



TWELVE March 2010

Twelve months, twelve short documentaries on a long way to success. Trainings. Races. Travelling. Life. This is TWELVE - a new project of the pro mountain biker and BMXer Michal Prokop. Rob Trnka's camera takes the past month of Michal, just as he has actually spent it. Without any adornments and planning. It doesn't aim to celebrate the leading actor; it wants to capture by its sincereness. TWELVE doesn't create dramatic situations, but it catches them if they arise.



The third part of the TWELVE series was published on www.redbull.cz on April 1st, Michal's twenty-ninth birthday.

The March part caught Michal Prokop in his last phase of the preparation before the initial race of the BMX Supercross World Cup. After several weeks spent in his second home Michal returned from California and just a little later he swapped twelve hours spent in plane for a half-day behind the wheel on his journey

to the sun of the South France. The perfectly maintained track in Sainte Maxime in French Riviera becomes Mecca of European BMXers who visit it more and more frequently in winter months. It is an ideal place for the last testing of equipment before the new season.

The part of the training including for example sprints against timekeeping, which is very routine, becomes by far bearable in such an environment. The permanent struggle for survival on damaged Czech roads is replaced by a travail set in amazing scenery some thirteen hundred kilometres to the south. After months of monotonous séances in sweaty gym, at last there is a time for fresh air, pedals, handlebars, and dirt. Especially, when there is the option to get away for a while from the duties to the nearby dirt paradise hidden in the forest in Peynier.

Once again, for the last time, to breath in the aroma and energy of the Mediterranean Sea at the early-evening ride through the city; the season begins!

TWELVE Crew

Producer:	Red Bull
Production:	Polis.Media
Screenplay, camera:	Rob Trnka
Editor, post-production, and music:	Jan Mocnak



About Michal Prokop

Michal belongs among the few exceptional sportsmen in case of whom one may afford the luxury to consider his placing under winner's rostrum in a top world competition as something surprising. With his two World Champion rainbow jerseys, two World Cup titles and 10 World Cup wins in his pocket, Michal Prokop belongs to living legends of a gravity mountain biking history. Yet he has found another great challenge in his highly successful carrier - nothing smaller than the BMX premiere at the Summer Olympic Games 2008 in the Chinese Beijing.

But Michal managed to step out of shadow of sports giants even before the flames went up over the Beijing. The life on pedals is his hobby and livelihood as well. The King of the Czech cycling of 2006 acquired all titles on his mountain bike and he even defended them again. Michal brought himself to the attention of sports public particularly thanks to his dominant position in mountain bike fourcross. Unlike most of his other competitors MP devotes himself equally to two related, but still different disciplines. Moreover, in 2006, just a few months after his severe injury, Prokop initiated the Czech national team of the track world championship on oval...



Since 2010 Prokop is riding AGang bikes but they are made by the same company as Author bicycles that he was riding for long seventh year in a row. That loyal is this guy!



Michal Prokop's interests in business negotiations are represented by Polis.Riders. Communication with media is secured by Polis.Media. We are fully at your disposal on the below stated contacts for any business information, press materials and any additional information.

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