

Korrekturhinweise

Lynn Hill: a climbing pioneer

	akzeptiert	nicht akzeptiert
0	<i>Yosemite Valley</i>	
1	gigantic walls of granite big walls of granit enormous granite walls giant walls of granite gigantic walls granit walls granite walls huge walls of granite largest walls of granite walls of granite	3000 feet wall all granite blank cliffs death El Capitan gigantic valleys granite it's extremely high its length no place to rescue only men climbed the beautiful valley the largest climbing mountain
2	going to the moon a moon expedition expedition going to moon expedition to the moon go to the moon like a moon expedition like going to moon	an expedition another year being saved by helicopter climb with no rescue climbing a mountain expectation to the moon exploration historic small stupid idea walking on the moon
3	free climbing climbing without aid climbing without aid do it without aid doing it without aid free climb it free climbing without aid free climbing without equipment freeclimbing freeclimbing El Capitan free-climbing it freeclimbing without gear without aid without ropes	a girl that climbed by a woman no woman

4	a hard move a climb a hard climbing move boulder climbing climbing on the wall doing a hard move hard climbs on boulder hard move on bolder hard move on boulder hard step on boulder hardest climb hardest climb of day move on a bolder moves on this boulder the daily hardest climb	a move without aid climber climbing with carabiners free climbing half moons she was really surprised wanted to climb woman can't do it
5	retirement gesture demonstration of women's ability demonstration what women can her retirement gesture my retirement gesture retirement climb	a demonstration big climbing big wall climb famous big walk climb one final big gesture retirement chester returning gesture returnment gesture something never been done the top the nose
6	minimal equipment almost no equipment carabiners climbing with minimum equipment freeclimbing with minimal equipment just ropes and carabiners minimal acqipment minimal material minimum equipment minimum of equipment ropes ropes and carabiners rops and carabiners very little equipment	climb the nose don't fall free climb highest route El Capitan instincts no equipment not falling nothing skills use their bodies very few ropes/carabiners very few things very little
7	their climbing instincts climbing instincs climbing instinct climbing instincts instincts natural climbing instincts	all their skills carabiners climbing skills don't fall good decisions good personal quality master their movements with their movements

8	psychological skills phsychological skills psychological abilities psychological strengths psychology skills psycological skills the mental part	carabiners climbing instincts (<i>this is what the presenter says, but not Lynn</i>) decide where to grab give yourself room good climbing stuff master their steps physical skills physiological practice psychology right technical skills she can do that show signs to Simon skills taking rests trust in yourself
9	the sky a full screen sky big valley and sky full screan of sky full screen of sky full sky fullscreen of sky full-screen of sky sky sky and valley the sky nature the sky view view of the sky wonderful view blue sky	awesome and beautiful beautiful sunset beautiful view from behind cars driving by screens of valley sky and forest sleep on a ledge the cars

Begründungen

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The speaker says: "El Capitan is one of the toughest rock climbs in the world. 3000 feet high, a kilometre of rock rising sheer from the floor of the Yosemite Valley, 200 miles southeast of San Francisco." El Capitan is therefore located in the renowned area of the Yosemite Valley.

1

Lynn says: "Well, Yosemite is world-famous. It's one of the wonders of the world. It's just a magnificent place. For the length of the valley you see gigantic walls of granite and El Capitan is the largest." The most striking feature of the surrounding area is therefore the gigantic walls of granite.

2

Lynn says: "And they had a much different approach than us because first of all they didn't have the same gear and it had never been done. It was an expedition like going to the moon because nobody could really rescue them if they were in the middle of a 3000-foot wall." Lynn therefore compares Harding's attempt to going to the moon.

3

The speaker says: "But they'd hammered bolts into the blank face of the rock and used ropes to support their weight as they scaled hundreds of metres of sheer cliff. Over the years others followed but no one imagined it could be done without aid, in other words free climbing. Much less that it could be done by a woman." The method of going up El Capitan that people at first considered impossible was therefore free climbing.

4

Lynn says: “As a young girl – I was probably 14 or 15 – and I was doing a hard move on this boulder and I heard a man behind me say ‘Gee, I can’t even do that.’, and I kind of turned around and looked at him and thought, ‘Well, why would you think you could?’, and I heard stuff like that all the time.” In the episode she describes from her youth, Lynn was therefore performing a hard move.

5

The speaker says: “She wasn’t deterred and her career spanned nearly 20 years before she decided to bow out of the sport with one final big gesture.” Lynn says: “That was my retirement gesture, to take all of my skills and to try to do something that had never been done before on the most famous big wall climb in the world. So that was my way of saying, ‘OK, here is a demonstration of what a woman can do.’ ” Lynn therefore calls her last-ever climb her retirement gesture.

6

The speaker says: “So in the late summer of 1993, Lynn Hill and fellow climber Simon Nadin set off to climb the Nose, the hardest route up El Capitan. And they were going to try to free climb it, using minimal equipment, nothing to help haul themselves up, just ropes and carabiners to secure themselves to the rock to prevent them falling too far.” Lynn and Simon therefore decided to work with minimal equipment to achieve their goal.

7

The speaker says: “They relied on their climbing instincts to figure out how to scale the almost blank face, jamming their fingers into the tiniest of cracks and using their bodies in a series of Spiderman-like moves.” The personal quality Lynn and Simon trusted in to manage the climb was therefore their climbing instincts.

8

Lynn says: “Sometimes you’d climb up, you’d see a very difficult move and you’d downclimb back to a rest, you’d shake out, you’d think about, you’d go back up, you’d look again, maybe touch the hold and say ‘Mh, I think I can do it.’, and go back down, rest again and then decide ‘OK, this time when I get back up there, I’m gonna grab that hold and I’m gonna just keep going.’ So there’s a lot of psychological skills involved.” Apart from their climbing abilities, psychological skills were therefore needed to take the right steps, according to Lynn.

9

The speaker says: “That night they slept on a ledge.” Lynn says: “Oh, it’s awesome, it’s beautiful. When you’re on El Cap, the wall is behind you but you have the full screen of the sky. You can also look down and see the cars driving by in the valley [...]” The enormous view that struck Lynn first when they were taking a break was therefore the sky.