

Clip	In	Out	Description	Clip Duration	B-Roll Clip + Description	In	Out	Effects	TRT: Total Run Time (s)
Drive Me Through The Clouds.wav	0:00:00	0:02:10	Audio, background music, lofi, chill, hip-hop beat	2:10	No B-roll			Fade in audio	0:00
			B-Roll Only	:06	R05_54 Trees (blowing in wind) R05_55 Rock (groundview of rock and sky)	00:00 00:00	00:03 00:03	Fade up from black, Mute clips	0:06
R02_02(b)	0:03:57	0:04:04	There's something about climbing that continues to draw me in, it's just addicting.	:08	R05_55 Rock (groundview of rock and sky) R8_114 SLOW Wall Fingers (Matt walking) R05_56 Rock (Rock from bottom to top)	00:03 00:07 00:12	00:05 00:11 00:14	Hard cut, lower the background audio track by 50%, Mute b-roll clips	0:14
			B-Roll Only	:03	R04_156 Matt Climbing (Above view of matt)	00:02	00:05	Hard cut, Mute clip	0:17
R02_02(b)	0:02:41	0:02:41	To me rock climbing isn't necessarily how hard you can climb or	:03	R05_46 Matt Bouldering (Matt climbing upwards)	00:05	00:08	Hard cut, lower the background audio track by 50%, Mute b-roll clip	0:20
R02_02(b)	0:02:48	0:02:57	What great of rock you can climb, it's about touching each hole and challenging yourself to be better than you were last time.	:09	R04_156 Matt Climbing (Above view of matt) R8_81 SLOW Chalk Bag (Grabbing chalk) R8_107 SLOW Hand Hold (Holding rock)	00:04 00:22 00:21	00:07 00:25 00:24	Hard cut, lower the background audio track by 50%	0:29
			B-Roll Only	:08	R8_95 SLOW Spotting (Spotting from ground) R05_44 Matt Bouldering WS (matt feeling the rock)	00:02 00:03	00:05 00:06	1.5X Slower rate for Bouldering WS, Fade to black	0:37
R02_03(a)	0:04:34	0:04:37	I am Matt Rodgers and I am a rock Climber	:03	No B-roll			Hard cut, lower the background audio track by 50%	0:40
			B-Roll Only	:05	R04_25 SLOW Walking Shoes (Matt walking slow on road)	01:12	01:17	Hard cut	0:43
R02_03(a)	0:05:48	0:05:52	B-Headhead found me on Instagram and really appreciated my stuff so now I climb for them	:04	R04_160 Matt Climbing Topping Out (Matt almost at the top)	00:11	00:15	Hard cut, lower the background audio track by 50%	0:47
R02_03(a)	0:03:40	0:03:51	B-Headwear has an assortment of products and their main product line is the beanie with speakers built in, it's bluetooth	:11	No B-roll			Hard cut, lower the background audio track by 50%	0:58
R02_03(a)	0:04:09	0:04:15	Bluetooth beanies are really great for rock climbers because it gives them the opportunity to cut the cord	:06	R8_107 SLOW Hand Hold (Slow wall grab) R05_57 Matt Climbing (Up wall)	00:20 00:24	00:23 00:27	Hard cut, lower the background audio track by 50%	1:04
			B-Roll Only	:03	R05_56 Rock (view of rock down and up)	00:15	00:19	Hard cut	1:07
R02_02(b)	0:00:07	0:00:14	The approach to the rock is one of the bigger things that capture me into rock climbing	:07	R8_117 SLOW Wall Fingers Reverse (matt touching wall)	00:20	00:27	Hard cut, lower the background audio track by 50%	1:14
R02_02(b)	0:00:42	0:00:50	It gives me a chance to meditate to think about what I'm about to do as I get to the rock	:08	R8_114 SLOW Wall Fingers (Matt walking to rock) R8_112 SLOW Fingers Wall (Fingers touch Rock) R8_114 SLOW Wall Fingers (Matt walking to rock)	00:06 00:21 00:09	00:08 00:24 00:12	Hard cut, lower the background audio track by 50%	1:22
			B-Roll Only	:03	R8_117 SLOW Wall Fingers Reverse (matt touching wall)	00:28	00:31	Hard cut	1:25
R02_02(b)	0:02:10	0:02:15	I get the opportunity to look up at the rock and see what I'm about to conquer	:05	R8_117 SLOW Wall Fingers Reverse R8_105 SLOW Wall Stare (Matt Upclose)	00:31 00:20	00:32 00:24	Fade to black, Hard cut, lower the background audio track by 50%	1:30
			B-Roll Only	:03	R04_157 Matt Climbing Near Top	00:03	00:06	Fade up from black	1:33

20	R02_02(b)	0:06:50	0:07:02	The end of a perfect day of climbing is to look at the sunset and top out a route and just finish out with an awesome view	:12	R04_157 Matt Climbing Near Top R04_160 Matt Climbing Topping Out (almost up) R04_161 Matt Climbing Topping (stands up)	00:06 00:13 00:06	00:07 00:18 00:12		Fade to black	1:45
21				B-Roll Only	:04	R02_02(b) Interview (matt looking into distance)	06:38	06:34		Hard cut	1:49
22	R02_02(b)	0:05:56	0:06:01	Theres a point in routes when you get to a real difficult part	:05	No B-roll				Hard cut, lower the background audio track by 50%	1:54
23				B-Roll Only	:03	R8_57 Climbing CU (Matt climbing up close)	00:03	00:06		Hard cut	1:57
24	R02_02(b)	0:06:01	0:06:07	but if you don't commit to it and know you're going to get it, you're not going to get it.	:06	R8_57 Climbing CU (Matt climbing up close) R8_81 SLOW Chalk Bag-EditStock	00:06 00:14	00:08 00:18		Hard cut, lower the background audio track by 50%	2:03
25				B-Roll Only	:06	R8_81 SLOW Chalk Bag (Matt grabs chalk)	0:19	0:25		Hard cut	2:06
26	R02_02(b)	0:06:24	0:06:27	When you mess up on a route and fall, you just have to get right back on it	:03	R8_35 Climbing Fall (Matt slips from rock)	0:05	0:08		Hard cut, lower the background audio track by 50%,	2:09
27	Drive Me Through The Clouds.wav	0:00:00	0:02:10	Audio, background music, lofi, chill, hip-hop beat	2:10	No B-roll				Fade out audio	
28	Put Your Hands Up In The Air!.wav	0:00:00	0:00:52	Upbeat, background track	:52	No B-roll				Fade in audio	2:09
29				B-Roll Only	:04	R8_35 Climbing Fall (Matt slips from rock) R8_36 Climbing Hanging (Matt hangs in air)	0:08 0:15	0:09 0:19		Hard cut	2:13
30	R02_03(a)	0:06:02	0:06:04	Every Route is worth it	:02	R9_19Fingers CU (Fingers grabbing rock fast)	0:02	0:04		Hard cut, lower the background audio track by 50%	2:15
31				B-Roll Only	:05	R9_19Fingers CU (Fingers grabbing rock fast) R8_57 Climbing CU (matt looking for next placement)	0:04 0:20	0:06 0:23		Hard cut	2:20
32	R02_02(b)	0:06:11	0:06:13	You have to commit	:05	R8_57 Climbing CU (Matt looking for next placement)	00:19	00:24		Dissolve transition, lower the background audio track by 50%	2:24
33				B-Roll Only	:06	R05_55 Rock (groundview of rock and sky). R05_54 Trees (blowing in wind)	00:00 00:00	00:06 00:04		1.5X Speed, 1.5X speed	2:32
34	R02_03(a)	0:07:50	0:07:59	Being in nature and Rock climbing is complementary to Gods handywork and just being able to appreciate what God has given us	:09	R05_54 Trees (blowing in wind) R8_105 SLOW Wall Stare ( Matt stares up). R9_01 Boulder Planning (loooking up at rock)	00:04 00:16 00:03	00:06 00:20 00:06		Hard cut, lower the background audio track by 50%	2:41
35				B-Roll Only	:02	R02_03(a) Interview (Matt thinking and looking down)	05:54	05:56		Hard cut	2:44
36	R02_03(a)	0:02:13	0:02:16	Im not in it for the sponsorships, I'm in it for the experience In it for the experience	:03	R02_03(a) Interview (Matt thinking and looking down)	05:56	05:59		Hard cut, lower the background audio track by 50%	2:47
37				B-Roll Only	:02	R02_03(a) Interview (Matt thinking and looking down)	05:59	06:02		Hard cut	2:49

