then I'm going to change. Resilience isn't just like pounding at that door and hitting your head against the same wall the whole time.

00:33:20:18 - 00:33:40:14

Joey

Resilience is like thinking and using every, every skill you have, not just physically, you know, you've got to use that mental strength to like, change things. And so when guys are like, in whatever industry you're in and whatever challenges you face in your own life, I mean, you might find guys, you know, in this industry we're talking about now is that they're like, you know, the market's bad.

00:33:40:14 - 00:33:54:01

Joey

It's terrible. Things aren't going well. And they're just like, they're going clink, clink, clink, head against the wall. You know, just keep trying to go forward. You got to like think about it, you know, what do you want to achieve this year. How are you going to achieve it. Is that not work you know then do something different.

00:33:54:03 - 00:34:15:05

Joey

Adjust, adapt, keep changing. You know, find find a solution. Don't just give up because the solution you have isn't working, you know, and that's what you have to do on the race. You've got to you've got to keep thinking, man, because you're so navigating so you can get lost. And you know how hard it is when you're suffering and you're struggling and you're getting stuck in the genes and you're lost.

00:34:15:09 - 00:34:30:23

Joey

So, so you're not even making progress. You're trying to get back to a point where you can make progress. So it's like it's emotionally taxing you to stay calm, keep going. And and yeah, kind of just kept keep tacking along.

00:34:31:00 - 00:34:52:21

Nico

I think it's there's another I mean, you know, you've mentioned, I think a very important thing about resilience is not just this bravado thing. Keep on going. And it's it's more than that. And I think another misconception is, you know, I think some people have resilience embedded in them. They're born with inherited, you know, energy. They have resilience.

00:34:52:23 - 00:34:57:10

Nico

But I think in your case as well, would you agree that, you know, resilience can be can be learned? You can

00:34:57:15 - 00:34:58:02

Joey

I think.

00:34:58:03 - 00:35:02:13

Nico

You know, it's it's something you can be taught to learn to be more resilient.

00:35:02:15 - 00:35:22:03

Joey

I honestly think it's a bit of a misconception that people are born resilient. I don't think anyone's born resilient. And if you look at the dots from resilience, you know, off to having having done these things, you know, and I get asked about resilience. And so I've like I've looked into into it quite a lot to kind of more to like on some my own internal questions about this sort of stuff.

00:35:22:04 - 00:35:46:00

Joey

And the data shows that, that no one's born resilient. And I was like, no way is that actually quite surprised me, you know. And so resilience is earned by everyone who has it. It's earned. And the way it's earned is you. You have your comfort zone and you have that. You've got to develop well. You've got to have that adventurous spirit to to do something outside your comfort zone.

00:35:46:00 - 00:36:06:13

Joey

So that takes courage to do something outside your comfort zone and you do it. Or as you start doing it and you face challenges and you face problems and things go wrong, and now you either go, oh jeez, that's hard. And you go back inside your comfort zone and you get zero resilience or you don't, or you see that thing as a challenge and you go like, oh, this is tough.

00:36:06:19 - 00:36:26:22

Joey

This is hard. This is something the average guy wouldn't do. And then you and then you push through it and you do that, and then you grow that, you grow that comfort zone and you grow your resilience. And so each time you do things out of your comfort zone, you see the challenge. You see the problems as a challenge, and you keep going and you adjust and adapt and you do that.

00:36:27:03 - 00:36:41:03

Joey

That's how you grow resilience. And so if you do that, from when you know, if you have children, you want to you want to try to get that in you in your children. You want to give them challenges. You don't want to make it all easy. You know, if you keep picking up your kid, they never get to learn to walk, you know?

00:36:41:09 - 00:37:02:18

Joey

So so it's all that type of thing of like have challenges. And so for us as adults, and you want to develop resilience, well then you've got to do hard things. You know, you've got to do things that other guys wouldn't do. And in a market environment, a lot of guys will be like, yeah, sales is hard or or you know, like it's it's the market's bad.

00:37:02:18 - 00:37:20:08

Joey

So we're all not doing good. And so let's just all get in this like comfort zone together. It's those times where you got to be like are you the guy who's going to he's going to do something different. Who are you going to push outside of that? And when you do that boom, you just grew resilience. And so resilience is is earned.

00:37:20:10 - 00:37:37:09

Nico

Yeah, I love that. Thanks for sharing that, that J, I want to go back to you finished 11 and I think 12 another dark moment in the life. Yeah. Number 132.

00:37:37:11 - 00:37:37:18

Joey

And.

00:37:37:19 - 00:37:38:08

Nico

The deck.

00:37:38:10 - 00:37:54:06

Joey

Absolutely. So, so, you know, as, as as you know, now, you know, or as the guys know, it's like I'm not a, I'm not by any means some kind of top race or anything like that. You know, I'm, I'm a do that kind of like, you know, I've got this big crazy go. I'm out of my league.

00:37:54:06 - 00:38:14:24

Joey

I'm hacking my way along and my goal is just to finish this race. That's that's all I want to do. It's day 11 of 13. And, I, I finished Stone lost. And so day, day 12, we start us at about four in the morning. I'm on that start line. I'm lost. I got two more days to go.

00:38:14:24 - 00:38:38:14

Joey

I just got to get through these last two days. And off we went. And it was about mid-morning and we entered into a semi-arid desert. And there's this, this two sport track winding its way along. And over the years, those two tracks are got deeper and deeper. So it's like two parallel ruts winding along. And the ruts are filled with fish.

00:38:38:14 - 00:38:56:19

Joey

Fish, which is like really, really fun. Do it. It's like talcum powder. And so it's hard to see these ruts now. There's also vegetation. It's like a semi-arid kind of desert environment. There's a lot of aged well, a fair amount of vegetation on the sides and stuff. So as a biker you can't ride outside the tracks. You can't ride on that middle monarchy.

00:38:56:19 - 00:39:17:14

Joey

It's too steep. So you got to kind of pick a rut and stay in the rut. But with that fresh fish, it's hard to see it. Even so. So it's like we're racing along. There is bikers like, you know, maybe 40 or 50km an hour, something like that. Just trying to stay in these ruts. But at

that point I'm getting caught by cars and trucks now and other cars and trucks with four wheels.

00:39:17:14 - 00:39:38:07

Joey

They naturally trek into these ruts so these guys can go over 100km, not through this terrain. And I'm racing along in the in this left hand. Right. And because it's quite a dangerous situation when cars catch bikers, they have a system where all the cars and trucks have a transponder button in their vehicles, and all the bikes have an alarm.

00:39:38:09 - 00:39:56:14

Joey

And so when a car track wants to pass or a biker, they'll press that button. And as a biker, you'll be racing along and suddenly this alarm goes off, and then you turn around, you'll see the car or truck normally about two, 300m back, and you look for a place on the track, and you pull over and you stop, and then that car truck will.

00:39:56:19 - 00:39:57:15

Nico

All go.

00:39:57:15 - 00:40:14:16

Joey

Straight past you, and it's big dust cloud and everything can. And that's why it's important you're off the track, because sometimes these two vehicles in a row. And so that second guy will come through that dust cloud. And if you're in the middle of that dust cloud, you're stationary. That's how bikers often get killed. And so you got to like, really just get out of the way and stay out the way.

00:40:14:16 - 00:40:36:23

Joey

Let it all clear. Get back in and carry on. And I'm racing along in that left hand. Right mid-morning, day 12. And my alarm goes off and I turn around expecting to see that car about 200m back, and he is 20m back and he's doing double my speed. And I realize, you know, this guy's just expecting me just to swerve off into the bush.

00:40:36:23 - 00:40:54:06

Joey

And I've literally got about two seconds until he's on me and I see this guy and I just swing these boys over just to swerve off into the vegetation. But right where I am, that rut is particularly deep. It's up to my axle and I swing these boys over and that bike is just



stuck in this rat, unable to climb out.

00:40:54:06 - 00:41:17:16

Joey

And I've committed my way to ready and I'm going over. And this bike is not following me out of the right. And I just go down on this bike into the dirt and step right off the bike as I hit the ground. And this car misses me by centimeters and I just hear crunch, and he crashes straight into my bike and then just completely rides right at my motorcycle.

00:41:17:18 - 00:41:33:13

Joey

And the dust clears and I'm looking at this bike and it's just completely destroyed. And the guy stopped just about 30m away. And the navigator kind of puts one foot out the car and goes like this. And I'm just like, no, you know, I come back here.

00:41:33:15 - 00:41:34:08

Nico

Yeah.

00:41:34:10 - 00:42:00:01

Joey

Along with some other words, know? And, and the guy just got back in that car and he just left. No. And, I drag the back out of the track, and I stood it up, and I couldn't believe it. You know, after ten years from being paralyzed to get to the start of that race and on the second last day, and I'm out of this race, and I can't even tell you how that felt to those.

00:42:00:03 - 00:42:07:13

Nico

Are you out of the race? You know, what's what's with what's next? Are you is it done for you? You know what's what's what's happening next.

00:42:07:15 - 00:42:29:07

Joey

So so being there with the destroyed bike stone lost, you know, effectively it's over. You know, there's you know, at that point, I had 660km to still race, you know, and my bike's destroyed. Most of my fuel is all been all run out. You know, I've got a couple liters of fuel in one tank. Obviously the bike's all destroyed.

00:42:29:07 - 00:43:01:19

Joey

It's a so effectively, this is where it ends. Yeah, but strictly speaking, you're only out of the race for two things. The first one is you press the button on your bike that says, I'm done. And and, you know, a helicopter comes and picks you up or you miss, you start time. Now you have to be at each bivouac and start at each stage, you know, and obviously you start times about 4:00 in the morning.

00:43:01:21 - 00:43:28:00

Joey

So here I am mid-morning on day 12, and it's a hopeless situation. I can't get that bike 660 mile is 660km. It's it's completely impossible. So I can choose to just press the button and call it, or I'm going to just stay out there until 4:00 the next morning, and then I'm. Then I'm out of the race anyway.

00:43:28:02 - 00:43:49:15

Joey

And so, I decided, you know, and that's thought line that I wouldn't quit the race, you know, that this is, the only way I got is that I do not touch on that button, you know, and so and so I thought, you know what? I'm just gonna I'm just going to get as far as I can and just keep going, even if I push the bike or whatever, until 4:00 the next morning.

00:43:49:17 - 00:44:11:22

Joey

And when I miss that start, then that's when I'm off this race. And so I started stripping the bike, and I had to strip the whole exhaust off the bike because it was all flattened and bent into the back wheel. So the whole exhaust had to come off. The, the bars will bent and the whole navigation tire was mangled and bent back into the bar, set to strip some of the stuff off the navigation tire to get the boss to move a bit.

00:44:11:22 - 00:44:29:05

Joey

The seat was torn out, the mountings, the air filter was torn. It kind of repair the air filter as best I could, and then kind of wedged the seat back in the whole frame of the back was bent, the suspension was all bent up. And so, so the wheels were like this, you know, and off and say like, you know, you see those checkers?

00:44:29:05 - 00:44:52:12

Joey

60, 60 bucks going down there like that. And so and so I, I just did all this. I isolated the fuel tanks that were damaged and just plumbed the one fuel tank straight into the, into the, into the fuel pump, into the injector and things. And and I got that back working, you know, without an exhaust, it had no right foot peg with these bent paws and a bent

frame.

00:44:52:14 - 00:45:07:21

Joey

And so I couldn't ride in that in that track anymore because obviously it's like this, this. Right. And you got all these bent up wheels and also a lot of cause and trucks were coming now. So I had to kind of just zigzag through this vegetation. And so I just started riding and I can only go really slow, you know.

00:45:07:21 - 00:45:33:23

Joey

And in that terrain especially missing a foot pig and exhaust and, you know, the bike doesn't have much power and weight and I'm just kind of limping along, limping along, limping along, and I'm running out of fuel. You know, I've got enough fuel to do maybe 20km tops. And I'm just limping along. And I'm thinking back to the last ten years to all the sacrifice, all the money, everything we put into this, and it just ends.

00:45:33:23 - 00:45:55:20

Joey

Not in this semi-arid desert in South America. And it is the hardest thing that I think it is, is to keep going when there's no hope. You know, when you got hope, when maybe we could. It almost gives you like a light that you're aiming for when there's no hope and it feels like you're, there's nothing that's going to ever make this right.

00:45:55:20 - 00:46:24:17

Joey

And that's how it felt. And so to keep going when there's no hope is the hardest thing. But I just did that whole like ten millimeters, ten millimeters, ten millimeters. Just taking off the time. And then the most incredible thing happened. And in the middle of the semi-arid desert, there was a bike just standing there, a KTM full 50 RFA, exactly the same bike as mine, just standing there in the middle of this semi-arid desert.

00:46:24:17 - 00:46:43:02

Joey

And what had happened was the guy had actually crashed, and he'd broken both his arms and he'd been medivac down in the helicopter. Now, when they medevac arrived at, they take the navigation equipment off the bike and they put it or not, the navigation, sorry, the tracking equipment off the bike. And they put it with the rider in the helicopter.

00:46:43:02 - 00:47:06:10

Joey

I'd seen that when they evacuated Dave earlier in the race. And so here's a bike with no tracking equipment on it. So I know this ride is being evacuated from off the race. Now the rules of Dakar is I can't ride that bike, but I can use parts from it. Bike. And so what I did is, there were these three Argentinian guys, just guys on old dirt bikes in the middle of nowhere, just spectators of the race.

00:47:06:12 - 00:47:29:06

Joey

I mean, they must have been like 1990 something dirt bikes they were on. And these guys helped me, and we stripped that whole bike. We stripped the whole exhaust off their bike. We siphoned all the fuel out of it. We stripped the whole side of the frame with all the foot peg and put it on to mine. But now I'd lost so much time fixing the bike, the first time I'd limped along for for a long time and lost a couple hours there or whatever.

00:47:29:08 - 00:47:47:11

Joey

And now we stripping this bike, we're losing more time. And so at this point, I was about four hours behind the guy who sick second lost. And I've still got to try to get in by 4:00 the next morning. And so I still needed handlebars. I still needed a radiator, I still need it, but it would just take hours to strip all that stuff.

00:47:47:13 - 00:48:12:21

Joey

And so I had to get going. And I rode the rest of that day for, for literally hundreds of kilometers alone through South America. And then it started getting dark. And that night I rode through forests. I ride through dune fields. I ride through mountain passes and and canyons. And it was just you know, six, seven, eight, nine, 10:00 at night, still riding and 11 midnight.

00:48:12:22 - 00:48:31:06

Joey

And at about midnight I came to to a whole bunch of rivers. And. Yeah, if you have to, if you have to cross a river on your own in South America in the middle of the night, it's pretty scary. And I just into these rivers one by one, 1:00 in the morning, still riding, 2:00 in the morning, still riding in it.

00:48:31:08 - 00:48:53:11

Joey

At 2:15. I hit the I hit the second last bivouac of the Dachau. And at the gate was my teammate, you know, from South Africa, Walter Terblanche. The guy had gone out to the

CS motor on on day four. He was waiting for me at 2:15 in the morning, and he hopped on the back of the bike behind me, and we rode into those pits together because they're, you know, they're massive.

00:48:53:11 - 00:49:11:00

Joey

These pits guided me to my team track. And we get there and, my mechanic's waiting up for me. But along with my mechanic was, was the Red bull TV crew, and they made a little, a little clip for Red bull TV and, I'm just going to add this in now in case you want to use it.

00:49:11:02 - 00:49:28:00

Joey

Which, which you guys can see here in case you want to pop that in and then, and then I ended up with, with one hour of sleep and then I rode that same bike, another 850 K's on the last day and, and finished the Dakar Rally.

00:49:28:02 - 00:49:32:17

Nico

That is incredible. So you're a mechanic as well? That's,

00:49:32:19 - 00:49:39:08

Joey

I'm a bush mechanic. It's very different. Yeah, it's cable ties and and duct tape kind of mechanic.

00:49:39:10 - 00:49:49:03

Nico

I mean, it's it's incredible to think that a 9000 kilometer race within that 20 kilometer space, there was another bike there that you could, you know.

00:49:49:04 - 00:50:06:22

Joey

Oh, yeah. I was running out of fuel. Yeah, I was running out of fuel. So if I hadn't have found that bike in the 20km, I would have been out the race. But there's a there's a couple things here that I, that I kind of, I guess I learned on the race and, and maybe it can help guys, you know, when they're facing challenges and stuff.

00:50:06:22 - 00:50:31:01

Joey

And the first thing was, is that that bike was not where I crashed or not when I was

written over, if I'd stopped the it would have my deck, I would have ended there. And so what I did is I did the best I could with what I had to just move forward, and I only move forward, you know, a few kilometers they would.

00:50:31:07 - 00:50:45:18

Joey

I was wasting my time. I couldn't finish the race. It was actually like it was a bit daunting. My day at the end of the day, you know, because it's just like, okay, you just being how could you say just being pigheaded? It's over. Just accept it. Exactly. And people will often be like, it's over, just accept it.

00:50:45:18 - 00:51:02:19

Joey

And sometimes you got to be like, not for me, you know? And you do that a little bit more. And by doing that a little bit more, it enabled me to find that bike that then kind of said was like just to as far as I could see, I walked or I got that far and suddenly something else was there that let me go further.

00:51:02:19 - 00:51:21:21

Joey

And so sometimes, like, you're in a bad place or, you know, with whatever you are facing a challenge, you know, you know, people have a lot worse challenges that I've had, you know what I mean? There's lots of different areas in your life where, where things go wrong and, you know, you know, there's obviously the physical stuff, the illnesses, diseases, all that sort of stuff.

00:51:21:21 - 00:51:39:14

Joey

But it's also like people go through divorces and they lose loved ones and they face financial ruin and and addiction and depression and all these kind of like, terrible things. And it's like you can't see a way forward, but it's just like, okay, do what you can with what you got and you'll figure it out. Yeah. You know, and so that was just it.

00:51:39:18 - 00:51:59:19

Joey

That's it, you know. So that was the first thing I learned. And and the second thing I learned. And this was probably the biggest one for me with all of this sort of stuff was when it's with like I said, with DAC, where you only go at if you miss, you start time the next day. And so, what it means is it means you have to ride through the night.

00:51:59:21 - 00:52:21:21

Joey

Now a lot of riders won't ride through the night. In, in a lot of different types of really, because when it gets dark, it gets very hard to navigate, you know, and your navigation stuff, it's saying head towards the cliff, you know, do this. You can't see the cliff. You can't see the tracks, you can't see, the, you know, if you miss a split in the road, in the light, you look over 100m.

00:52:21:21 - 00:52:38:01

Joey

There's another track there. Maybe I should be on that one at dark. You got ten meters. You don't know it's there. And so it's like it's very difficult. There's a lot more animals out at night, which means it's a lot more dangerous. You know, in terms of, in terms of hitting animals and stuff. It's a big risk with our sport, as you heard earlier.

00:52:38:03 - 00:52:50:14

Joey

There's also if you crash, people can't find you, you know, you're in the darkness out there. You're alone. It's a lot of things go wrong at night. And it's a lot more dangerous. And so a lot of guys won't ride at night. But if.

00:52:50:16 - 00:52:51:17

Nico

I'm not, you.

00:52:51:19 - 00:53:07:21

Joey

Know, it's scary for me to think of you wrong. You know, it's still scary, but it's like, you do it, you do it, but you do it. Scared? Yeah, yeah. You know, and that's doing it. You know, it's one of those things. But it's like sometimes, you know, for all of us in our life, we have to ride through the night.

00:53:07:23 - 00:53:25:21

Joey

You're going to hit a dog point and you can quit or you just ride through the night because it does get light again on the other side. And you just got to like, you got to get through that darkness. And so that was a big one for me is, is to ride through the night. And, you know, we spoke earlier about resilience.

00:53:25:23 - 00:53:41:03

Joey

That wasn't the first time I rode through the night. There were times earlier in my life

where the first one was in Lucy two years ago, and I was with a couple of buddies, and we got stuck out in the mountains and we had to come back. And the lost probably out to coming back was at night.

00:53:41:03 - 00:54:02:16

Joey

And that was pretty scary, being up in the mountains and it's getting cold and it's like, but it was like three of us together and it was very different, different environment. And then I had to do it in Botswana on a race where I had to ride, and I got in at about 1130 and that night, and I was alone in, in Botswana, it's in an area where there's a lot of wild animals and, and that kind of stuff and like, man, it's scary.

00:54:02:16 - 00:54:21:08

Joey

But it was like, I did it. And so now suddenly when I'm, when I'm in South America and now I've got to ride literally hundreds of kilometers alone at night, I've built resilience with those little steps that that it's still hard, it's still scary, but it's like, I know I can do it. I can I can ride through the night.

00:54:21:10 - 00:54:42:07

Joey

And so, when people are struggling and it's tough, you go to see it as darkness. You got to see it. It's like, this is hard, but you got to ride through the night and you suck it up and you get through that time. And when you do that, there's a sunrise on the other side, and it's, it's it'll get better.

00:54:42:09 - 00:55:04:00

Nico

You know, want to go back to what you said earlier, and I completely agree with it. You know that their resilience is earned. You know, you you went through all these, you know, massive struggles and hardships and, you know, had to figure out a way to take it day by day. But you build up this resilience because now you're in a place where if it wasn't for the previous, you know, your past experience, you wouldn't have been able to do it.

00:55:04:00 - 00:55:11:01

Nico

Yeah. But you had that both in resilience now because you've earned it. That took you through that night, that made you, you know, drive through the night.

00:55:11:05 - 00:55:29:01



Joey

Yeah. And it's not that the that it's like that it's easy or anything like that. You know, it's still just as much better. But I think, you know, you can do it if you take somebody who's, for instance, built a company and as he's worked hard for years and years and years, and then he faces a massive challenge and he loses everything.

00:55:29:01 - 00:55:29:18

Nico

Yeah.

00:55:29:20 - 00:55:46:02

Joey

He's in a very different position to someone who's never done that. They're on the same level financially. But he's like, I know I can do this. And so then he can do it again. And it's it's that same kind of kind of thing of like, it's still scary at night. It's still. Yeah, it's still remote. It's still like all those kind of things.

00:55:46:02 - 00:55:53:20

Joey

But it's like, but I can do this. Yeah. You know, I, you know, and so when you do those things you say to yourself, I can do hard things and you do the hard things.

00:55:53:21 - 00:56:16:02

Nico

Yeah, absolutely. Yeah. You you mentioned earlier, you know, your bike is made up of, you know, a thousand parts and, you still manage to fix some of it, use another bike to, you know, to, to go further. And I think, you know, took us through that, you know, it wasn't just you. You were you're lucky. Yes, to get the bike.

00:56:16:06 - 00:56:29:16

Nico

But there was a lot of planning and preparation involved to have the right tools at your disposal when you went through, you know, bust, accident and everything that happened. How important do you think planning and preparation is? You know, in in this world?

00:56:29:18 - 00:56:49:21

Joey

Oh, man. It's you know, certainly a at a race like that, it's massive because you're so remote. You so you know, you don't have access to to stuff, you know what I mean. And so I had to strip that bike. Now I can't strip that back, you know, with, with sticks and

leaves and all that kind of stuff, whatever I can find out there.

00:56:49:23 - 00:57:13:12

Joey

And so the only thing I could use was stuff that I was carrying and it stuff that I'd carried for 12 days and not ever used. Yeah, but I've carried it every single day, you know, in case you're in a situation where you have a breakdown. And so like I mentioned earlier about like, there's so much you can do before the race that sets you up to finish the race.

00:57:13:14 - 00:57:42:04

Joey

And so part of that is, you know, riding motorcycles over the years, you have, you have stuff break you have you have crashes, you have things that happen in the middle of a fault. And you kind of learn these little tricks, you know, and you learn what to carry with you. So when I was at that point, when the, when the car went over the back, I had, you know, spanners and I had pliers and I had cable ties and I had duct tape and I had all that kind of stuff, you know, and those are the the kind of things that that you need.

00:57:42:04 - 00:58:02:23

Joey

And it's exactly the same in life. You know, if you're if you're, you know, if you're doing sales, for instance. Yeah, if you got some training behind you and you've actually done the work to make you good and efficient at what you do when it comes to being resilient, you still need that stuff to be resilient. It doesn't help being resilient, but you're untrained and you don't.

00:58:02:23 - 00:58:09:16

Joey

You're not. You haven't got your stuff together. And so yeah, you got to you got to put the tools in the bag that you're going to need to take out later.

00:58:09:21 - 00:58:16:09

Nico

Absolutely. I want to go back to another concept. And that's the starting line.

00:58:16:11 - 00:58:17:24

Joey

Okay.

00:58:18:01 - 00:58:34:01

Nico

You know, if you if you really think about it on day 12, you know, when you, when you cross that, you know, when your friends jump up on the bike and you, you went to the, to your, to your, to your pit and your crew, but was actually ten years and 12 days, you know, you hit the start line.

00:58:34:02 - 00:58:38:19

Nico

Oh yeah. Post accident. And then, you know, day 12.

00:58:38:19 - 00:59:04:15

Joey

And yeah, I like the way you put that because it I wasn't 12 days into this race. I was ten years and 12 days into this race. And so yeah, there was Ekm I had a, I found a quote on the internet years ago and I really liked it. And so I printed it out on one of those little brother label makers, you know, and I stuck it on my navigation equipment at Dachau and it said, you didn't come this far to only come this far.

00:59:04:17 - 00:59:24:18

Joey

Because what I wanted to remember when I was on the race is, is how far I'd come, you know, the sacrifices I'd made, the sacrifices my family had made to put me on the start line of that race. And I didn't want anything to happen in those 12 days that that would feel big enough to quit.

00:59:24:20 - 00:59:28:15

Joey

You know what I mean? Because we had all this investment in a possibility.

00:59:28:15 - 00:59:31:09

Nico

Now it's been stirred up on you because you've made this.

00:59:31:09 - 00:59:51:17

Joey

Decision exactly that, you know, it's not just me. It I'm doing, you know, I'm ten years and and and 12 days into this, it isn't a case of I've had to ride these 8000 and something kilometers of a 9000 round of a 9000 kilometer race. I've had to, you know, have to learn to walk again. I've had to learn to ride again.

00:59:51:23 - 01:00:10:11

Joey

All of those are steps in getting me to the end of this race. And so, I'm ten years and 12 days into this, and there's. And I'm not going to throw it all away because I'm tired and I'm, I'm hurting and I've got a broken bike leg. Come on, man, you know, it's a lot easier to, to, to, to fix a bike than to, to redo those ten years.

01:00:10:11 - 01:00:37:15

Joey

And so the kind of that kind of weight made this stuff. I'm looking at feel easier. You know, it's not about like, am I in pain today? It's a case of like, what am I going to do today that's going to make sure the last ten years haven't been a waste, you know, if that makes sense. Yeah. And so, yeah, it was when you said that way and obviously in all of our lives as well, we have times where it's tough.

01:00:37:15 - 01:00:56:00

Joey

And then you think about yourself and you think about all this is miserable for me and stuff. Look around, man. You know, sometimes sometimes you're working hard because you've got kids that you want to help and you want to get them through school and you want them to achieve their dreams and stuff. And so, you know, sometimes you got to look at everything around you and go, like, what are we actually playing for here?

01:00:56:00 - 01:00:58:11

Joey

Like what's actually on the table here?

01:00:58:13 - 01:01:15:15

Nico

Yeah. Okay, Joe. So you got this, this quote of the internet you put on your bike. Yeah. And I love that, you know, you get this far just to get this far. What what is what is going through your mind? What other sort of tools do you use? When, you know, when faced with, you know, these sort of obstacles.

01:01:15:15 - 01:01:17:07

Nico

We need to be resilient.

01:01:17:09 - 01:01:36:07

Joey

Yeah. So there is, you know, a lot of people will say, like, there's this, this little voice and that kind of stuff. For me, I think it's a little bit more because, when you're on that bike,

that bike's loud and you've got earplugs in and you've got a helmet on, and there's obviously cause and tracks and stuff, and so you can get away with a lot more.

01:01:36:07 - 01:01:57:22

Joey

So I'll literally shout at myself in my helmet, you know, I'll be like, come on, man, you got this. And and you know, so a lot of that self-talk, I'm literally, you know, shouting out loud, you know, psyching yourself up. And it's a, it's an emotional roller coaster race like this. Because these hours you're alone in the desert, you know, or.

01:01:58:02 - 01:01:59:03

Nico

Or in a forest.

01:01:59:03 - 01:02:20:24

Joey

And you, you might be lost and you like, you know, you're middle of nowhere all alone and stuff. And so there's a lot of, like, alone time. And so, yeah, there's a lot more than just voices, you know, there's, there's shouting and stuff. And so, you know, there's times on a race like that and you if you ask most guys that have done this type of stuff where you literally just cry in your helmets, man, and you're frickin crying on your own.

01:02:21:01 - 01:02:38:04

Joey

And, and it's not that. It's not that you you're weak and you're giving up. You just so emotionally just kind of drained and stuff, and you're in this kind of place and you've got goggles for the tears or whatever, and you, but you keep going and then you like, come on, man, you got this. They don't know you.

01:02:38:09 - 01:02:52:20

Joey

You know, that kind of stuff. And so and so yeah, a lot of it is like audible voices where you, where you kind of like you cheering for yourself. And I think it's important. It's like, cheer for yourself, man. Frickin. Yeah. Yeah. You got this, boy.

01:02:52:24 - 01:03:03:16

Nico

Yeah, I love that. I think, you know, sometimes you forget just, you know, back yourself, back yourself to take that first step and the next one, you know, and drive through the night like, yes, it did. It.

01:03:03:18 - 01:03:26:16

Joey

Yeah. That's it. So yeah. That's that's that's good. The way you put that you know, take your first step. You know for me obviously it was physically to take that first step and you know, when when I did take that first step, it was it was cheering and support and it was fantastic, you know, but it was the first step of a of a massive journey.

01:03:26:18 - 01:03:45:24

Joey

And you know, obviously like, you know, here we are, we're doing this and we're talking about, you know, from when I was paralyzed to racing car, but that is also just, a part of my life, you know, that's not my life. You know what I mean? There's lots of stuff since deck all. There's lots of stuff since before being paralyzed and stuff.

01:03:46:01 - 01:04:09:20

Joey

Just like you know, everybody watching this, we all have, you know, really difficult, hard stuff that happens to us. You know, I mentioned earlier about my, my daughter's accident, you know, I've faced my own financial problems. You know, I've faced other different challenges in my life along the way. Right from being a kid all the way through, just as everybody watching this has.

01:04:09:20 - 01:04:17:09

Joey

And and I think we can all agree that you hit these really tough moments and it's okay.

01:04:17:11 - 01:04:17:19

Nico

Yeah.

01:04:17:22 - 01:04:37:23

Joey

All right, I need to I need to fix this. And so you have to take that first step. And it's hard. But the first step gives you a second step. And before you know it, you look back and you're like, whoa, that's a lot of steps, you know? And so, yeah, just yeah, take the first step and it's wobbly and it's ugly and it's.

01:04:38:00 - 01:04:40:06

Joey

But take it. Yeah.

01:04:40:08 - 01:05:06:10

Nico

Joey. So you finish the car. You know, we've spoken about this ten years and 12 days is amazing. Incredible journey that you went through. And then you finished. I think a lot of the times we don't take a step back and celebrate the wins. You know, we go through, you know, in your specific case all of these hardships and you hit this wall, the next ball and you take the next step.

01:05:06:12 - 01:05:11:19

Nico

We don't celebrate the wins. How do you, you know, do you agree with me? You know what's 100%?

01:05:11:19 - 01:05:29:10

Joey

You know, celebrating wins is a is a is a big, big, big one. You know, obviously, you know, coming back from the Dachau, you know, and coming to the airport when I got home and there was just, you know, hundreds of people there and my wife, my daughters and everything, it was that was an incredible celebration.

01:05:29:15 - 01:05:52:19

Joey

And that was really like the the peak celebration. But all through those years, there was celebrations and, like, to give you an idea in that hospital, the first time I could move my toe. Oh, that was freaking cool. You know, that was a great celebration. You know, when the braces, came off my legs and on between the parallel bars and and you take that first step.

01:05:52:21 - 01:06:10:05

Joey

That was a that was a win, you know, and it was like, that was amazing. That was an incredible day. Here's a dude who's like, still mostly paralyzed. And when you take a step, all you're really doing is your legs are kind of locked and you kind of like, lean your weight to one side and you lean forward and your leg kind of falls forward, if that makes sense.

01:06:10:05 - 01:06:27:23

Joey

So it's it's not a step, but it's a yeah, it's a step and it's a win. And so you got to celebrate all those wins. You know, if you, if the guys I mean I know the guys with you, it's, it's a, it's a tough market and things are tough. And sometimes it's like you're not getting any

appointments to even see guys or whatever.

01:06:27:23 - 01:06:57:11

Joey

And then you get that appointment. That's a win. You know, you sign that first thing, it's a when. Then you celebrate all those things and you and you mark it off. Especially for me in the hospital, in the beginning, it felt like I was getting nowhere. It's like I'm just not progressing. And Meredith was really good at this, and she would remind me and she would say, like, yeah, but Joey, remember two weeks ago you couldn't whatever it was and now you can, you know, and it's something stupid like putting on a t shirt.

01:06:57:16 - 01:07:10:23

Joey

You know yourself, you don't realize when you're paralyzed, you can't roll over easily. So you have to learn to roll over in bed. And so you do it by like, flinging your arms. And your body kind of follows and these kind of things. Those are all wins, man. And you got to you got to celebrate all those wins.

01:07:10:23 - 01:07:19:02

Joey

It's not just the the big airport thing. I mean, it was cool, but it was like all the wins, man. Celebrate them. Everything is a it's all a win.

01:07:19:05 - 01:07:48:14

Nico

Yeah. Joy. I just you know, I want to thank you again for for sharing your, your whole story and the, you know, it's it's been a roller coaster of a ride. And thank you for sharing that. And I one thing I want to kind of throw back to you is, you know, everybody goes through hardship or challenges, you know, physically, mentally, emotionally, you know, how do you you're telling your story.

01:07:48:20 - 01:07:55:04

Nico

What is it that you try to, relay to people when dealing with those, you know, sort of challenges, etc.?

01:07:55:08 - 01:08:21:20

Joey

100%, you know, like, obviously like, you know, for me, I've written a book about about my journey, I, you know, do an interview like this or I'll do a talk at a corporate events and things. And it's like, I get to, like, tell people about my problem and how it overcame this



problem. And it's all like, it's it's it's kind of public and it's like, yeah, everybody gets to know Joey did this and he had this problem.

01:08:22:01 - 01:08:42:18

Joey

But for for everybody else out there, you're dealing with stuff that no one knows about. And I deal with stuff that no one knows about as well. You know, other stuff. And it's like it's those are the hard ones, man. Those it's tough for, for people to deal with stuff. And it's it's not public. And you kind of fighting this little private battle that no one knows about.

01:08:42:18 - 01:09:16:23

Joey

And those are, those are the real tough ones. And so has guys fight these private things. You've got to remember that everybody around you is also fighting their little private battles and going through tough times that that other people don't know about and kind of be aware of that. But those ones that you kind of fight in the darkness when no one's there, but those are the those are the tough ones, but those are the real ones, and those are the ones that do build that resilience is that you just privately keep trying and keep working hard at what you do.

01:09:17:00 - 01:09:35:02

Nico

Joe, I want to so I'm going to let you into the amplify world and our way of thinking. And it's, you know, we we feel that we, as an asset management business have a responsibility, you know, and it's and it's responsibility to not just make profit, but also, you know what you know what what do we do with that profit.

01:09:35:04 - 01:09:56:00

Nico

And as we kind of see it in the realm of of doing well and doing good at the same time, and I believe in you all that also, you know, you can relate to that. Maybe tell us a bit more about, your, your journey and your, just raising and with the assisted support services, busy with, you know, give us a bit more insights on that because I think it's quite exciting thing.

01:09:56:00 - 01:10:00:13

Nico

And and it's something we, you know, again I think it needs to be celebrated.

01:10:00:15 - 01:10:19:07

Joey

Oh yeah 100%. So it is all like like I was saying, just nine other people have different challenges. And these often we get so absorbed in our own stuff, that we don't, we don't see the needs around us. You know, I was very fortunate, to have an incomplete spinal cord injury that I had the opportunity to to learn to walk again.

01:10:19:07 - 01:10:45:21

Joey

And so I know what it feels like to be paralyzed. And I'm pretty passionate about helping people who are still dealing with with the results of spinal cord injuries. And one of the things that it was really tough for me was that I'd be at a bris with my buddies and their wives and families or whatever, and they talking about the ride that they did the day before earlier that day and stuff, and I at the time, you know, obviously I couldn't ride, I couldn't do that stuff.

01:10:45:21 - 01:11:02:16

Joey

And you know how hard it is to be like lift out of stuff, you know, and that you can't do these things. You can't you can't do sports. You can't, you can't. You hang out with your buddies in that way and stuff. And that was really tough. But there are ways you can do it. And so, I've got a buddy, he's a quadriplegic.

01:11:02:19 - 01:11:27:00

Joey

His name is Jeff. And, he started a fund a number of years ago called the Adaptive Sports Fund. And what he does is he does Sporting days for guys with spinal cord injuries. And it's really difficult because these days cost a lot of money. But we do things like adaptive rock climbing. So you got special harnesses and stuff, and you know, like these kind of claw things that, you know, get taped to the hands and stuff so guys can climb rocks.

01:11:27:00 - 01:11:45:18

Joey

We do adaptive go kiting where we've got hand controls on go carts. So, so guys can race go carts instead of foot pedals. It got adaptive scuba diving, adaptive golf, all these kind of stuff, you know, and but it costs money, man. And he's really, really struggling. So I was like, nah man, we need to we need to change this.

01:11:45:18 - 01:12:08:22

Joey

And so what I did is last year I went and did a race in Mexico, called the Hole 1000. And

what I did is I covered all the costs for my racing myself, which my wife was super excited about. But, you know, I went over there and I, and I did the race, but, you know, back when I did that car is I said, anybody who donates will put your name on the back.

01:12:08:22 - 01:12:30:18

Joey

And we had like 320 people donate to help me cover the costs, which helped me to get to that cost. So with this one, I paid for all myself. But I said, anybody who donates to the adaptive sports fund, I'll put your name on my back. And, we had a ton of people put names on the bike and, and I managed to raise a quarter of a million rand, towards the sports days.

01:12:30:24 - 01:12:48:23

Joey

And we're going to build a really, really cool, kick ass go kart, you know, because we've had ones which paraplegics can use. But it's very difficult for quadriplegics to use it because now you, a lot of the arm use has gone as well. And so now we get, we got to get a go kart with like, power steering and all sorts of stuff.

01:12:48:23 - 01:13:10:08

Joey

And we're busy getting that sorted with, with that money. And so we doing cool stuff to help guys with spinal cord injuries to still be able to, to enjoy sports, with their mates and, and hang out and and be part of like society even though they're dealing with massive physical challenges. And so that's one of the ways that I give back.

01:13:10:10 - 01:13:34:02

Joey

And I can tell you it's, it's it's incredibly rewarding. To give you an idea, we did, we did an adaptive, go quite a few years back and I remember quite clearly it was a guy who was paralyzed, and he got to race his brother who was able bodied. And, these guys cannot compete in any kind of sports, you know, an an even thing.

01:13:34:02 - 01:13:48:09

Joey

But you know what it's like when you want to, like, have a competition with you, with your with your brother or your buddies. It's like, man, it's good. And here's a guy who's dealing with physical challenges and he gets to do that. And, and you can hear the, the guys chirping each other and they cut each other up in corners and all the rest.

01:13:48:09 - 01:14:00:06

Joey

It was amazing. And that's what you want to give these guys. So yeah, it's cool. It's it's it's nice for the people to give back to you, but it's also really rewarding for you as an individual to see it when you get back.

01:14:00:08 - 01:14:17:10

Nico

Joe. That is that's awesome. I mean, it's completely, you know, you know, the amplified way of thinking is, you know, doing what I'm do. Good. So thank you for that. And, you know, as part of these there's this video series and this is the last one. We do have a little article that goes along with it. We'll make sure that there's links there for, you know, for the adaptive sports.

01:14:17:12 - 01:14:18:10

Joey

That would be you.

01:14:18:10 - 01:14:18:24

Nico

To support.

01:14:18:24 - 01:14:21:12

Joey

That, that would be super cool. Thank you. Cool.

01:14:21:14 - 01:14:43:13

Nico

Jen. And you know I want to ended on that. And so thank you for your time today. I really appreciate it. You know, it's been captivating. You know, if you've given me a lot to think about, and I really appreciate the time and and thank you, you know, for, for for bringing this message of, of resilience, you know, to, to a wider audience and really appreciate it.

01:14:43:13 - 01:14:44:16

Nico

So so thank you, Joe.

01:14:44:19 - 01:14:55:15

Joey

I appreciate it man. It's been it's been great chatting about all this sort of stuff and brought back a lot of memories and things that, that I haven't thought about. But yeah, whatever it takes, you just stay in the race.

01:14:55:17 - 01:14:56:17

Nico

That's it. Thanks.