On Your Own

Read the article about mountain bikes. Think about how you would paraphrase sentences.

A Hike on a Bike

by Marian Calabro



No one knows who had the original thought of riding bikes in the mountains. The idea just seemed fun. The first mountain bikers were from Colorado and Northern California. They had always done their riding on paved roads, using sleek racing bikes. Then some of the cyclists thought about the mountains nearby. Why not bike on the trails there, too?

The problem was that racing bikes weren't tough enough. For off-road riding, you need a sturdier bike. It has to have wide tires to grip dirt roads, and high clearance between the frame and the ground. Stores didn't sell that kind of bike then, so the cyclists devised their own. Searching through garages and junkyards, the cyclists found old "clunker" bikes that had once been popular. They cleaned the rusted frames, added strong handlebars, and put on heavy-duty tires.

Cyclists in different areas heard about mountain biking, and the movement spread. Soon the mountain bikers were teaching themselves tricky moves, such as jumping their bikes over rocks and logs.

In a short time, mountain bikers raced each other down steep trails and mountain passes. Sometimes they took it easy and just enjoyed the views—as if they were doing a hike on a bike. To prevent injuries, mountain bikers, like other bicyclists, began wearing helmets and other safety equipment.

One winter, with no snow for skiing, mountain bikers in Crested Butte, Colorado, held a "Fat Tire Festival!" Bicycle manufacturers spotted the sport as a growing trend. Almost as soon as the companies began mass-producing them, mountain bikes became America's best-selling type of bike. They're comfortable and fun to ride, even if you never ride them off-road, away from paved paths.

Today, a quick search on the World Wide Web turns up mountain biking clubs worldwide. Mountain bike racing has been added to the Olympic Summer Games. The sport is so popular that it has its own Hall of Fame and Museum—located in Crested Butte, of course.

LIVEWORKSHEETS

Checking Comprehension

1. How are mountain bikes different from racing bikes?

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2. What are some things mountain bikers do?

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Practicing Comprehension Skills

Read the following sentence from "A Hike on a Bike." Fill in the circle next to the best paraphrase.

3. Stores didn't sell that kind of bike then, so the cyclists devised their own.

   ○ Bike riders made mountain bikes to sell in stores.

   ○ Cyclists could not buy mountain bikes.

   ○ Racing bikes could not be used on mountain trails.

   ○ Bike riders made their own mountain bikes then because they couldn't buy them in stores.

Paraphrase the following sentences from "A Hike on a Bike."

4. No one knows who had the original idea of riding bikes in the mountains.

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5. To prevent injuries, mountain bikers, like other bicyclists, began wearing helmets and other safety equipment.

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LIVEWORKSHEETS

6. Choose the best paraphrase of the last paragraph of the article.

- ○ On the World Wide Web, you'll see mountain biking clubs. Bike racing is in the Summer Olympics and in a museum.
- ○ The World Wide Web lists mountain biking clubs worldwide. Mountain bike racing is in the Olympic Summer Games. The sport has its own Hall of Fame and Museum.
- ○ The World Wide Web features mountain biking clubs from around the world. Mountain bike racing is new to the Summer Olympics. A Hall of Fame and Museum opened in Crested Butte.
- ○ There are mountain biking clubs all over the world. Bike racing now has its own Hall of Fame and Museum.

Practicing Vocabulary

Write a word from the box to replace each underlined word or words.

clearance	comfortable	cyclists	injuries	passes	sturdier	trend

_____ 7. Bicycle riders first made mountain bikes out of old parts.

_____ 8. Falling off a bike sometimes causes cuts and scrapes.

_____ 9. Moutain roads can be steep and narrow.

_____ 10. Padded seats make bike riding more enjoyable.

_____ 11. Wide tires make bikes stronger.

_____ 12. Space between the bike and ground makes bikes safer.

_____ 13. Mountain biking is the direction in bicycling today.

LIVEWORKSHEETS