

POU BRO- THERS BE FREE

N #2-2015
QUARTERLY EDITION



CASTELLANO +
ENGLISH
LANGUAGE

eneko/iker **POU**



BE FREE's second edition is now out. Our magazine is taking hold, including having some advertising... which isn't easy in these difficult times.

They say that we are just coming out of a financial crisis already eight long years old; and I say the same because the reality is that nearly everyone around us continues in dire straits.

These are difficult times for the badly so-called "minority sports" (in terms of numbers, practitioners of mountain sports are ranked 5th in Spain). The reality is that nowadays, a person with a grand project can't count on much help. **A nice about face to this is the USA, where with unconditional aid to some of their most notable athletes Tommy Caldwell & Kevin Jorgeson, has let them reach a milestone in Yosemite climbing,** after seven years working on freeing the Dawn Wall. Congratulations the pair of you! Unfortunately the reality in Europe is the opposite: no sponsor would ever support a long-term project of seven years without short-term results.

And now the good news: **Mountain sports continue to grow,** both in the number of active participants and in the quality of its activities. The future really is promising. More so when you consider that **our sport is imbued with lots of nice values.** Enjoy them with this issue!

BE FREE GETTING THROUGH TOUGH TIMES

www.pouanaiak.com



Think before you print!

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LEVI IS COMING 6B+ /420 M | LAST BULLET IN BAFFIN ISLAND
| START THE GAME
| FIRST ASCENT TO MT COOK



PERFECTION VALLEY



Perfection Valley is immense and we only have the little information that is currently out there on the internet. Our local guide, who is one of the best, has never been there though. We will have to explore it and later decide our next goal.

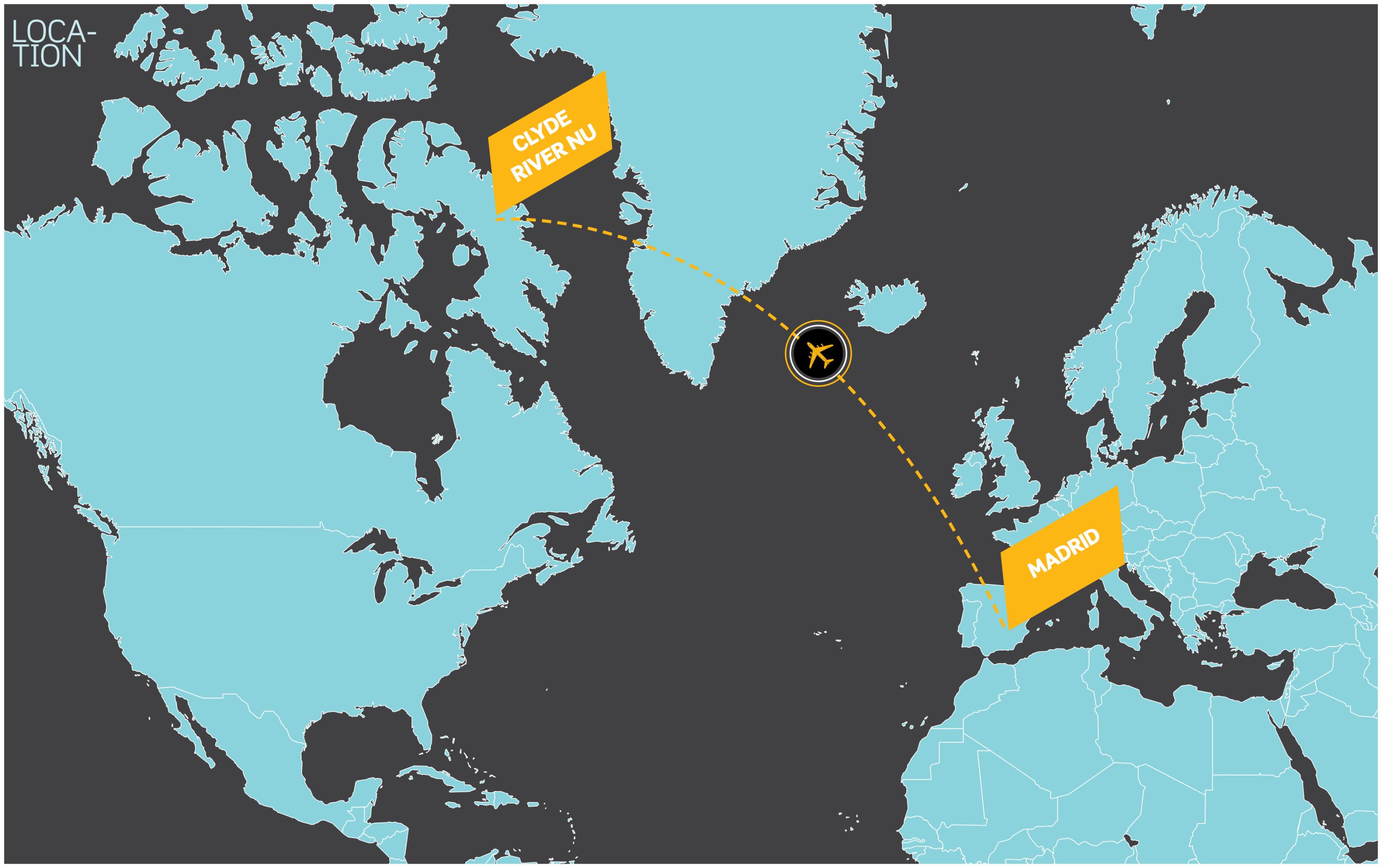
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LOCA-
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CLYDE
RIVER NU



MADRID



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PERFECTION VALLEY

- “What’s your name? Where are you from?” – said very timidly despite his tough-guy image.
- “My name is Eneko and I’m from Europe” – I respond.
- “Do you have trees at home?” – he asks me expectantly. His question clearly surprises me, more so coming from a teenager.
- “Of course, we have loads of trees, and different types” – I answer while looking at a book of local flora and fauna.
- “How lucky! I’ve never seen a real one, only on TV or in a photo” – he responds excitedly.

Clyde River is the border to civilisation round these parts. Iqaluit – the capital of Baffin, lies a little to the south, while Pond Inlet is to the north. These are the three largest townships on the east coast of Baffin, the fifth largest island in the world.

Baffin is one of the last places in the far north where it is possible to climb. With a latitude of 69°00’N 72°00’W, Baffin lies inside the Arctic Circle. Just beyond only the immense polar plains stretch out to the magnetic pole.

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On the 7th of June, with a bone-chilling cold, we arrived at what would be our home for the next 43 days. When the Inuit left an immense loneliness seized us, and while in the middle of a storm, we put our tents up.
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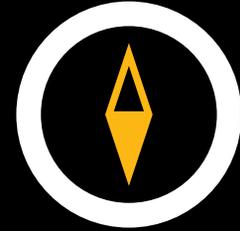
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TECHNICAL DATA



Base Camp ALTITUDE: 10 m.

Exit ALTITUDE: 1,080 m.

Mt Cook ALTITUDE: 1,440 m.

DAY: 17/7/12

Temp: -10°C at 5am

WEATHER FORECAST: Sunny
for the next 3 days

Time of arrival: 40 days (of
43 days total)

State of provisions: Low

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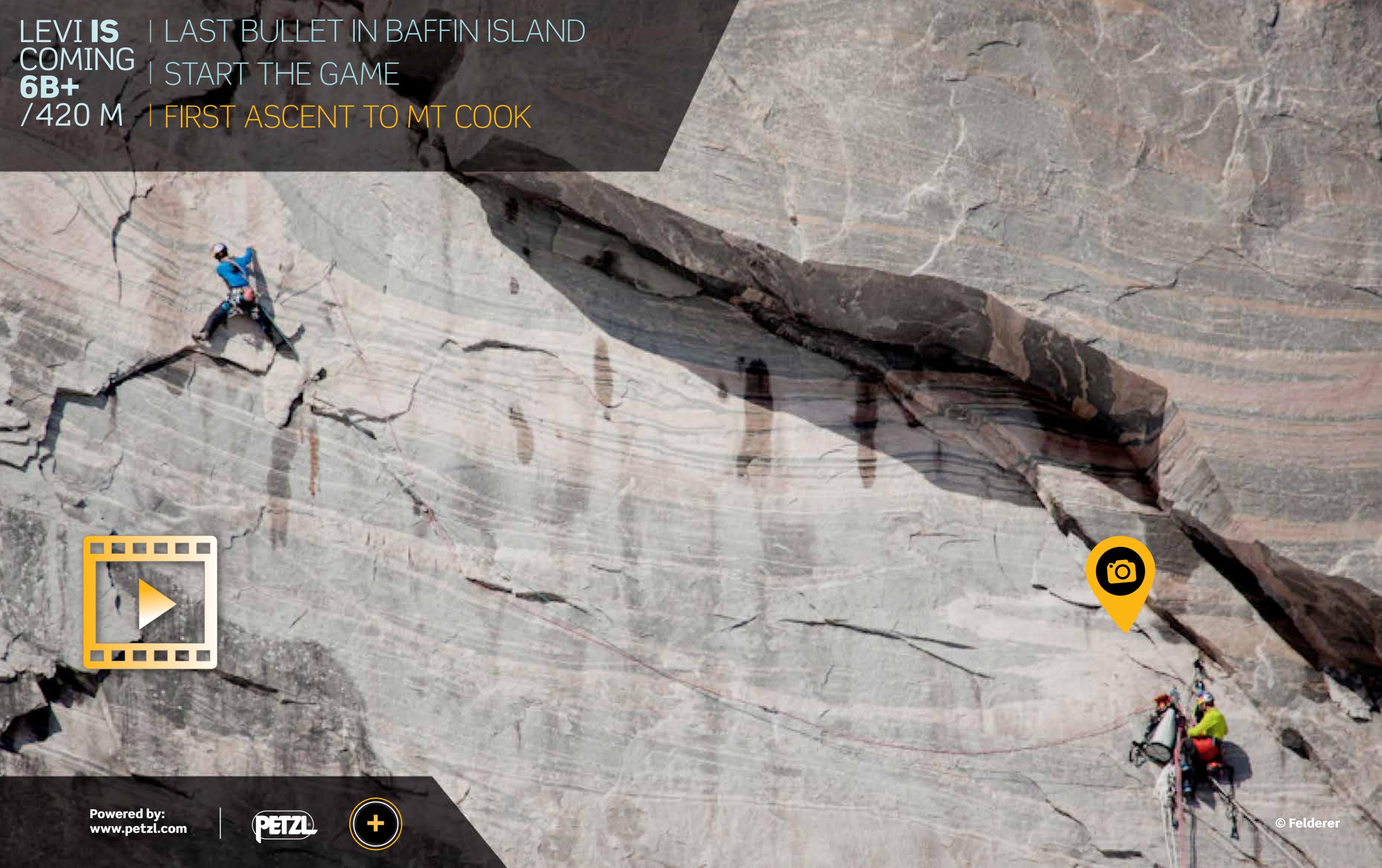


Hansjörg Auer (Austria) & The Pou Brothers tried the route on Mt Cook. After trekking 1,100 m of altitude (2 h 30') in which we crossed a beautiful glacier, we set down at the base of the wall.

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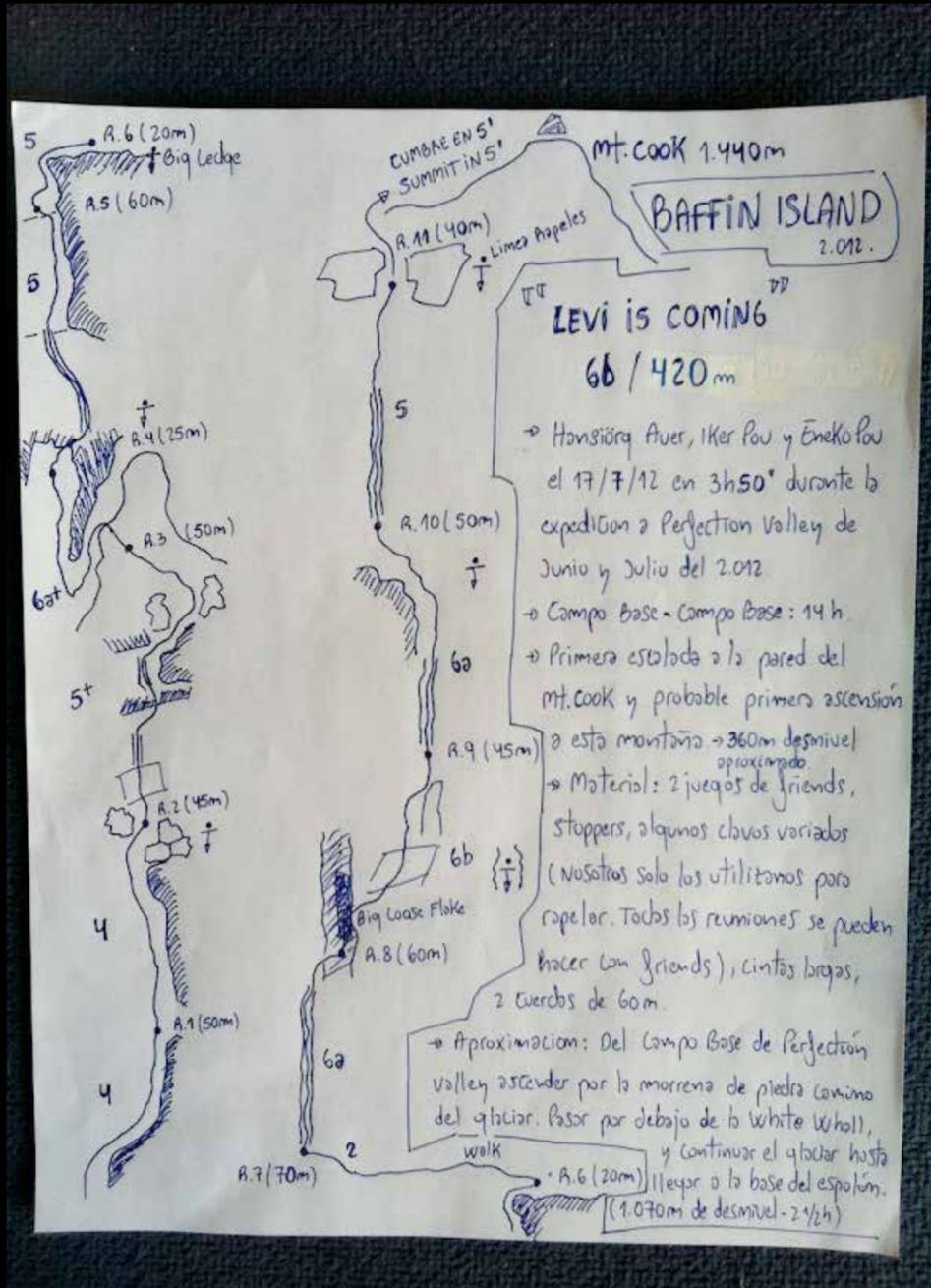
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1

2

3

Captions

- 1 / TWe were very lucky with the last route-setting. The route was incredible. All of the pitches were very good.
- 2/ We had good vision while choosing the route. We went with the most obvious line and climbed quickly.
- 3/ In 3 h 50' we made the first ascent of Mt Cook. We called the route "Levi Is Coming" and without doubt it is one of the prettiest lines that we have opened.

Photos: © Felderer



MARC
MÁR-
QUEZ

“TO FEEL **FREE** IS **SURELY** ONE OF
EVERYBODY’S **OBJECTIVES**”

From left to right:
Eneko Pou, Hector Martín, Marc Márquez, Sergio Layos and Jaime Martínez.



Photo: archivo Hermanos Pou

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MARC MÁRQUEZ

We had the opportunity to meet Marc Márquez four years ago at a Red Bull athlete meet. He made a good impression on us. We saw him as an authentic, self-made athlete, talking passionately about motor biking. He's a normal guy, extroverted, friendly, and open.

When we decided that from BE FREE's 2nd edition that we would incorporate interviews, we gave it a lot of thought: to start with we didn't know how to squeeze in a motorsport into a mountaineering magazine, but seeing as **both activities share strategy, tension, knowhow when to save strength for crux moves and knowing how to manage your strong and weak points...** we decided that although it was difficult to do, it would bring our readers new insights and points of view. And also perhaps, because Marc is what he seems: a nice guy.

MARC
MÁR-
QUEZ

INTERVIEW
PART 1



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MARC MÁRQUEZ

Marc, for you, what is the mountain?

It's a place to lose yourself, in which you can do whatever you want. I love to go cycling, running and in I am very fond of cross-country skiing in winter.

We saw you making first steps with Jesús Calleja in the hills, how was the experience?

I must tell you that in the beginning I had a bad time of it, but when you get used to it, you begin to enjoy it and it gets you hooked. I would love to return some day.

We climbers and alpinists are always seeking the summit, what is Marc Márquez's next summit?

Mine is to win another world title. I have trained hard this winter to be ready for competition.

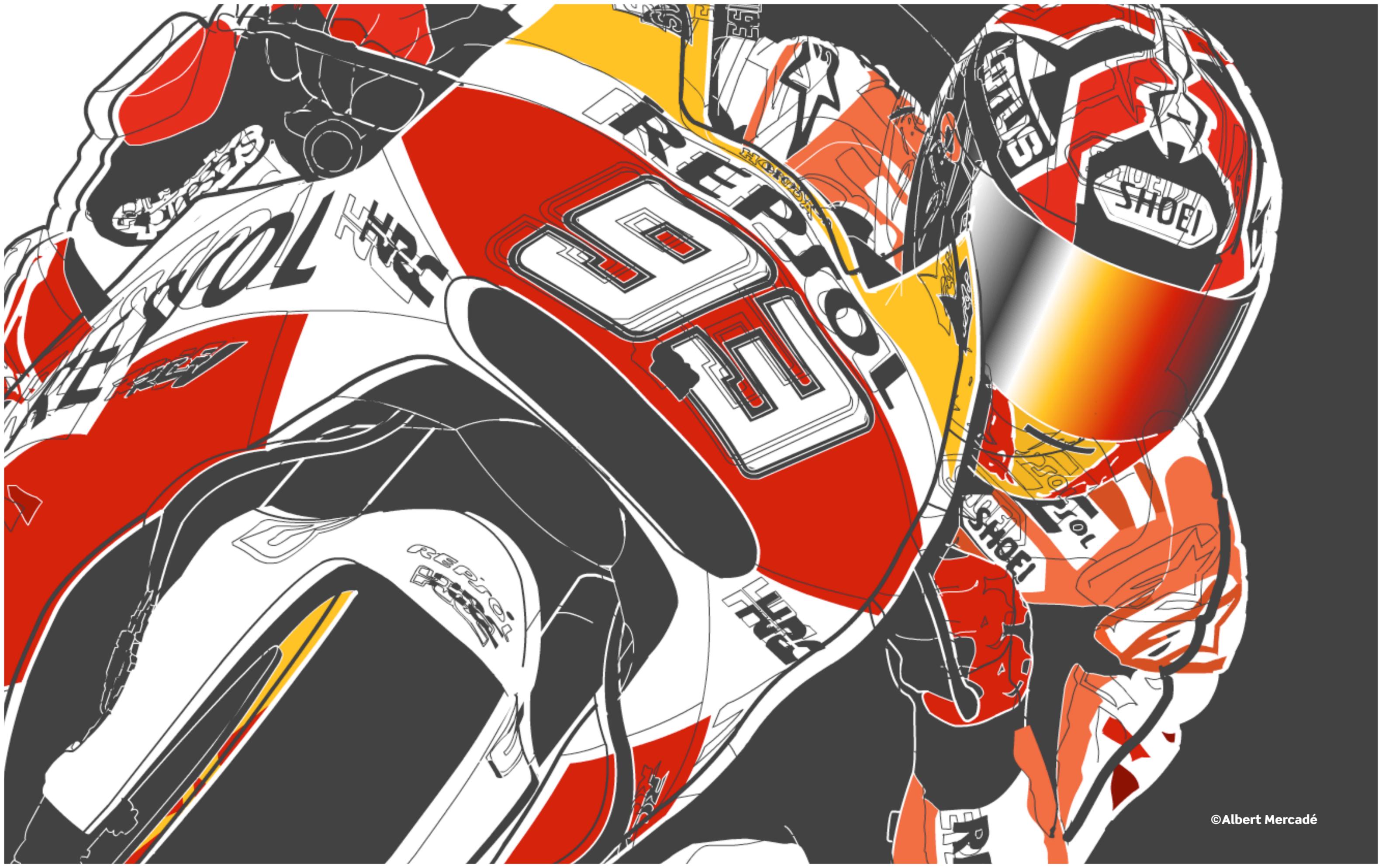
A serious accident is always in a mountaineer's subconscious, but we almost never have them... I believe it is a defence mechanism. Do you have something like that? How do you control your fear?

There's always that sensation that we are dedicating ourselves to extreme sports, but the passion we have for it rises above the fear. I believe we must have a lot of respect, but not fear.

When we first met, you were the Moto 2 champion, now you're No. 1 in Moto GP. What's changed in your life since then?

It's changed quite a bit. You can't behave the same now as before. People know you wherever you go, and it isn't easy in many cases. When you go out with Friends, you can't just go anywhere, because it could be a problem. But normally I enjoy it very much. There are a lot more positive things than negative. I feel very privileged and am not complaining at all.





BE FREE

MARC MÁRQUEZ

Do you make friends on the circuit, or is this something that's left outside of competition?

Yes, of course. I have friends but the one thing doesn't have anything to do with the other. Obviously, there is strong rivalry, but this happens in all sports.

We climbers are very popular with the ladies. Is the same true for XD riders?

Hahaha, really? That's not bad, eh? Good for you! I can't complain either, hahahaha.

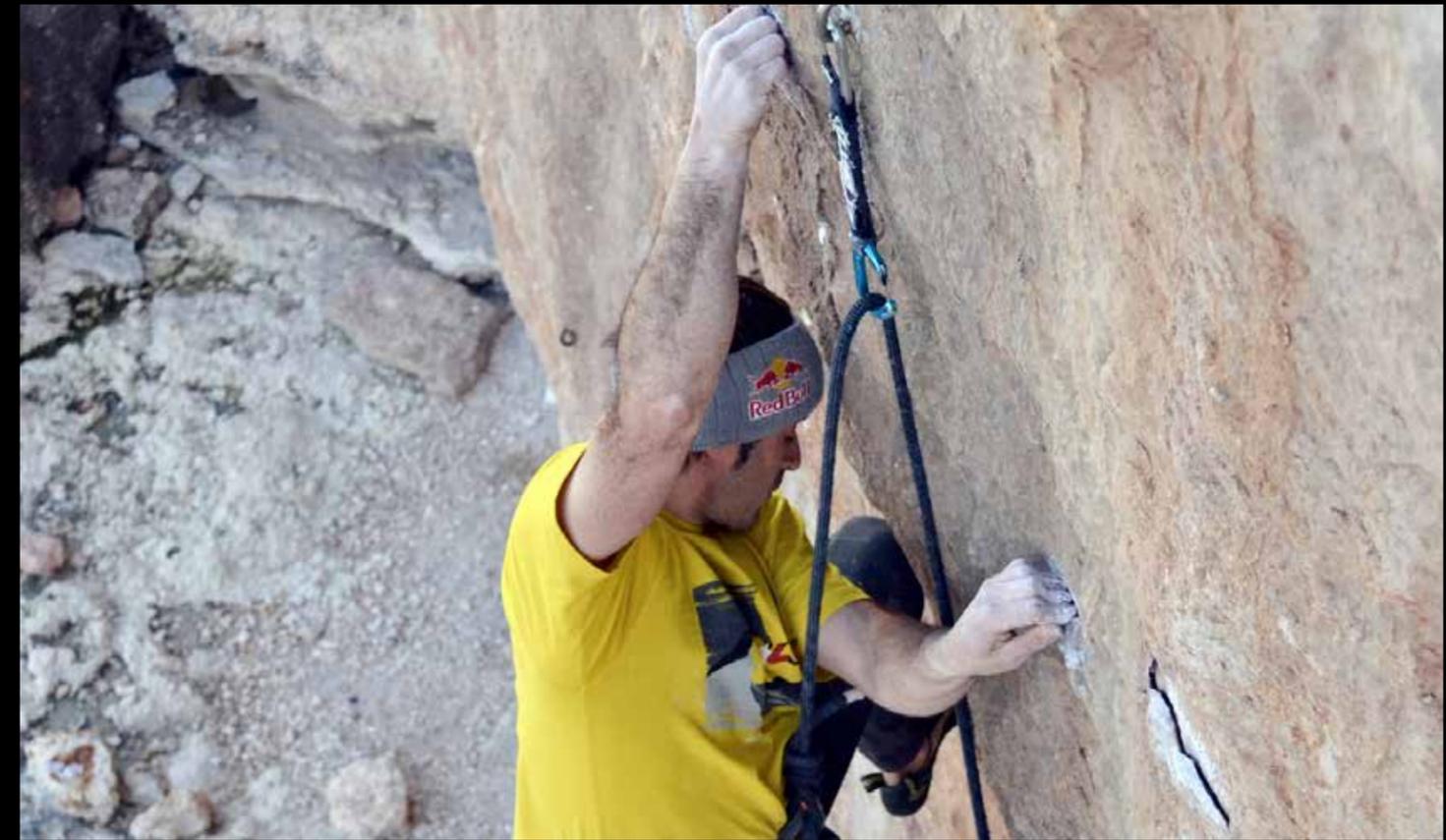
What does BE FREE mean for you as a concept for living?

Well, to feel free is surely is one of everybody's goals and it's exactly the same for me: It's very important for me to feel that in my life. I'm very lucky to be surrounded by nice people and I never feel burdened.

Thanks Marc, it's been a real pleasure for us to talk with you for BE FREE. It only remains for us to invite you to spend a day with us up in the hills, - I'm sure you'll get on fine playing on ropes in the vertical!

High fives, and carry on giving it large... we'll keep an eye on your successes!

PERES- TROIKA



The eldest Pou brother celebrates his 40th birthday by sending his first 8c "Perestroika" on the island of Mallorca
©Rafa Tafarel

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PERESTROIKA: HOW TO SPEND A WINTER IN SANTANYÍ (MALLORCA)

Never before has a sport climb made me lose sleep. And I say this literally: I spent the nights tossing and turning, and days wide awake accommodating each of my actions to this end goal. Deep down I knew that if I wanted to achieve a goal far beyond my abilities, I had to train hard and look after myself like never before; It had really got under my skin.

After dropping my weight to the lowest I can remember (61kg); I was climbing every day that had favourable conditions; spending the warmest winter for the last 10 years (which didn't help me climb a south-east facing route – shady at the last hour of the afternoon – and only 25 m away from the sea – with what this entails with humidity and a greasy feel to the rock); I also caught the flu and got a cavity in my tooth which didn't help...

The 17th of March arrived, the date of my birthday, with this continued but so far unrealised obsession. With birthday celebrations came a change in my mentality, or in climbing slang “it stopped doing my head in”. Two days later, together with my friend Elena Albiasu and some good vibes, I returned once again to Santanyí. A north wind was blowing, but I felt strong, and with my new mental attitude, everything unfolded quickly: **After a fantastic first try falling very near to the top, my second attempt was spectacular and it gave me the send**

Sending my first 8c had solved my midlife crisis, and it was more than right to celebrate it. Since then I've thought about it a lot. **Is it worth a person with my mountain-man mentality to sacrifice so much for only 20 m of climbing?** I still don't have the answer.



© Photo: Bilbao MFF - Enrique Moreno Esquivel

POU BROTHERS

por carmona



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SUCCESS IN THE MENDI FILM FESTIVAL 2014

With each passing year, this year being the seventh edition, the **Mendi Film Festival continues to grow**. As much as in public attendance as to the quality of the films, the guest list, and of course, its international impact. Right now, out of all the international festivals we've been invited to, this is the best.

If December is the month of Mendi, then afterwards comes the Mendi Tour, which allows us to enjoy the best adventure and mountain films throughout the year. In our last issue, we premiered our latest film **INDIAN SUMMER FESTIVAL** to wide public appeal. It's a fun and daring flick that seeks to break from the classic mountaineering epic.

Furthermore, we played hosts to our friend Hansjörg Auer. Among other things, we were interviewed by the Basque Country's EITB television network and **we made a "Cooking At Altitude" program with Yandiola restaurant chef Ricardo Pérez**. Attached to this article is a video link to what was a very nice experience with one of the Basque Country's most famous chefs.

And finally, so you can follow all that's related to the festival, we'll leave you with this link to their website:

www.mendifilmfestival.com

We're already looking forward to enjoying the eighth edition!

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Email us at mc@mcprojects.es and we'll send you updates from the quarterly publication.

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