

2nd in 1mst and 9a 2nd go

lunes, 24 agosto 2009

It is always good to have some time for myself to relax a little bit, and this is what I do after every competition.

The very same day after the awards ceremony I enjoyed a very nice evening with some friends in the parking lot of the 1mst Sportzentrum. We had some dinner and wine to celebrate my second position, some birthdays and how great the summer is going. We were there sitting on the floor talking and laughing and some new friends joined us to share stories. As usual, I got to know about some good climbing crags that I should visit. So many places... I cant wait for the competitions to give me a longer break...

We went to bed around 2 pm while still feeling a little bit dizzy. On Sunday, seeing how great the weather was, we decided to go rock climbing to Nassereith. There I met Adam, who was also there desintoxicating from the plastic. He had just sent Hades (9a), the route I wanted to try so I asked him for beta. He gave me a very precise description of all the moves and after trying the route once and putting the quickdraws I had a very good go and sent it. It was very nice to have there someone to tell me the moves because it is usually very time and energy consuming to figure out how to do some sequences in these hard routes (thanks Adam). He sent an 8c+ while we were there and also gave me the beta. I tried it three times, but the conditions were getting worse and some of the holds were wet so after falling at the end of the sequence I decided to give up.

Now it is time to get back to "work" and more plastic is awaiting me in the Tivoli. But it is going to be a different (and fun) training week because, instead of being at home in the usual climbing wall, I am staying with my friend Josu in a very nice country house close to Innsbruck where we can relax between sessions and enjoy the real Tirol. Moreover I am going to take part in the TBA boulder competition this next weekend and bouldering with new people is always nice.