

## THE MOUNTAINEER

As a child, Pasang Lhamu Sherpa Akita<sup>1</sup> with her younger sister in Lukla, a town in northeastern Nepal. Pasang's parents<sup>2</sup> when she<sup>3</sup> young. As a teenager, she<sup>4</sup> as a mountaineer. She<sup>5</sup> as a mountain guide, and she<sup>6</sup> Mount Everest when she was only 22. In 2015, there was a terrible earthquake in Nepal. Many people<sup>7</sup> have homes or food, so Pasang them. These days, she also works to improve education in Nepal, and is famous for her volunteer work as well as her mountaineering.

## THE CYCLIST

Marjan Sadequi was born in Afghanistan and<sup>8</sup> in the capital city of Kabul. Her father was the national cycling coach for the men's team, and from very early on in life, Marjan's ambition was to become a cyclist. Her father<sup>9</sup> Marjan her first bicycle when she was a teenager, and he soon<sup>10</sup> how much Marjan loved cycling. As a result, he formed a new women's cycling team with his daughter and ten other women. It wasn't easy to practice on the roads of Kabul, but in 2013, the team<sup>11</sup> to New Delhi and they<sup>12</sup> their first international competition against other women's cycling teams. They didn't win, but they<sup>13</sup> more races in Pakistan, Kazakhstan, and South Korea. Because of Marjan and her team's achievements, more women are now cycling in Afghanistan.