

Four sentences have been removed from the article. Read the sentences below and decide which gap (A-E) it fits. There is one extra option you do not need to use.

Rebecca Rusch has competed in several Eco-Challenge races, where teams of four men and women race non-stop over a 500 km course which includes trekking, canoeing, horse riding, scuba diving, mountaineering and mountain biking.

Obviously, I did not feel so ready for the early races in my career as the races we have done recently. There is a lot to be said for just gaining experience. Just getting out there and getting your feet wet teaches you the right skills and attitude.

It's often not the most physically prepared or the fittest teams that win. The ones who come first are the teams who race intelligently and adapt to unexpected situations.

1 The only way to develop those qualities is to get out and race or do long training trips with your team-mates and friends.

Adventure races are such a huge challenge that when you enter a race you always think, "Am I ready? Did I train enough? Did I forget something?" I remember one race in particular; my very first Eco-Challenge and only my second race ever. **2** A 24-hour race seemed like an eternity to me. My background was cross-country running in high school and college where a two- or three-mile race seemed long. Most of my fear was due to lack of experience and knowledge. I really had no idea what I was getting into because I had never done a 24-hour race before. **3**

In preparation for Australia, I tried to approach my training in a methodical way. Looking back, I wasn't methodical at all. In fact, what I did involved simply running, biking and paddling a kayak as much and as hard as I could. I was also

working at the same time. In reality, I was training a couple of hours a day during the week to get fit and at weekends training with the team for perhaps four hours. **4** I spent the rest of the time worrying about how slow I was.

I promised then to come back one day and finish the race. That was seven years (and thousands of race miles) ago.

- A We won it even so, and were invited to compete in the Eco-Challenge in Australia.
- B His encouragement helped me to complete it.
- C That was how much I had prepared.
- D When I did it, I felt totally afraid and unprepared.
- E To achieve this, you have to be flexible and patient.