

# Extreme Sports

## Ⓐ Share Information



**Rock Climbing**



**Skydiving**



**Skateboarding**

*Extreme sports are sports that involve height, speed, strength, or danger. Look at these photos of extreme sports and discuss the questions.*

1. Which of the above sports do you think is the most dangerous? Why?
2. Why do you think people enjoy doing these sports? What do they like about them?
3. Would you like to try one of these extreme sports? Why or why not?

## Ⓑ Background and vocabulary

### EXTREME RUNNING: ULTRAMARATHONS

A **marathon** is a running race with a 42 kilometer **course**. An ultramarathon is a race longer than 42 kilometers, often 80 to 160 kilometers. There are two **formats** for ultramarathons: Some races have several short **stages** with breaks overnight. Other races go all day and all night, with no stops until the runners finish.

#### The Race Course

Ultramarathons take place all over the world, through many types of **terrain**. There are races through rainforests, from one city to another, over mountains and rivers, or across dry desert **sand**. Every ultramarathon is **unique** because each course is different.

#### Racing Overnight

Many ultramarathons take several days to finish. Runners must eat and sleep on the course. In some races, food and supplies are carried in a car and the runners sleep in hotels. In other races, runners carry everything they need in backpacks and they sleep outside in **tents**.

#### Running Safely

To stay healthy during an ultramarathon, runners must follow safety rules. For example, runners must drink their daily **ration** of water, even if they don't feel thirsty.

#### Crossing the Finish Line

What is in it for the runners? Many runners say they **get into** ultramarathons because they feel that normal marathons are not challenging enough. They enjoy the **experience** of crossing the finish line and completing an extremely difficult event.

© Match the words to their definitions

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|----------------------|---|
| _____ 1. marathon    | a. being the only one of its kind   |
| _____ 2. course      | b. a piece of cloth supported by poles and rope that is used for sleeping |
| _____ 3. format      | c. a specific amount of something that you are allowed to have            |
| _____ 4. stage       | d. a step in a longer process   |
| _____ 5. terrain     | e. a type of land   |
| _____ 6. sand        | f. become interested in   |
| _____ 7. unique      | g. a 42 kilometer race  |
| _____ 8. tent        | h. very small grains of rock found in a desert or beach                   |
| _____ 9. ration      | i. something that happens to you that affects the way you think or feel   |
| _____ 10. get into   | j. the path of a race   |
| _____ 11. experience | k. the way the parts of something are arranged                            |