



# How to Slackline!: A Comprehensive Guide To Rigging And Walking Techniques For Tricklines, Longlines, And Highlines (How To Climb Series)

By Hayley Ashburn

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Originating in the climbing world, slacklining is the act of balancing along a narrow, flexible piece of webbing that has been anchored between two stable objects. *How to Slackline!* covers the short history of slacklining and the sport's rapid growth since the advent of the Gibbon Trickline, which brought slacklining to enthusiasts outside the climbing community. The book includes detailed methods for building tricklines (low lines used for jumping tricks), longlines (low lines where the goal is to walk as long as possible), and highlines (slacklines rigged high between cliffs using climbing gear). Technique chapters cover the skills needed to practice all types of slacklining. *How To Slackline!* is the definitive resource on the emerging sport of slacklining, written by Hayley Ashburn, a top expert in the field, and accompanied by Scott Rogers' stunning color photography.

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### **Editorial Review**

From the Back Cover

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About the Author

Hayley Ashburn is a slackliner, rock climber, and published author from Walnut Creek, CA. Her first book titled *Modern Slacklining* can be found online and at retail stores nationwide. In 2010 Hayley earned the title of Women's World Champion at the World Cup Slackline Competition in Munich, Germany. She is also the founder of the Women's Slackline Group at CU Boulder.

### **Users Review**

**From reader reviews:**

**Randy Johnson:**

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the particular Mall. How about open or perhaps read a book allowed How to Slackline!: A Comprehensive Guide To Rigging And Walking Techniques For Tricklines, Longlines, And Highlines (How To Climb Series)? Maybe it is to become best activity for you. You understand beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have other opinion?

**Eleonora Plunkett:**

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#### **Marilyn Leonard:**

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#### **Beth Sanders:**

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