



Communiqué de presse - Giancarlo Pedote: “The Vendée Globe, a complex experience, which enables you to raise your game right across the board”

01 octobre 2024 - 10h13



With exactly one month to go until the Vendée Globe race village opens its doors in Les Sables d’Olonne, Giancarlo Pedote, the skipper of Prysmian, is more focused than ever on his objective. As was the case four years ago during his first participation, he is determined and motivated to push himself to the limit, to enjoy a fulfilling experience and to get in the famous zone “where the magic happens”. It is an adventure where certainty and comfort have no place as you are constantly striving to go above and beyond, totally committed to the action !

“Life is an adventure with countless possibilities and our very existence is made up of moments and experiences, which shape and empower us. I am conscious that I’m extremely fortunate to be able to take part in the Vendée Globe once again,” announces Giancarlo Pedote, who is someone that prefers to live out his dreams rather than dream his life away. *“I’m approaching this second round the world race in exactly the same way as I did the first one because every race is unique. You cannot afford to think that because you’ve already done something before, you know the way. It would be totally wrong to do that. It’s essential that you remain humble and on your guard. It’s impossible to know ahead of time what weather conditions will be served up, let alone how things will play out,”* admits the skipper of Prysmian, who is currently focusing more on the process rather than the result.

Learning and introspection

“Four years ago, I was able to get the measure of just what a Vendée Globe adventure entails. The race is tough and long and you encounter a series of different problems from beginning to end. It’s never easy. You learn such a lot, about yourself, of course, but also about strategy, manoeuvres and weather... It’s a complex experience, which enables you to raise your game right across the board,” explains the Florentine sailor, who fully appreciates the importance of self-awareness, namely understanding who we really are through our values, our needs, our emotions, our qualities and our flaws, so we can fulfil our true potential.



Competition, a key driver

"I love experimenting with things. Circumnavigating the planet single-handed on a boat is an opportunity for me to reflect, to come face to face with myself. Moreover, you mustn't take away the most important aspect: the competition," explains the Italian sailor, who finds the sport as a whole very fulfilling. He enjoys constantly surpassing himself and raising his game in everything he undertakes. *"Those are some of the pleasures in life. For me, feeling alive encompasses lots of simple little things and moments of deep connection both with oneself and with nature. It's also about doing what you love, seeking out what drives you and excites you,"* concludes Giancarlo Pedote.