

CONFIDENT AISHWARYA TARGETS DAKAR

Victory In FIM World Cup Is The Stepping Stone To Bigger Goals, Says Bengaluru Sensation

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Bengaluru: With the FIM World Cup in her kitty, Aishwarya Pissay is now aiming to compete at the Dakar Rally. The Bengaluru girl, who turned 24 on Wednesday, returned to the city in the morning from Varpalota, Hungary, after the final round of the championship. In a free-wheeling chat, Aishwarya spoke about winning after reco-

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vering from injury, the significance of the achievement and more.

On her comeback from injury: The same time last year I was in the hospital, (recovering from ruptures in her pancreas that required a surgery) making plans to participate in all races this year. Reflecting on what happened

last year, it gave me one step extra to be able to achieve what we have.

The changes she incorporated after the injury:

As an athlete, you need to work differently. I could not work on my core for some time because the injury did not heal for over two and a half months and I was visiting the hospital. The doctor said I couldn't ride for around six months. We were working on different parts of the body, in strengthening them in order to get back. The surgery was in July end and I started riding fully in October. I have coaches for mental and physical conditioning. We replicate a race situation, train on it more and more to be able to get better at it. Rally is all about endurance and tires you out the most. Self-belief is important. We work on that as well.



ALL SMILES: Aishwarya Pissay

What kept her motivated: This has been my second injury in my career. The first one was when I broke my collarbone. Every time, the approach was how I was going to approach the next race and focus on recovery. That is how I was able to bounce back quicker than expected.

The toughest rounds of the championship: All championships work on numerous stages. This one had four races in which I had five women competitors. I won the title by accumulating points. The toughest race was in Hungary because I was riding a smaller bike. There were a lot of setbacks but I had a huge learning experience which will help in the future races. The first race was in Dubai, the second in Portugal. The third one was in Spain. Spain was where I had the

accident. Psychologically, I had to work a lot more on myself.

On her goals: My ultimate goal is the Dakar Rally. This is a stepping stone towards the higher goal. Next year, I will be training to take part in these championships and many international races. Coming up next for me is the INRC in Coimbatore on August 24-25.

What her triumph means to motorsport in India: It gives hope to everybody who have the dream of achieving something big on the global level.

On how to draw more women to the sport: In India, there are a lot of platforms. They can enrol in them, where they provide training, race gear, protection. I think that is a good start for women to come in and start racing.