

Fill in the Blank

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Rock Climbing* to fill in the blanks below.

1. Running helps build lung capacity. This allows climbers to breathe in more when they are at high altitudes.
2. In rock climbing, is putting the tips of all fingers on an edge and tucking the thumb over the index finger.
3. El Capitan is a large sheet of granite in Valley.
4. is climbing in caves. Participants explore underground worlds that are not often seen by people.
5. If a climb takes more than one day to finish, climbers may spend the night in a . This is a shelter that has a nylon floor and a waterproof tent.
6. sickness is a risk when climbing at 8,000 feet (2,400 m) or higher.

