

Video Transcript for Titan Film Project

On-screen text (00:02)

'Titan Project' appears onscreen in a bold white font against sweeping drone footage of a mountainous landscape. A sheer granite cliff is visible above a forest awash in autumn colors.

On-screen action (00:06)

Fog billows down the forested mountainside. From left to right, the green and white MEC logo, afro-centric colored Melanin Base Camp logo, red and white Marmot logo and all white Trango Climbing logo appear on screen.

On-screen text (00:14)

'Sabrina Chapman is an advanced Canadian climber on a mission to send her first 5.14a, the threshold for elite climbing.'

On-screen text (00:22)

'She is one of a handful of Black women in the world who are attempting elite grades. This is her story.'

On-screen action (00:30)

A brown hand dusted in climbing chalk reaches up and grips a narrow ledge on a sandstone cliff. The movement is depicted in slow-motion.

Sabrina audio(00:30):

So the first time I started climbing, um, I absolutely loved it.

On-screen action (00:35)

From a different angle, we see the climber, Sabrina. She is wearing a magenta top and dark teal leggings. Her hair is pulled back. She is wearing a climbing harness, chalk bag, and several quickdraws. Sabrina looks up at the route as if to plan her next move. Her right arm grips the chalk covered hold, her left arm is thrown back towards the ground below. Her feet are balanced on a narrow ledge. Her brow is furrowed in concentration. She switches her grip and shakes out the right arm.

On-screen text (00:35)

'Sabrina Chapman, sport climber,' appears in white letters.

Sabrina audio (00:35)

I was 26. I walked into the gym. Um, there were dudes everywhere. I was like, yeah, sign me up. I'll do this. And then I tried climbing and I just right away, I was hooked.

On-screen action (00:41)

Sabrina is shown climbing from a different angle, and wider shot. She is just above the tree-line. The rock face, is dihedral shaped to the left of her. The camera continues to pan to the right and moves around the rock face.

On-screen action (00:49)

A photo of Sabrina climbing on Titan, a 5.14a sport route. The granite rock face is a chalky white. The holds are nearly non-existent. The route looks fairly technical.

On screen text (00:49)

Titan is a 5.14a sport climbing route at Lion's Head, Bruce Peninsula National Park, Ontario.

On-screen text (00:58)

It's located on Saugeen Ojibway Nation land.

On-screen action (01:03)

Sabrina is sitting on a brown couch answering interview questions. She is wearing a dark green sweatshirt and her hair is worn loose and shoulder length. As she talks about the route, two different photos of Sabrina climbing Titan flash on screen.

Sabrina audio (01:03)

What first attracted me to Titan, um, was I think the question of whether I could do it because the name sounds so huge and powerful. And, and then when you see the route itself combined with seeing the route, the length of it, it's about 130 feet. Um, it's just, it seems so beautiful and remote, but also I knew I had maybe the basic skills to possibly do it. And it was that question of whether I could.

On-screen action (01:35)

Sabrina is lying in bed in a semi-dark room.

On-screen text (01:38)

Toronto, ON, CANADA appears in capitalized font, white text.

On-screen action (01:39)

An alarm goes off. Sabrina gets out of bed and walks towards the open door. She goes into the bathroom and begins brushing her teeth, combing her hair, putting on layers of clothing along with running shoes. She grabs her keys before heading out the door. Next Sabrina is shown jogging through residential streets in Toronto while the voiceover continues.

Sabrina audio (01:52):

My parents are from Mauritius, uh, which is an Island off the East coast of South Africa. And, um, so they moved here. Um, and then my brothers and I were born in Hamilton, Ontario. We were the only brown kids in our school growing up. Um, for the most part, I didn't notice that I was different until I was, I guess I was in grade two when I was teased for being Brown, uh, called names by other kids picked on. We were also kind of poor too. Um, I wore often where my brothers hand me downs and, uh, yeah, we were just poor. I don't know. I felt, I felt like an outsider. I felt shy. I was really shy. Um, yeah, my parents had a really volatile relationship. There's a lot of verbal and physical abuse from my mom and my dad when I was a teenager, my life, I guess we'll be trying to thrive despite my upbringing.

On-screen action (03:12)

Sabrina is climbing a brightly colored bouldering wall at a climbing gym. She's wearing blue leggings, and a layered sleeveless top. Her hair is worn loose.

On-screen text (03:16)

White bold font reads 'Boulderz Climbing Centre, Etobicoke, Ontario.'

On-screen text (03:23)

White bold font reads 'Rich Appiah, Sabrina's Brother'

On-screen action (03:23)

Sabrina is standing with her brother, Rich, on the climbing mat. He is barrel chested, slightly taller than Sabrina with a very similar complexion. His hair is worn short in a fade cut. They are talking. Next, they walk through the gym side-by-side, as she points out different areas of the gym. This is followed by a montage sequence in quick succession. Sabrina is hang boarding. Only her chalk covered hands are visible, until she does a pull-up and her head and shoulders rise into the frame. Sabrina climbs on a rotating climbing wall. After that, she ties a strap around a dumbbell and does weighted pull-ups while a little girl watches. The child cheers for her and claps and Sabrina comes over to bump fists. Next, Sabrina is shown packing up her bag and leaving the gym with her partner, a tall white climber named Ryan.

Rich audio (03:23):

When it comes to my sister, I'm most proud of the fact that she doesn't need to look to other people to find the strength that she needs to be the best that she can be. Um, she has worked very hard to look inside of herself, um, to find the strength that she needs to push to push as hard as she can.

On-screen action (04:04)

Ryan is shown on the brown interview couch. As he talks about Sabrina his interview footage is interspersed with shots of him working in a carpentry workshop as Sabrina sketches on a bench nearby. There is also a shot of them leaning against a large rock at the crag. As Ryan talks about Sabrina's illness the camera shifts back to him on the couch. As he finishes speaking, the screen fades to black.

On-screen text (04:04)

White bold font reads, 'Ryan Chapman, Sabrina's partner.'

Ryan audio (04:04):

We met in college. Um, yeah, we were taking a glassblowing course together at Sheridan college in Oakville and, um, yeah, we were just, we're just in the same class, we're friends for a couple of years and it wasn't until I think second year that we started weightlifting together actually. And, um, just kinda got to know each other and we're actually friends for good friends for about a year before we started dating and we go biking together and I think we actually went rock climbing together to actually, um, once before we were even dating. Yeah, just as friends.

Ryan audio (04:44):

One of the things that Sabrina's overcome has been cancer. Um, she had a soft tissue sarcoma in her arm that she had removed, which they also had to take away part of her tricep, um, which for a while after was difficult for her to continue climbing, she had to build up that strength again and, and, you know, really work hard towards getting back to where she was. And, um, yeah, it was something that, you know, had gone unchecked could have spread to her lungs and been really serious. Um, but she managed to take care of it in time and uh, yeah.

On-screen action (05:24)

Sabrina and Ryan are standing next to a dark sedan in an empty parking lot. The weather looks very cold. Ryan is smoothing down Sabrina's hair.

Ryan audio (05:24):

You look beautiful.

Sabrina audio (05:24):

Wow, you're amazing [sarcasm]. Stop petting me.

On-screen action (05:30)

Sabrina and Ryan are walking down a street in a commercial district in Toronto. The sidewalk is filled with crates of produce, racks with clothing for sale and pedestrians bundled up in layers and carrying shopping bags. The streets are lined with vehicles. Sabrina and Ryan are both wearing long black coats and blue denim. They are walking slowly as they talk.

Ryan audio (05:30):

Perfect! I think, uh, getting down to the red could be really good for your endurance.

Sabrina audio (05:34):

Yeah, I think so too. Yeah. you're right.

Ryan audio (05:36):

Yeah. Might just give you what you need to kind of push you over the limit to, to send maybe.

Sabrina audio (05:46):

Yeah. It's kind of a different sort of endurance to Titan. Like it's a little more sustained, obviously, then Titan where it's like short bursts, but I think all of it helps for sure. And even just like getting that confidence of like, just flowing through the route, like in the Red versus, you know, outside like on Titan where it's, there's not as much flow, right? Yeah.

On-screen action (06:15)

Sabrina is on the floor of their apartment packing quickdraws and a climbing harness into a bag for their upcoming trip to the Red River Gorge in Kentucky, USA. In the next shot, she and Ryan are walking down the stairs of their apartment complex. They are carrying bags for the trip. They place their bags in the trunk of their car, get in and drive out of the parking lot.

Sabrina audio (06:16):

Got everything?

Ryan audio (06:22):

Oh yeah.

Sabrina audio (06:22):

Are you sure?

Ryan audio (06:23):

Yeah.

Sabrina audio (06:23):

Got shoes?

Ryan audio (06:24):

Got it.

Sabrina audio (06:24):

Got your chalk?

Ryan audio (06:24):

Yeah.

Sabrina audio (06:24):

Quick draws?

Ryan audio (06:24):

Yup.

Sabrina audio (06:24):

Got your try hard?

Ryan audio ([06:24](#)):

Ready to go.

Sabrina audio ([06:44](#)):

We're going to Kentucky.

Ryan audio ([06:44](#)):

Yeah!

On-screen text (06:50)

The Red River Gorge is a 120 km² canyon system in eastern Kentucky.

Its sandstone cliffs are popular among climbers.

It is located on Wahzhazhe (Osage), ᑕᑦᑰᑦᑲᑦᑲᑦ Tsalaguwetiyi, Shawnee and Haudenosaunee land.

On-screen action (07:06)

Sabrina is crouched in front of rock face, unpacking her gear. In the next shot, she is chalking up her hands. This is followed by scenes of her climbing.

On-screen text (07:24)

White text in a square yellow outline reads, 'What has the experience of making this documentary been like for you?'

On-screen action: (07:24)

Sabrina moves deliberately and methodically, searching the rock face before pulling up on holds with her arms or pushing down with her feet on narrow ledges in the rock wall. She reaches the top and then is lowered back to the ground. This is followed by a transition scene of Sabrina and Ryan walking along a path in the woods to the next climbing location.

Sabrina audio ([07:28](#)):

It's incredibly uncomfortable. And everything in me tells me not to do it. I mean, not everything cause I'm sitting here doing it. So I guess that's like the part of me that wants to fight and thrive and knows that in uncomfortable experiences and situations is where I can have the most growth. Um, but everything that I've been taught growing up has shaped in me the desire to not want to be noticed because to me being noticed is equal to being hurt in some way. Um, cause my parents were so volatile in their, like in their tempers. You were always walking on eggshells and you never knew what you would get from them. So it was best to just like stay out of the way and not be noticed. That's what I, that's what I learned attention means. Yup, you can lower please.

Ryan audio ([08:46](#)):

Good work.

Sabrina audio ([09:01](#)):

Thanks.

On-screen text (09:11)

Bethany Lebewitz, Brown Girls Climb, CEO & Founder

On-screen action (09:11)

Interview footage of a Latinx climber and business woman, Bethany Lebewitz, wearing a gray sweatshirt that features the logo of her business. She is in a brightly lit room within her home seated in a gray upholstered chair. Her interview is interspersed with footage of Sabrina using a heel hook to laterally traverse a rock ledge. Sabrina is wearing a purple sleeveless top and green shorts. Her hair is pulled back out of her face. She is concentrating as she moves from left to right.

Bethany audio (09:06):

So the importance of women like Sabrina accomplishing elite grades for me, I think within the context of climbing, um, is to pave the way for the next generation of climbers right now there's there is a lot of climbers of color, but if you look in competitive climbing, if you look at youth climbing, representation is not there and the stories get passed down. People, you know, people, kids have posters on their walls of athletes. They like and there's heroes and stuff. And that's what we need more of. We need posters of Sabrina Chapman in kids rooms to get them psyched about climbing and they can enter the sport if they want to do it and, um, and achieve great things.

On-screen action (09:49)

A shot of the yellow façade of Miguel's Pizza, a local eatery in Slade, KY that is popular with climbers who visit the Red River Gorge. This is followed by shots of Sabrina, Ryan and the other members of the film crew, eating and drinking and chatting. There are smiles and laughter. This is interspersed with voiceover and interview footage of Danielle Williams, Melanin Base Camp founder. Danielle is sitting on a brown and white couch. She is wearing a black and white blouse, gray sweater and dark blue denim.

Danielle audio (09:54):

Sabrina Chapman. When I think of Sabrina, I think of someone who has dealt with a lot of challenges and has come through on the other side, even more resilient.

On-screen text (10:06)

Danielle Williams, Melanin Base Camp, CEO & Founder

Danielle audio (10:06)

Um, she doesn't have the typical elite climber story. She didn't start climbing until she was 26 years old, which is pretty much unheard of in a sport where children as young as five compete in youth leagues. So she hasn't had every advantage. She's never worked with the climbing coach at the same time. When I think of Sabrina, I think of someone whose story just epitomizes resilience, um, is not just about climbing hard, but is also about learning more about herself is about coming through challenges, even

stronger. Um, when I think of Sabrina, I think of the type of role model that I would have loved to have had as a young girl, as a young person of color of myself.

On-screen action (10:53)

Establishing shot of the exterior of the Lil' Abner Motel. There's a short sloping driveway, and a rustic looking cabin surrounded by trees. Sabrina's dark sedan is parked out front

On-screen text (10:54)

Lil Abner Motel, Slade, Kentucky

On-screen action (11:04)

Sabrina and Ryan are lying in bed. She's wearing a fleece top and pajama bottoms. He's wearing a gray sweatshirt, pajama bottoms and slippers. He's holding a thermos. A laptop is open on a bedside table. They are talking in bed. As they talk, this quiet scene is interspersed with footage of Sabrina climbing.

Sabrina audio ([10:56](#)):

The thing I like, you know what I really like about coming here, um, compared to like the project thing, like when I get on Titan, um, I feel like when I'm on that route, it's easy to forget because it's, it feels so hard for me. It's easy to forget that like I can actually rock climb. Like I'm a, I'm a good climber, you know?

Ryan audio ([11:22](#)):

Yeah.

Sabrina audio ([11:22](#)):

Because there's so much not saying that, that there is an effort here to climb, but you can just get more volume and like build up your confidence. Like you can just like tick off grades pretty quickly. If you stay within your like onsite or like second goal level.

Ryan audio ([11:42](#)):

Yeah.

Sabrina audio ([11:43](#)):

And then it like boosts your confidence like with every send, it doesn't really matter the grade, but like every send it's like, okay, I got through that hard section, like on the fly really well. I like used all these skills that I've, I've been, you know, developing. So when I get on Titan, then it's like, I can remember back like, yeah, I'm falling on this, but I'm just, I'm still a good climber. Like I know how to rock climb. It's just that this is hard.

Ryan audio ([12:14](#)):

Yeah, yeah I feel like we can get a lot of, a lot of volume on the submaximal climbing in here.

Sabrina audio ([12:18](#)):

Yeah. Yeah. And just like something nice to look back on when I am, when things are hard on Titan, like this does not define the kind of climber I am. You know, this is just a piece of like me trying to, to grow and become better. But also climbing here is a piece of that too.

On-screen text (12:39)

Red River Gorge, Slade, Kentucky

On-screen action (12:39)

Sabrina is wearing a light blue top and dark blue leggings. She is working on a difficult section of a rock wall that we haven't seen her climb before. She reaches for a hold that is off-camera. She hesitates and then calls down to her belayer (Ryan) before suddenly dropping straight down out of the frame. A different camera catches Ryan (on belay) being pulled off the ground. He's wearing a black puffy jacket and hat. He says something inaudible to himself.

Ryan audio ([12:39](#)):

Come on Sabrina!

Sabrina audio ([13:06](#)):

I'm going to fall.

On-screen action (13:06)

Sabrina and Ryan are leaning against a rock talking to one another. The rock is covered with climbing gear, helmets, shoes, etc. He is laughing, she is smiling down at a guidebook. This is followed by a close-up shot of their waists. They are facing each other. They are both wearing climbing harnesses. He's inspecting the rope and his belay device while she clips quick draws onto her harness. Next, we see Sabrina back on the interview couch. She's wearing the same dark teal sweater from the very beginning of the film. That's followed by more climbing shots. There's a close-up of her hands covered in climbing chalk. There's a short sequence of her climbing a technical looking route and a long shot of Sabrina climbing an overhanging section of rock. Ryan is 20 ft below her, on the ground with his back to the camera. The light coming through the trees is very soft. Then there's a few seconds of Ryan and Sabrina sitting side by side at the base of a rock wall. She's leaning into him and looking up. They're both smiling at each other. He kisses the top of her head. Now, we see Sabrina back on the interview couch. She is talking animatedly.

Sabrina audio ([13:06](#)):

The thing I like about being a climbing couple with Ryan, um, we respect and acknowledge each other's strengths. It then becomes kind of frustrating because when people don't know us and we show up at the Craig there, he's always referred to as the expert in things, they'll ask his opinion on things. Um, they'll assume that he's putting up quick draws for me on a route and seem kind of shocked when I like start putting draws on myself and going up. Um, yeah, I've had one, one instance where I was climbing. I was on route and Raymond's belaying and some gentlemen walked by and kept asking like, who we were. Are you her coach? Are you guiding her? Like he could not wrap around his head that we were just partners. And I was just, he had Ryan, nothing to do with how strong or what I was doing on the wall. It was all me. Um, yeah, it gets old really quickly.

On-screen text (14:06)

Sophia Danenberg, First African-American to climb Mt. Everest

On-screen action (14:06)

A petite, Black, Japanese American woman with long curly hair and light brown skin sits in a living room filled with books, maps, and a bicycle. She is wearing a black and white blouse. Her commentary continues via voiceover while the next shot is of Sabrina climbing. The music begins to slowly rise.

Sophia audio ([14:07](#)):

I believe that Sabrina has the talent to be an elite climber. Um, and that itself is really interesting to me and saying, okay, when you already have that, that first piece, what else?

On-screen text (14:25)

'What do you like the most about climbing?' is in white font within a yellow square outline

On-screen action (14:25)

Sabrina is climbing a technical looking route. The camera angle is from above.

Sabrina audio ([14:29](#)):

The feeling of going up higher and higher and like moving propelling myself upwards and feeling the pull on my arms and push of my feet. It was just, yeah, just loved it.

On-screen action (14:48)

Shots of Sabrina rock climbing. Shots of Sabrina and Ryan walking on a footbridge in Natural Bridge, KY.

On-screen text (14:48)

Thanks to the 416 Kickstarter backers who helped make this the first majority crowdfunded film about a black womxn sport climber.

Thank you #MelaninBaseCamp community for helping us #DiversifyOutdoors. (15:03)

Thanks to Beast Fingers Climbing for believing in this project from day one (15:13)

On-screen action (15:29)

Sabrina and her partner are standing atop Natural Arch at sunset. She is looking off into the distance. Uplifting music is playing along with a voiceover.

Sabrina audio ([15:29](#)):

The path has not been easy. The reward is the possibility of inspiring other women of color. If they can see something in me that they relate to, then that is enough. My name is Sabrina Chapman. This is my story.

On-screen action (15:44)

The screen goes to black. The credits roll along with a rectangular cut-out with footage of Rich Appiah on the interview couch.

Rich audio ([15:47](#)):

Some words of encouragement for Sabrina as she tackles the Titan project next year is, just kick some ass.