

Aperitivo para los 100Km24h: VI medio maratón de montaña de Calasparra

Copio aquí el post que he publicado en la página del [grupo de senderismo y montaña de Cehegín](#) >> :

El día 30 de mayo de 2009 corrí el medio maratón de montaña de Calasparra. Era la primera vez que podía correrlo.

El perfil no es demasiado duro, con bastantes «subibajas», pero sin pendientes realmente duras. Toda la carrera transcurre por pista forestal, por lo que técnicamente tampoco es una carrera complicada, ya que no se toca senda de montaña en ningún momento.

Aquí dejo el [track GPS, como siempre, en wikiloc](#) >>

Creo que finalmente participamos entre 150 y 200 personas.
La web oficial de la carrera es
<http://www.alpinocalasparra.com>

Un entretenimiento para ir preparando los 100Km24h y las
maratones del verano ;-))

un abrazo,
[aabrilru](#)

My host family in UK

Pongo aquí el [post](#) que he escrito en el blog de mi college. El [post original está aquí >>](#)

Hi everyone!, Today, I would like to speak about my home in Hastings. I didn't know, that the general name for the family of the students is «host family». This word is curious for me because in my job in Spain, everyday we speak about «hosting» and «housing» but of mainframes (big computers!), not of people.



HELC has found my family in Hastings. I was some worried about living for one month in other home, with people who have other habit. Now, I'm very, very happy because my family is fantastic. The name of my «english mother» is Judith. Judith is a lovely person. She cooks

better than the most important cook in Spain, Ferrán Adriá! This Tuesday, she made brownies (one of my favorites cakes) and yesterday cheesecake. I have eaten pasta (I tell her that the pasta is my favorite food) and other great english meals. I practice my low English with her and she corrects me for I learn better. I eat better than me own house in Spain! (normally, I cook everyday, and I haven't a lot of time for cooking).



The bedroom is very nice, with a table for studying, bathroom, TV (I don't watch TV, but well), double bed, broadband connection (internet). It's fantastic, internet is very important for me, because I need it for working when I come back to the home, after the English class in HELC. My experience with my host family in Hastings is insuperable.



Here are photos of my neighborhood. See you!

Angel