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Resumo:

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conteúdo:

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Onde apostar nessa semana? – 21 de agosto a 27 de agosto Quer saber onde apostar hoje?

Então, as melhores oportunidades da semana estão logo abaixo.

A fim de facilitar a casino online dinheiro real grátis vida como apostador esportivo, atualizamos diariamente este artigo.

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SlackFaq's

Highlining is a slackline discipline that is practiced at great heights, between mountains, buildings, bridges or whatever.

It is a great challenge and a slackline discipline in which the mental game and mindset are far more important than the technical and physical ability.

To really know what is highlining you probably have to try to stand on one or, maybe, if you get to see quite decent slackliners crumble when facing this new context and challenge, you'll get a pretty close idea of what it means for the one on the line.

This form of slackline provides an incredible adrenaline rush when tried for the first time and has a great impact on the spectators as well.

With the exception of highline freesolo, where the athlete is purposely unsafe, the highliner is permanently secured by a harness, attached to the main slackline line and, at the same time, to a lifeline, called the backup.

On this picture we can clearly see the main line, the backup, and the leash that connects the harness to both of them.

Despite the fact that accidents are potentially fatal and that highlining deaths have happened, statistics show that highlining has become a really safe sport if practiced according to safety standards.

Nowadays highline systems are redundant and unlike slacklining close to the ground, the highliner simply falls into the air if mis-stepping with almost no risk of injury.

What looks scary and dangerous from the outside has become a really safe sport with almost no limits.

You may also like: [Zakynthos Highline: 580m Blindfolded send!](#)

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What is Highlining: the definition and it's types

When we speak of highline, we speak about walking slacklines that are rigged on such a height that it would be lethal to fall off.

In this kind of slacklining the athlete is attached by the harness to the slackline, which ensures that

he is supported in the event of a fall.

There is a sub-category of highlines, called midlines .

Those are highlines that are safer to walk with a harness but that are still rather close to the ground – often about 10-15m high.

Midlines are less intimidating than highlines but in reality more dangerous, as the athlete – in the unlikely case of a mainline failure – could potentially touch the ground.

What is Highlining FreeStyle?

In this recent way of experiencing highline, athletes perform spectacular tricks on the slackline.

They bounce on the line and then enchain a series of moves, taking advantage of the momentum.

The combinations can be endless and include shoulder stands, handstands, dynamic mounts and rolls among other crazy stunts.

You may also like: Forces in Highlining.

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Highline FreeSolo

What defines Highline Free solo is that highliner is simply walking unsecured.

In this regard the risk of death is always present and the slightest mistake can be fatal.

It is not a practice that, impressive as it may be, should be encouraged or celebrated.

Slacktivity refrains from this practice and supports no athletes who are into highline free soloing.

The Security Basics

Highline rigging is a complex task that should always be performed or accompanied by experienced riggers.

All the information in this document is only a recommendation from SLACKTIVITY.

This is not an official guideline.

Every highline anchor point looks different.

Making an anchor point cannot be learnt from this document only but from courses and with experience.

SLACKTIVITY is not responsible for misuse or accidents.

Frequently Asked Questions

Is highlining safe? Yes, this branch of slackline can be a safe activity as long as it is practiced according to the best practices and safety standards.

Find out more about it at Slacktivity's blog.

Is there specific gear for highline? Yes.

The International Slackline Association – ISA developed a system to test and certifies gear to be used in highline setups.

Check our highlining certified gear here.

Where can i learn how to setup a highline? Rigging a highline should in any case involve experienced riggers.

If are not experienced and you are 100% sure of what you are doing, don't rig a highline by yourself.

Find highliners near you, join them and start learning.

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A Summer Paradise: A Journey to the Bay of Arcachon

Todos los años, nuestra familia y yo visitamos la Bahía de Arcachon, ubicada en la costa suroeste de Francia. Hemos estado yendo allí durante los últimos 15 años, usualmente rentando un pequeño apartamento en la ciudad de Arcachon por cuatro o cinco días. El atractivo de este lugar hace que incluso nos hayamos tomado la molestia de conducir dos horas solamente para pasar el día allí cuando hemos estado en esa parte del mundo. Todo en él evoca la alegría del verano: el paseo marítimo lleno de ciclistas y caminantes, los bistrós que ofrecen mejillones, ostras y rosado bien frío, las familias jugando al tenis de playa en la arena y el golfo repleto de botes de recreo y transbordadores. Es como una escena de un cuadro de Raoul Dufy.

El primer día comienza en Halle Baltard, el mercado de la ciudad, donde bebemos café con brioche y croissants, luego alquilamos bicicletas en una determinada tienda de alquiler de bicicletas (Dingo Vélos), porque en este paisaje en gran parte plano no se necesita coche. Luego, compramos boletos en los pequeños quioscos de la playa en el muelle de Thiers para tomar el transbordador a través de la bahía hasta Cap Ferret. La espera en la fila en el muelle es más como "Las Vacaciones del Señor Hulot" que jadeos y apuros, con el aire impregnado de protector solar y anticipación. Los niños usan chalecos salvavidas y apoyan redes de cangrejos en sus hombros, los padres usan anteojos y sombreros de paja y cargan bolsas de picnic abarrotadas y mantas. Hay un bullicio de cháchara mientras la tripulación del transbordador carga las bicicletas en el techo y los pasajeros se apresuran a conseguir asientos al aire libre.

El viaje en transbordador a través de la bahía dura 30 minutos y ofrece paisajes cinematográficos de la costa de Arcachon que se aleja, con sus elegantes villas y casino, la impresionante Duna de Pilat y filas de granjas de ostras a medida que se acerca al muelle de Cap Ferret. Una vez que llegamos, las bicicletas son indispensables.

Si se gira a la derecha al salir del muelle, es posible explorar toda la península boscosa de Cap Ferret usando carriles para bicicletas para evitar el congestionamiento de verano, y deteniéndose en los pueblos pesqueros de L'Herbe y Le Canon para bebidas o almuerzo.

Sin embargo, siempre giramos a la izquierda y nos dirigimos al mercado de Cap Ferret, porque ofrece una ventana al francés en vacaciones. Cap Ferret es más discreto que el glamoroso Cap Ferrat en la Costa Azul. Las carreteras polvorientas están llenas de vintage Citroën Mehari beach convertibles. Los propietarios de segunda vivienda de Bordeaux y sus alrededores visten chinos y polos pastel, o vestidos estampados largos y zapatos de tacón plano. Todo esto está disponible en los puestos del mercado. Pero es suficiente con pasar el rato con un café y *canelé* para disfrutar del desfile brillante.

La gente adinerada de Bordeaux se dio cuenta del

Author: markturbullsings.com

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