



# SPORTING HEROES

PROFILING ROE VALLEY SPORTS STARS BY PETER JACK

## Profile: Joe Barr

**Sport: Cycling**

**Winner of Race Across America (Coast to Coast over 3,000 miles on a bicycle)**

**Q1 What are your earliest recollections of playing sport?**

Riding in local races as a young boy of 14 years old.

**Q2 Who were your early mentors/coaches?**

Two local cyclists navigated me towards national / international racing.

**Q3 How many years have you been participating?**

I have been doing this for 47 years – I started in 1972.

**Q4 What do you enjoy most about your sport?**

I enjoy the lifestyle and the travel.

**Q5 Of which club(s) are you a member of?**

I am currently not a member of any club.

**Q6 What is your greatest achievement to date?**

At the Commonwealth Games in 1986, I finished 3rd. In 1993, I came 3rd in the Irish Professional Road Championship.

At the Race Across America I was the first to finish in my age group.

At the Amateur National Road Championship in 1985, I came 3rd - I have had a number of top 10 finishes in this race over 10 years.

Three starts in RAAM. Two Finishes 2012 DNA – altitude sickness in the Rockies.

In 2014 – I came 2nd in age group and 10th overall.

In 2019 – First in

category – 14th overall.

**Q7 What was your biggest disappointment in sport and why was that?**

Not getting selected for the 1988 Olympic games. I felt I was a victim of the sports politics at that time in Ireland.

**Q8 Who are your sporting heroes?**

Not sure I have sporting heroes; however, I have been inspired by many different performances over the years.

**Q9 What has been the stupidest/funniest thing to happen to you while playing your sport?**

Arriving at a race to realise that I had not put my bike on the roof of my

car... that was my all time number one!

**Q10 What is your favourite bit of sporting kit?**

It would have to be the Colnago C60 race bike with Campagnolo equipment.

**Q11 What advice would you give to anyone thinking of trying your sport?**

There is a distance for everyone, there are many dimensions to cycling including touring, just try it!

**Q12 Where do you see yourself in 10 years?**

Still riding, not sure if still racing, but definitely still in the sport possibly as a Manager or Team Owner or possibly the 70+ cat at Race Across America.

