



TRIATHLETES AREN'T BORN, THEY'RE MADE

Usain Bolt's speed, Michael Phelps' dominance, Serena Williams' court savvy. We are all curious on what drives these athletes to rise above and push the limits of human ability to achieve what no one before them has ever accomplished. We sat down with an IRONMAN champion as we get a glimpse of the person behind the sports gear.

David Plese is a Pro IRONMAN and a Triathlete champion. He is a member of the Bahrain

Endurance 13 team. He participated in IRONMAN 70.3 Middle East Championship in Bahrain.

We sat down with IRONMAN World Champion and we were able to get a glimpse of the person behind the sports gear.

David Plese was 21 when he first did a triathlon, inspired by watching the 2004 Athens Olympics. Within two years he was racing for Slovenia on the ITU circuit. With only four years of swimming training, he became the 1500 m national swimming champion. David has focused on long-distance triathlon in the last few years and competed in his first Ironman World Championship in 2013.

He moved to Bahrain about three years ago when H.H. Sheikh Nasser bin Hamad Al Khalifa saw him compete and win the race in Dubai. The prince then invited him to come to Bahrain to see the island and maybe consider living in the country. "I came here during winter and I immediately loved the island. The weather was so nice that it was a great escape from the cold in Slovenia," says David. It didn't take long for David to adjust in the Island. Bahrain has great places wherein he could train every day. He can live in a serene island and

at the same time, stay on the top of his game.

"What I really love about Bahrain is that even though it is a small island, I keep discovering new experiences

"I was pleasantly surprised with how warm and friendly the people are and have been ever since I've moved here."

and opportunities here. Just the other day I visited the Golf club for the first time and I absolutely loved it. I was very pleasantly surprised with how warm and friendly the people are and have been ever since I've moved here," David added. He thought that communication would be a barrier at first but he realized that everybody in Bahrain speaks his language which made

it easier for him. He already made good friends in which he considers to be a part of his growth as an athlete.

He was in Bahrain for the representation of Team Bahrain Merida - the new cycling team in Bahrain.

Talking about his training for IRONMAN in Bahrain, David was very excited and hopeful of placing well in the race, "I am very happy that I can still push my body and I'm currently injury free which is always ideal. Bahrain has given me so much and that is why the local race is so important. It is my way of giving back to this beautiful country and community," says David. He is aiming to get good results and will ensure that he showcases Bahrain Endurance 13 in the best way possible way around the world.

David constantly tests his capabilities, as he believes that this is the only way to make progress. At his work, he aims for perfection, awareness and discipline. Congratulations David for placing fifth in the IRONMAN race in Bahrain and to have ended this season on a high note.



THE SKY IS NOT THE LIMIT, I AM.

