



Name: Elena Chiappa
Date of birth: 01.07.1983
Home: Cuneo
Qualifications: Degree in plant (herb) technology, specialised in chemistry and pharmaceutical techniques.
Job: I am a Federation-recognised instructor and run the Posto di Blocco Climbing Village (CN). I am responsible for management, courses and sales from the shop.

How would you describe yourself? Trustworthy, enthusiastic, tenacious, capable of thinking differently.

Main sport Sport climbing in all its forms.

The first thing you do when you have time free Climb.

Hobbies Climbing.

How long have you been climbing? 13 years

Your strengths? Strength.

Your weaknesses (at the moment)? Not believing enough in my strengths

What do you think of women who climb? I don't think that women who climb should feel different or privileged. I think they should live out this fantastic activity with a spirit of sharing and personal growth. Unfortunately the woman who climbs is portrayed as a sort of "heroine" ... but I think that for female as well as male climbers are motivated by their passion, they don't want any special treatment. As a woman you have the advantage of more attention to detail: how you place your foot on a hold, how something looks. Climbing is still very male-dominated but this is changing and ever more women are taking up climbing. I think that it's up to women who climb to not be just "pinups" but to transmit their enthusiasm for the sport.

How did you start climbing?

With a group of climbers from Finale, a bit by chance. At the time there were no bouldering gyms, or at least, the ones that existed were a long way from where I lived. They took me climbing outdoors for the first time and my initiation was leading with training shoes at Bagnasco – a conglomerate crag near Cuneo – and I realised that I wanted to continue with climbing and it was best to learn the procedures properly!

Multipitch, cragging, boulder or indoor?

Everything, I like everything! I started as a boulderer with indoor competitions, winning the *Coppa Italia Boulder* for two years, now I love climbing outdoors and in particular crag climbing.

What do climbing and mountaineering mean for you?

Exploration-discovery-freedom.

Favourite crag, cliff or bouldering spot?

Margalef (Spain), Ceuse (France), St.Leger (France).

Meeting which changed your life

With Matteo Gambaro.

Is your family involved in your climbing, do they support you a lot?

Not particularly but they do support me.

Competitions or only outdoor climbing?

Everything, lately only 100% real rock!

Most important competition

Rockmaster Boulder 2006, my first International competition, my legs were trembling.

Type and frequency of training

since my passion became my job, it's hard to plan fixed times for training, I Try to train or climb 3 times per week.

Hardest grade on sight and worked

8b worked routes, 7c on sight routes, 7c+ boulder.

Overseas expeditions

Spain, France, Greece... there's still loads to explore, I would like to travel and visit new areas.

Favourite food/drink

Pizza and a good wine.

Favourite type of reading

I like historical novels set in the eighteen hundreds and biographies.

How do you choose your projects

Based on time needed and where they are (ease of getting there, speed....)and obviously the beauty of the route.

Which was your most difficult project? How did you tackle it?

Moss Kitos 8b Finale Ligure (Museo dell'Uomo). A short and bouldery route, to date mine is the only female ascent. At first each move seemed impossible, the explosive movements, heelhooks, dynos and finish on slopers seemed impossible to link and then after not too many attempts...the thrill of success!

Future challenges

Lots, in particular Fire Man 8b Albenga and Hyaena!!

Sporting heroes

Muriel Sarkany and Anna Stöhr.

What do you expect from the new adventure with Climbing Technology?

new stimuli, new experiences, new friendships ... 100% made in Italy!