

A New Angle

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Justin Angle: This is A New Angle, a show about cool people doing awesome things in and around Montana. I'm your host, Justin Angle. This show is supported by First Security Bank, Blackfoot Communications and the University of Montana College of Business.

Justin Angle: Hey, folks, welcome back and thanks for tuning in. Today, I speak with Tyler Hamilton. For many years, Tyler raced at the very highest level of professional cycling and was a key figure in the Lance Armstrong doping saga. His story is well documented, told best in his own powerful book, *The Secret Race*.

Tyler Hamilton: I just feel very lucky and blessed to be where I am today and thankful to all, all the people who supported me. And it was hard. It was brutal. Brutal.

Justin Angle: Tyler now lives in Missoula, runs a coaching business, works for Black Swift Investment advisors and is a new father. Today, we talk about how he transformed his life after racing and found happiness and balance. Tyler, thanks for coming on the show.

Tyler Hamilton: Yeah. Hey, nice to be here.

Justin Angle: I have to say, this is a wild moment. We have our youngest guest ever here, Hudson Hamilton, at the ripe age of eight months. So, you might hear Hudson in the background. Tyler is doing the full dad routine. So, I appreciate it. It's great to meet Hudson.

Tyler Hamilton: Yeah, it's just been an amazing experience. Really hard to put it into words.

Justin Angle: So, we'll start the way we always do with, where did you grow up and what did your parents do?

Tyler Hamilton: Yeah, I grew up in Marblehead, Massachusetts, about a half hour north of Boston. Yeah. My dad was in the office supplies business, and my mom was a stay-at-home mom, did some part time work, gardening and stuff like that. But yeah, we were lucky to have her home most of the time.

Justin Angle: And a lot of time running around the hills of New Hampshire, skiing and doing all that.

Tyler Hamilton: Yeah, my dad always told me our church was in the White Mountains of New Hampshire, so Saturdays and Sundays we spent a lot of time up there in the wintertime, would rent a place up there in the North Conway or Jackson area and ski at this area called Wildcat Mountain, which is straight across from Mount Washington. Yeah.

Justin Angle: So, let's start with fatherhood. You're at the beginning of this journey and, yeah, tell us about it.

Tyler Hamilton: Oh, wow. It's been amazing. I mean, caring for such a little individual. It's just it's been really eye opening yet hard at times, obviously, you know, the lack of sleep sometimes, although he's been sleeping great. But yeah, I mean, it's not about yourself anymore. Being an athlete, yeah, I mean, as an athlete, as a professional cyclist, yeah. I used to be pretty selfish. I would say, you know, it's always about you. You know, you got to get out and be disciplined. You always have to be thinking about yourself. And you know, although I have not been an athlete for a long time, this really opened my eyes because before it was always, oh am I going to exercise today? Or, you know, that's now all out the back door. And sure, if I can fit it in, great. But if I can't, that's okay too.

Justin Angle: Yeah. In some ways, the clarity of focus that children bring is similar to the athletic mindset as well. Like you have this sort of is this priority in your life, that changes your life in a way that you didn't really think was possible before.

Tyler Hamilton: Yeah. I mean, it's completely changed my life. It's hard to put it into words, but yeah, and it's hard to think about life before. But I've also got two great step kids, ten and eight, you know, Jack and Cooper and they're great kids and it's been awesome to be around and help. You know, we have them half the time and their dad lives right up the street. It's a, you know, modern family, and that's been a fantastic experience as well.

Justin Angle: And balancing it all. So, let's talk about that a little bit. I mean, the past ten years of your life have been a lot of transformation, a lot of growth, a lot of work, I'm sure.

Tyler Hamilton: Yeah, for sure.

Justin Angle: I mean, people kind of know the story up until your book, but like what's Tyler Hamilton up to now? Like what is kind of giving your, other than Hudson, what is giving your life focus and meaning?

Tyler Hamilton: I mean first of all yeah, I work for a money manager down in Boulder, Colorado, called the Black Swift Group. I've been working with them for about three years now. It's been a fantastic experience as well. Super steep learning curve, I mean, like the business development, investor relations side of things. But yeah, just learning. You know, I studied economics back in college, which was a long, long, long time ago. Yeah.

Justin Angle: Did you really study economics, or did you study skiing?

Tyler Hamilton: Like I studied skiing and cycling. And a little bit of economics.

Justin Angle: Sure.

Tyler Hamilton: But my plan was to go to I was hoping to go to business school and then on my own business. But yeah, that all went to the wayside when cycling took off.

Justin Angle: Yeah.

Tyler Hamilton: It's been fantastic. You know, I, to pass my Series 65 exam which is, you know, I did study for my real estate exam a few years prior to that, but other than that, it was a totally different animal.

Justin Angle: Yeah. How did it feel to study for something?

Tyler Hamilton: It felt good. It felt good. Although it's I mean, not all the time. There were times I was really struggling with that, especially after I didn't pass the first one. But I was like, all right, I just got to really just put my head down. It was a different kind of studying.

Justin Angle: Yeah.

Tyler Hamilton: Yeah. It's been a lot of fun. I mean. I mean, I'll be learning for the rest of my life. For as long as I have this job.

Justin Angle: And how does that feel to be learning and gauging your mind, like this one seems like it's sticking. You've been doing this awhile.

Tyler Hamilton: It's definitely sticking and no I mean, I think you meeting you in the past, you know, I like to help people. This is a different way to help people. You know, a lot of people out there, they're getting tier one training before you. But I brought people in and wow, this is this was really what I was hoping for. So, it's nice to get positive feedback back from your, from your, the people you bring in and the clients there at Black Swift. So yeah.

Justin Angle: And so, you do, you do have a bit of a portfolio career. I mean, you've had your coaching business for a long time now. Tell us about Tyler Hamilton Training.

Tyler Hamilton: I started that now in '09 and yeah, now I have a really good friend and coworker helped me, helped me with it. He, he runs the show most of the time. It's just really a two man show.

Justin Angle: And that allows you to focus on helping the athletes, crafting the right training programs and that sort of stuff?

Tyler Hamilton: Correct. Yeah. In my, in my other job which is really my job-job now. Which is that Black Swift.

Justin Angle: Yeah. For sure.

Tyler Hamilton: Yeah. And then I also spend time giving back to the fight against multiple sclerosis. I put on my own charity event every September. It's like a weeklong ride. We change locations every year.

Justin Angle: Tell us about that entry point, because you've been you've been affiliated with Multiple Sclerosis Society in trying to do good for that cause for a long time.

Tyler Hamilton: Yeah, it's been over 20. Let's see. I think in 1997 is when I started. Yeah. My first agent. His mother-in-law had MS. I didn't know anything about it. All's I knew was a ski racer, ex World Cup ski racer and Olympic medalist Jimmy Hugo. He had it.

Justin Angle: Right.

Tyler Hamilton: He was still alive, I knew that. But that was kind of all I knew about it. And so, I showed up to a ride in south of Boston. And during, I think it was a 75-mile ride, charity ride. And during that ride, I met people with MS, whose husband or wife had MS, or coworkers, sister or brother and that was just the start. And after that, that one ride, I was like, I'm, you know, I'm committed to this.

Justin Angle: These are my people. This is my cause.

Tyler Hamilton: And it's a, you know, it's a terrible disease. And, you know, they need help. They need help.

Justin Angle: And so maybe if you're willing to talk about the journey with that organization, I mean, you go through this period of time where at the beginning, while you're at the peak of your powers as a racer I'm sure it's great for them. You're sort of star power and your character's attracting folks to these rides and helping spread the message. Then you go through some turmoil and your personal brand in the public media is tarnished a bit. Talk about your arc with that organization, because now it seems like you're sort of thriving again.

Tyler Hamilton: Yeah, definitely thriving again. But yeah, it's had its ups and downs for sure. Yeah. So '97, that's when I really opened my eyes to multiple sclerosis. And then I think in the year 2000, I was maybe the head of the cycling series for the National MS Society. And then a few years later, I started my own foundation, the Tyler Hamilton Foundation. We had events all year long, but our marquee event was MS Global the one that still exists today. It's a basically a seven-day ride. But yeah, and when things went bad, yeah, things went bad with the foundation. I mean, the problem with our executive director and just things, the floor fell out underneath us. My parents stepped in, and my dad really stepped up to the plate. And we, you know, salvage what we could basically cut out all events except us except MS Global. And that's continued since, what, like 2008, I believe. So, I don't know. We're 20 years into it doing MS Global and each year we've raised about a quarter million bucks and that's amazing.

Justin Angle: Yeah.

Tyler Hamilton: And that goes straight to Can Do MS, which is a helps people who have MS live a better life helps them and their support partner, sort of support families, live a better life with MS. So, it's not about the future. It's about right now.

Justin Angle: It's about better life right now. As a professional athlete, your life gets played out in public or a version of your life gets played out in public, right? And it is very easy for us to, you know, we see somebody succeed on the basketball court, on the football field, in music, in cycling, whatever. And because we see success in one area, we think universal success, good at everything, ethical, everything. Like we attribute goodness across a broad range of things, whereas, you know, your story and the life you've lived is, you know, I can do some really good things here. I've made mistakes here, and everything in between. So, what have kind of you learned about people and your own choices and relationships? I'm sure that's a really open-ended question.

Tyler Hamilton: Like learned so much. I mean, I feel like I could write another book. Yeah.

Justin Angle: Maybe you should!

Tyler Hamilton: Maybe just about me. Not nobody else but man. Yeah, I mean, it's been a wild ride. I get a little emotional just thinking about. I mean, I remember being in here. When was that?

Justin Angle: 2018.

Tyler Hamilton: Yeah, things have changed.

Justin Angle: Guest number two on A New Angle.

Tyler Hamilton: But yeah, so much has changed. Yeah, I've taken a couple of steps back. Looked at the big picture. And man, I made a ton of mistakes. A ton of mistakes. And I've learned. I've learned from all of them or most of them and you know and will continue to learn for the rest of my life. But yeah, being transparent, open and honest, you know, like my parents always taught me, you know, deviate away from that and, you know, paid a major price for it. Yeah. And just being yourself, like, sometimes you, you know, at the time, the first time I ever doped, the team doctor walked into my room, and, you know, he's a well-respected team doctor. He had been on big teams in the past. Work with big champions in the past and then. He, you know, offered me this little red testosterone pill. He said it was, you know, for my health I needed at the time. We just finished a brutal stage race in southern Spain, and I was just exhausted. And he said, this is you know, this is for your health. I'll never forget that. And I knew it was wrong, but I also knew there were some deviant things happening. And at the

time I just tried. I was like, okay, you know, if that's what you want me to do, I'll do it. And I didn't really think about it, but I knew deep down it was the wrong thing to do.

Tyler Hamilton: I spent a lot of nights, you know, middle of the night committee meetings looking at the ceiling, you know. But, you know, I just kind of bought into it. You know, happens a lot when, you know, you get influenced by older people and it's my own fault I knew was wrong from the minute I swallowed it even before I swallowed it.

Justin Angle: There's a lot in that story there, you've got a physician, you're in that person's care. You're aspiring as an athlete. You're striving. And, you know, I've heard you talk about how the paper bag was this thing that, like, went to the good guys. And so, there's probably that like, hey, this is what I have to do to take this next step as a professional. All kinds of weird power dynamics and manipulation at play there. So, you know, I appreciate you saying like I made this choice myself and I knew. But you can see how it happens to a lot of people who've thought of themselves as not the sort of person that would do that. Right?

Tyler Hamilton: Sure. Sure. You know, a year later, that same individual told me that he'd been around the block many times, and he was like, someday you can win the Tour de France. I mean, I never truly believed and maybe a few years later, I believed him. But. You know that kind of opened my eyes and, like, wow. Like. If I'm going to even attempt something like this, I got to keep on this track, you know?

Justin Angle: Yeah, that's more pressure.

Tyler Hamilton: More.

Justin Angle: Like you start to see, like, wow, these people think I can do this. Maybe this thing I couldn't do myself. But then, like, is there, like, what's implicit in this contract here?

Tyler Hamilton: Totally. Yeah. I don't know. Sometimes when I look back, I wish I could have just been a clean, like, Domestique. Just worked my tail off for somebody else.

Justin Angle: Do you think there's such a thing?

Tyler Hamilton: I don't know. I mean, today I think there is. Back then, there weren't many of them.

Justin Angle: It'd be hard to stay in the game with that mindset.

Tyler Hamilton: I mean, I might have been. But if I solely focused on, like, somebody else's result, just helping them, maybe. Maybe I would stay clean. Because, you know, I spent two and a half years of my professional career at the beginning of my professional career clean. And then why not continue? The carrot keeps getting dangled in front of you and, you're just, young or young enough to just make poor choices.

Justin Angle: And so, once you kind of came out the other side of, you know, that truth telling phase, the book, the legal cases, all of that, like how did you and maybe you're not maybe you're not there yet, but how did you get to a place where you're like, okay, this is how I wanna orient my life. These are the goals. What are those things? What do you want to live for now?

Tyler Hamilton: I mean, I've been here in Missoula ten years. A little over ten years. I mean, the first six months, I was finishing that book that I wrote, *The Secret Race* and then after the book came out, it was a, it was kind of chaos.

Justin Angle: Yeah. Media tour.

Tyler Hamilton: That kind of stuff. Yeah. And then like then I kind of did some public speaking for a while, and then I was like, I landed from a trip from New Zealand to speak over there. And then I landed, and I was like, I got right as the wheels touch the ground, I said, I'm going to get a real job like I'm done with like I felt like I was going to confession during these speeches over and over and over again. I was like, enough I got my real estate license and I practiced real estate at Inc Realty Group. And that was a great experience, but it just wasn't me. But I would say it was like it'd be the last two or three years where I've been kind of feel like myself again, even when I was in here, whatever, 2018, you know, you asked, have you fully forgiven yourself? I'd say maybe not. I don't know. I was pretty hard on myself. And I think it was maybe from just doing all these talks, I just kept myself in that headspace a little bit. And I'll still do a

talk every once in a while, but it's just. I don't know, I fully forgive myself. I've had to. I've had to. I've forgiven. Never forgiven everyone else.

Justin Angle: What does that mean? Forgiving yourself, like, what is that? And how did you kind of arrive at that?

Tyler Hamilton: I don't know, you know, after doing a lot of reading and stuff like that, I just I figured I just needed to fully forgive myself. And maybe I hadn't. Maybe I really hadn't. And that definitely changed some things. I mean, so many people forgave me.

Justin Angle: Yeah.

Tyler Hamilton: Maybe they shouldn't, you know, maybe they shouldn't ever. Or they had every right not to. You know, I'm not saying everybody should forgive me. I just feel very lucky and blessed to be where I am today and thankful to all the people who supported me and just were there for me. It was hard. It was brutal. Brutal.

Justin Angle: We'll be back to our conversation with Tyler Hamilton after this short break.

Justin Angle: Welcome back to A New Angle. I'm speaking with Tyler Hamilton about life after professional cycling.

Justin Angle: I've heard that meditation has taken a role in your life, and you jumped in headfirst. A 10-day silent retreat. Is that right?

Tyler Hamilton: I dove in. It was a buddy here in Missoula, one of my first friends here in Missoula. He said, hey, I've been trying to get off and do this thing called Vipassana type of meditation, Vipassana for about ten years. And finally, I'm leaving tomorrow. And I was like, no way. Like, what is this? And he got back from India, and he told me all about it. And his wife at the time went off and did it. She came back and said the same thing. I'm like I'm in. I'm doing it.

Justin Angle: And you done no meditation?

Tyler Hamilton: None in my life. I mean, I think I camp as a kid for like 5 minutes. Then I fell asleep and just sitting in that position, you know, sitting on the sitting on the floor with your feet crossed that in itself is pretty hard. Especially as an ex-cyclist, you know, because you're kind of hunched over.

Justin Angle: Yeah. Your flexibility.

Tyler Hamilton: Yeah. It's like ten-day silent meditation retreat. It was insanely cool. I did mine and Onalaska, Washington. Kind of just over the pass from Yakima. It was beautiful. It was beautiful. It really opened my eyes to, like, just slowing everything down, really taking a deep breath. And, like, underneath all the chaos was this beautiful, like, river flowing. And I, like, I

found it, you know, like, within me. I don't know. It's kind of it sounds kind of corny, but I felt it.

And I felt it. If somebody told me after, like, oh, we put something in your food to make you feel that way, I would have believed you. And I was just sitting kind of letting all it would be like I came in, you know, went into that ten-day Vipassana course, with like a mind, like a muddy river. Muddy, muddy, muddy.

Justin Angle: Lost in thought, as they say.

Tyler Hamilton: Yeah, and just chaos, you know, this and that. And probably, you know, I'm a bit of an introvert and maybe I was overthinking things, but yeah, it was muddy. My head was muddy, and I left and it was like or by the end, it was like a clear stream.

Justin Angle: Hmm.

Tyler Hamilton: Beautiful.

Justin Angle: And so how does that manifest in and day to day life now?

Tyler Hamilton: It opened my eyes to meditation first. Like, sometimes you got to slow down, and you got to just take some deep breaths and center yourself. You know, some people sit on a cushion and actually meditate. Other people, you know, go for a run or a bike ride or whatever. But you need to start taking care of yourself and, you know, and slowing it all down.

Justin Angle: And we have such a system of kind of yielding power over our thoughts and emotions to others. Like we have language systems built around it. Like I hear my daughter saying to my other daughter, like, Charlotte, you're making me crazy today. It's like, no, she's not making you crazy. You're choosing to respond to her. And by saying that, that language gives her the feeling of power that, hey, her actions can influence the emotions of others. And it's just, yeah, we have a system built around some of these faulty assumptions that it's really, we're the only ones in charge of what goes on in our heads. And to the extent that that's possible, we got to do our best.

Tyler Hamilton: Yeah, we have ourselves like we can only rely on ourselves. We have ourselves to blame, right? So, at the end of the day, you only have you, right? And you got to take care of you. I'm 51 years old. I figure out what works and what doesn't, you know, and you figure out you work with the things that work. Here we are. And you just, you know, if you're young. Yeah. You're still learning to figure out what works and what doesn't, but. Yeah, so meditation has been great, you know? Yoga, I do. I try to do some yoga every day just at home and yeah, that was like I took some time away from doing all activity sports when I first moved here to Missoula and, but yoga was the first thing I started doing. And I really loved it. I loved it.

Justin Angle: Yeah. Kind of fuses that athletic mindset with the meditative aspects as well.

Tyler Hamilton: It slows it right down.

Justin Angle: So, let's talk a little bit about Adventure Audio. You still got the podcast going along and tell us about Pete, your partner in that enterprise.

Tyler Hamilton: Yeah, that's been a lot of fun. Adventure Audio, I think I want to say we started a couple of years ago.

Justin Angle: Yeah, it seems like about two years.

Tyler Hamilton: Yeah, it's been a lot of fun, you know, it's a passion project.

Justin Angle: And you interview people kind of across the full spectrum. It's not just athletes, it's a bunch of different folks.

Tyler Hamilton: Bunch of different folks, and it's certainly got a bit of a cycling tilt to it. Yes, I love talking to people. You know, I think we've done over a hundred podcasts and everyone I've learned something from for sure.

Justin Angle: Yeah. We're coming to some highlights of what you learned.

Tyler Hamilton: I remember when we first started, I was like having a hard time motivating all that and it's like motivating to get out and exercise maybe a little bit. And I just remember, I think I started running because of one of our first, who's the guy that wrote that book, Born to Run?

Justin Angle: Oh, yeah.

Tyler Hamilton: I'm drawing a blank.

Justin Angle: McDougal, right?

Tyler Hamilton: Yeah, right. Yeah. He got me into running, basically. But the podcast has been great, just chatting with people from different, different ages and abilities and all walks of life. And I think it I think it makes me a better person and it's, I think I've gotten to be a better interviewer. Yeah, that takes practice. I'm certainly not very good, but I'm getting maybe getting better like especially with, you know, two co-hosts. It's been fun. It's been fun. Yeah.

Justin Angle: Yeah. And you're generally a curious person. You're thoughtful and curious, and that comes across in your interviewing. You know, you learn from people's stories and giving them an opportunity to tell their stories is really generous. So, let's in our remaining time if you're willing, I guess I'd love to kind of learn about your kind of connection to sport, how

closely you pay attention when young guys who are looking to break their way into pro cycling, ask for coaching or advice like that. On what terms do you keep with cycling right now?

Tyler Hamilton: Let's see. I mean, I follow cycling now or I love cycling more than I think I ever have now.

Justin Angle: Even more than when you were a racer?

Tyler Hamilton: I mean, maybe it's just a little bit different now, but now I, you know, I took some time away from the sport. I think when I first moved here to Missoula, just not really following it from 30,000 feet and never really watching it. I don't know. I just took that time away, and then I came back to it, you know, watching last summer, it's like Tour de France. I'm like, this is amazing. It's just really fun to watch. And when you understand the ins and outs of the sport, it's like there's so many different camera angles and so many different commentators and you can, you know, listen to a podcast after. There's just all this information now and you can really get to know these individuals and see how the race shapes out. So, I, you know, I love it more than ever, I would say. But, you know, I do caution, yeah, young kids, you know, getting into the sport. Yeah. You know, you got to keep your eyes open. And this is what happened to me. Some people think I should discourage people from becoming a pro cyclist, and I'm not going to tell anybody what they should or shouldn't do.

Justin Angle: If that's what they want to do you'll tell them, hey, this is what I faced. And the folks I knew faced.

Tyler Hamilton: I'll give them plenty warning for sure.

Justin Angle: So, and how do you deal with that as a coach? Like I'm sure some of the athletes in your care may be facing hard choices.

Tyler Hamilton: I mean, I'm pretty blunt about it.

Justin Angle: Yeah.

Tyler Hamilton: Upfront, you can have a great career doping and all that. And guess what? You're gonna have to deal with the repercussions after, you know, whether you get caught or not. You know, sometimes I feel bad for the ones that haven't told the truth or have to sit on it.

Justin Angle: Yeah, they have to live with that.

Tyler Hamilton: You know, and just and lie about it for the rest of our lives. That stinks.

Justin Angle: Yeah. Maybe they've built a life around that mythology.

Tyler Hamilton: Yeah. Or what if they're still in the sport? You know, they can't say. Maybe they want to tell the truth, but they can't, you know, so.

Justin Angle: And you've seen I mean, guys that you've been friends with or maybe still are friends with kind of live that I don't know what to call it, like a curated version of the truth so they can maintain a form of public...

Tyler Hamilton: I understand, though, I mean, that could have been me. I don't want to speak for them, but for me, I would have been living in my own personal prison.

Justin Angle: Yeah. I mean, how do you feel about some of these guys? I mean, because Lance Armstrong, like he's building a bit of a media empire with all this podcast and it's great race coverage in a way because it's like you don't get guys that have lived in the sport at that level to give their breakdown. So, it's compelling content, he's a compelling personality, but there's all these other guys that are kind of brought into that fold that want a piece of that media presence and can monetize their brands and all of that. I mean, do you have a view on that?

Tyler Hamilton: I don't have a problem with Lance doing any of that. Yeah. I think, you know, all my old teammates, wherever they stand with the doping or not doping, whatever, like I hope the best for all of them, you know, including Lance. And there's nothing to mourn. I used to have, like, negative feelings towards them, and it was one time I hated them. Which is a

strong word for me. But yeah, I mean, I'm rooting for everyone because I do know like, you know, retiring from the sport's hard. It's hard.

Justin Angle: Whatever your terms with the sport, retiring is hard.

Tyler Hamilton: It's hard. Yeah, for sure. I mean, I'm sure retiring's hard everywhere, but like I'd say, retiring in sports hard because like you have this identity and like, what's next? What's next? Do you do stay in the sport? You know, had I not doped and not gone through any of this I think I would have probably stayed in the sport full time. But you know, now the way it ended for me, it wasn't possible for sure. And my name was pretty black and whatever. I've kind of moved on and made my amends and wrote a book and told the whole truth and then some. You know, I'm in the sport a little bit today. You know, the firm I work for the Black Swift group, yeah, we work with, like, probably, like, 35 different, like, world tour cyclists. Yeah. So, we manage their money and then we also start a fund, the Pro Cyclist Fund. And they give the management fees back to the Pro Cyclist Foundation, which helps which helps cyclists who need on a legal, wellness and career development side. So, yeah, so we started that fund in June of 2020, and in 2021 I won the Best New Fund Award at industry publication awards in New York City. And it's been fun. We gave away like 350 grand last year and we're hoping to give away a million bucks this year. So, I am still involved in cycling a little bit, but I'm you know, I'm not like a director over in Europe or anything like that and probably never will be.

Justin Angle: Yeah, I mean, the shelf life of the average professional cyclist is pretty short and that's, for many, of the peak of the earnings power. And, you know, just knowing time value of money, if like if you can bank some away during those years, you're going to set yourself up well for the future. So, to work with young folks in the sport that, you know, have this limited window of opportunity, how to set themselves up for financial stability in the long run, that has to be pretty fulfilling.

Tyler Hamilton: It is a feeling, very fulfilling and especially hearing back from these cyclists. They're out busting their butts every day and, you know, stressed out. It's you know, the money in professional cycling is not great.

Justin Angle: Yeah, unless you're at the tip of the spear.

Tyler Hamilton: Unless not sure at the tip top of top or whatever 3%. So, there's a lot of stress, there is a lot of financial stress. So, helping them feel more secure is really invaluable.

Justin Angle: Yeah, well, I think we're close to the end of the line, the finish line with Hudson here. You've been a great sport going it solo. There's no sprint here. He's wanted solo. Taylor it's been a great, it's great to see you around town to reconnect, I appreciate your support of this project, your support of this community and just your mindset is inspiring. I learn from it.

Tyler Hamilton: Oh, thank you, Justin. I really appreciate you having me on again and being patient with this little guy.

Justin Angle: Of course, we like to give listeners a picture of the full family experience.

Tyler Hamilton: Yeah, yeah, and yeah. Really enjoy your podcast. Keep up the good work there.

Justin Angle: Yeah, I'll try. Thanks, man. Happy trails.

Justin Angle: Thanks for listening to A New Angle. We really appreciate it. And we're coming to you from Studio 49, a generous gift from UM Alums, Michele and Loren Hansen.

Justin Angle: A New Angle is presented by First Security Bank, Blackfoot Communications and the University of Montana College of Business, with additional support from Consolidated Electrical Distributors, Drum Coffee and Montana Public Radio. Keely Larson is our producer. VTO Jeff Amentt and John Wicks made our music. Editing by Nick Mott, social media by Aj Williams, and Jeff Meese is our master of all things sound. Thanks a lot and see you next time.