



Winners and losers

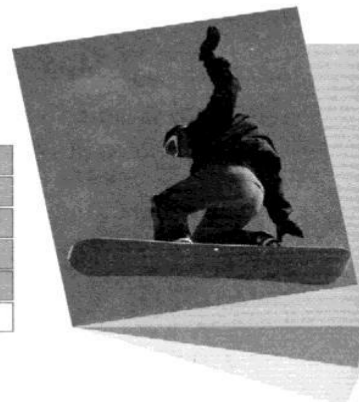
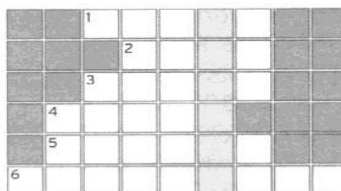
7.1

I could easily swim further

Language practice

1 Use the clues to complete the puzzle. What is the highlighted word?

- 1 You need this for surfing on the sea or snow.
- 2 You kick the ball into the net to score this.
- 3 Hockey and football are played on this.
- 4 You run races on this.
- 5 This protects your head.
- 6 This is a word for running and jumping, etc.



2 Complete the sentences with a comparative or superlative adverb formed from one of the adjectives in the box.

bad careful easy frequent good

- 0 My sister drives more carefully than Lewis Hamilton.
- 1 You will be able to run faster if you train _____ than you do now.
- 2 Torres was 'man of the match' because he played _____.
- 3 You can ride a bike _____ when the wind is behind you.
- 4 I came last because I swam _____!

Exam practice: Reading Part 3

3 Look at the sentences below about adventure racing. Read the text to decide if each sentence is correct or incorrect. If it is correct, put a tick (✓) in the box under A for YES. If it is not correct, put a tick (✓) in the box under B for NO.

- 1 Adventure racing takes place at traditional sporting venues.
- 2 An event for first-time racers usually includes three different sporting skills.
- 3 Adventure racers sometimes have to climb the walls of tall buildings.
- 4 The tests for racers at checkpoints are designed to measure their levels of fitness.
- 5 There is an age limit for competitors.
- 6 There are organised opportunities for racers to improve their racing skills.

A: YES B: NO

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Adventure racing

Adventure racing developed from the triathlon, the three-part athletics event in which athletes race on foot, on bikes and in the water. During the 1980s athletes added a range of other activities, and adventure racing was born.

A typical adventure race for beginners lasts 4–6 hours and includes swimming in a lake or river, mountain biking and running across rough countryside. Advanced-level races can be over several days and may include sports such as rock-climbing, mountaineering, roller-skating or skiing. A city event might include biking down stone stairs, getting through a large pipe or descending on a rope from the top of a block of flats.

Adventure races include checkpoints along the route, where racers are given tasks designed to test their ability to think clearly when physically very tired. For this reason, adventure racing is known as a 'thought sport': winning or losing depends not only on speed and strength, but also on skills such as map-reading, planning and decision-making.

Almost anyone can try adventure racing, but for insurance purposes, you have to be 18 or over. For entry-level races you should be able to swim 1 kilometre, cycle 20 kilometres and run 5 kilometres. However, the ability to keep going without giving up is just as important as your sporting skill.

If you decide to take adventure racing further, there are weekend training camps where you can learn more about various aspects of the sport, for example bike-handling, climbing down a cliff or race preparation! These courses usually end with a race in which you can try out what you have just learned.

