

Extreme sports in 5.0 society

JULY 2022



Bartosz Ostafowski on adversities, determination and fighting for his dreams



A brilliant drifter and the only professional driver in the world who drives a car with his foot - a man for whom nothing is impossible. He shares a story about the dramatic events, as a result of which he had to redefine his life. Luckily, thanks to his persistence and determination, he was able to reach the heights of your skills. He talks about his passion for motorsport, daily training, diet and regeneration. He shares his valuable driving experiences from the perspective of a person with a disability. What is more, he talks about an extraordinary adventure – taking part in the program The Grand Tour and meeting the charismatic Richard Hammond.



You love speed, extreme driving and the loud roar of the engine, and being on the track is really your thing. When did you discover that motorsport is your passion?

In fact, it is something that has always been with me. Ever since I was a little boy, I have enjoyed cars and motorcycles a lot. I wanted to watch, touch, get in the car, try to drive. Whenever it was possible, I sat on my dad's lap to turn the steering wheel a bit, because I couldn't reach the pedals. I was also interested in various types of sports events and racing cars. With time, I realized that the next steps in my life were driven by my involvement in the automotive industry, exploring the subject of car construction and technology. When I chose my field of study, I chose mechanics and machine construction, something closely related to the engineering side of the automotive industry.

And did you decide to switch from pure fun to competing in races?

I think during high school or even elementary school. I have always dreamed of becoming a professional driver and being able to take part in a rally. As a child, I watched racing teams, cars and their preparation. It was very emotional for me, but I didn't know exactly how to do it then. In my high school days, I tried to get more and more technical information, and then went to the relevant studies. In the meantime, I bought my first car and prepared it for competitions. As soon as I got my driving license, I immediately planned to take part in the first SuperOES and collect points for the rally license. From the beginning, I was focused on racing.

An accident in which you suffered and lost your limbs would cause many people to break down. You prove that the damage to health is not an obstacle you cannot overcome. Tell me, to what extent has this situation changed you and your approach to life? Have you become stronger because of it?

I think for sure. I was 20 when the accident happened, so you could say it was the beginning of my adult life. At that time, I spent a lot of time in the workshop perfecting my car. I also rode a motorcycle and studied on a daily basis, so there were quite a lot of these activities. I tried to prepare as much as possible to make my dreams of my first professional competition a reality. One day a shocking accident happened. It was a drive from place A to point B, literally a few streets away from my home, in the city where I lived, on a route that I travelled many times. We went with my friend who was riding his motorcycle in front of me. We turned off the ring road into the city centre and suddenly a car came out of the minor road between us and blocked my way. I tried to slow down, but I saw that I could not do it because it was happening very quickly. When you follow someone, you look more at the driver in front. This car suddenly appeared between us, so I had little time to react. I found that I would defensively put the motorcycle on the right side to avoid hitting the car. It worked, but with the centrifugal force I moved towards the road and hit my hands on the roadside railing made of old pipes. This was so un-



„People see that the problems that I struggle with in my daily life are not a reason for me to give up on my goals, so as they see the scale of my challenges, their problems become smaller”.



bartosz_ostalowski • Obserwuj ...
Rajd Rzeszowski - Rally Rzeszow

bartosz_ostalowski DRIFT W ŚRODKU MIASTA! 😄😄 Już w sobotę, 7 sierpnia widzimy się na 30. Rajdzie Rzeszowskim. Będę driftować na odcinku miejskim w centrum Rzeszowa. 🤝 Startujemy około godz. 13.00. 🤝🤝 Kto wpada? 🙌
#rajdrzeszowski #rajdrzeszowski2021 #rzeszowrally #rzeszówrally #bartoszostalowski #bartekostalowski #bartostalowski #drift #drifting



Liczba polubień: 1,259

SIERPNIA 4, 2021



Dodaj komentarz...

Opublikuj

fortunate that the doctors had to make the decision to amputate. It was then that my whole life fell apart. All the plans, aspirations, activities, that I took up on a daily basis suddenly ceased to be realistic and possible to continue. I found myself in the hospital, scared because I lost both hands and didn't know what my life would be like. I didn't think I'd ever get behind the wheel again.

How important was family support in the rehabilitation process? Did you use a psychologist's help at that time?

Rehabilitation took me about a year. At the beginning it was recovering from wounds after surgery in hospitals, and then rehabilitation in order to regain some fitness. At that time, the presence and support of the family was very important, but at some point, you are left alone with it. You have to decide what to do next, because there was a moment when I came back from all these hospitals and found

myself back in my city, in my own apartment. I visited my garage, where my motorcycle was standing, and the car that was at the mechanic as I had left it. Nobody had time to take care of it. At that point, I realized that I would never do anything to the car again and never get on the motorcycle. It was a sad and depressing come back to reality. Some activities of everyday life were difficult, but what mattered was the help of my relatives, thanks to which I did not feel that I was not able to do anything from my daily routine. At one point, I felt that I did not want to just stand still and be dependent on the help of others, but I would like to try to take some steps myself. There were many unknowns. There were some suggestions that I should change my field of study, because I will not do much in mechanics and I should start arranging my life differently. However, I felt that I did not want to change anything, because it had always been my passion, so I tried to re-