

04 MAY 2020

ROAD TO TOKYO: AMRO ELGEZIRY (USA) PREPARES AS BEST HE CAN FOR HIS FOURTH OLYMPIC GAMES



Amro Elgeziry (USA) is one of the most experienced and decorated athletes on the Modern Pentathlon circuit. Having already competed at the Beijing 2008, London 2012 and Rio 2016 Olympic Games, he is now preparing for a fourth appearance alongside his wife, Isabella Isaksen (USA).

Having previously competed for Egypt, the Tokyo 2020 Games (in 2021) will be Elgeziry's first Olympics with Team USA, if he is selected on the back of securing a quota place at the Lima 2019 Pan American Games.

Q: How did it feel in 2019 when you secured a qualification place for the USA at the Tokyo Olympics?

A: It felt like such an honour to have been one of the first Team USA athletes to qualify for the

Games.

Q: How would you describe your previous Olympic experiences in Beijing, London and Rio?

A: Each Olympic Games felt like a unique experience. No matter how many Games I have been to, it does not lessen the excitement of stepping into the Olympic stage.



Q: If selected to represent USA at the Tokyo Games, will you do anything differently this time?

A: It is my dream to compete as part of Team USA. I have learned a lot over my 20-year athletic career. I have a feeling the Tokyo Games will be my best.

Q: What are your thoughts on the Olympics being postponed until 2021?

A: While it was a shock to hear that the Olympics would be postponed, I try to keep my focus on the positive. I have one more year to prepare myself even better.

Q: How have you been keeping up your physical and mental health during the Coronavirus crisis?

A: Following the regulations in my city, I am able to run every day, and I've been able to set up a shooting range in my backyard. Staying active and positive keeps me focused on 2021.



Q: What has been the most challenging part?

A: It is difficult when thinking of all the training that has been lost during this period.

Q: And what positive things have you seen?

A: One positive is seeing how the entire world is standing together. Even if we are physically distant, we are staying connected and are all in this together!

Q: When, and why, did you take up the Modern Pentathlon?

A: I began competing in Pentathlon in 2001. I was inspired after watching my eldest brother, Emad Elgeziry, compete in the Sydney 2000 Olympics.

Q: What motivates you in training?

A: Modern Pentathlon has been a huge part of my life for so long now. It is the love of the sport, and the love and support from my family that keeps me motivated.

Q: Describe yourself as an athlete in three words.

A: Dedicated. Hard-working. Motivated.

Q: Who are your role models in sport, and in life?

A: My role model is anyone who works hard and chases their dreams. I have been blessed to have an amazing family. My wife, my parents, and my siblings. They motivate me and I always look up to them in whatever I do.

Q: What is your ultimate ambition in Modern Pentathlon?

A: To keep improving on my past results. I always strive to be better today than the day before. My ultimate ambition would be winning an Olympic medal in Tokyo.

