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Expeditions. Both At Manaslu In 2011 And At Annapurna In April 2012, He Ascended At A Higher Pace Than Ever Before. He Credits CrossFit With Helping Him Reach These Summits. "CrossFit Gave Me A Very High Level Of Fitness. It Gave Me A Lot Of Trust Confidence When Climbing Comes In Your Jul 11th, 2020

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Viking (n): An Athlete Who Doesn't Care Which Heat He Or She Goes In And Will Probably Put Up The Best Time Regardless. "You're Going To Volunteer To Go First?" "Yep. Come At Me, Bro." "Good Luck, Viking". The T-rex Is Not Extinct. Not By A Long Shot. Apr 14th, 2020

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