**Did you think that BMX racing was just for men? Think again .....**

**Meet the new BMX ers**

It was a dark, rainy, winter's day at the National Cycling Centre in Manchester (UK) and I was taking photographs of the girls' BMX team. They were riding around the track with apparently no fear. They all obviously had a real passion for the sport.

Olivia, aged 15, has long, brown hair. She's smart and confident, and the way she was smiling showed how much she loved it. How did she first become interested in BMX?1 _____ Although all the racers were boys, she knew instantly it was the sport for her. 'It's not harder for girls to get into the sport,' she said – anyone can do it. 'BMX gives you knowledge. When you come to the track, you learn something new every day.'

So what is a BMX? A BMX is a bike with small wheels and a low seat. Small wheels actually go faster than big wheels at speeds of up to 20 km/h. 2 _____ These mean that a bike can travel quickly without the rider using their legs too much. But there are no gears on a BMX, so the rider has to pedal a lot to go fast. 3 _____

Some BMXers love doing jumps and crazy stunts - this is called 'freestyle'. Other riders prefer racing. BMX races are fast but short. 4 ____ Both riding styles have something in common: riders fall off their bikes a lot. That's why they all wear a helmet, as well as knee and elbow guards under their racing clothes.

Many people think that BMX is scary or dangerous, but fear isn't a thought that goes through this BMX team's minds. 5 _____ They don't see the difference between male and female, not while they are out on the track doing what they enjoy the most.

**Read the article again. Five sentences have been removed from the text. For each space choose the correct sentence. There are three extra sentences which you do not need to use.**

A She laughed because some of the riders were moving their legs so quickly.

B They usually only last for about 40 seconds.

C BMX race bikes can be very expensive.

D She was watching her older brother race.

E They weren't worried by the rain either.

F They see BMX as a fun sport, a way of life, a good social activity.

G Normal bikes have at least 20 gears.

H This is the biggest problem with BMX races.





LIVEWORKSHEETS

Match the highlighted words in the text to the meanings

1 *part of a bicycle that controls the speed of the wheels* — **track**
2 *tricks or difficult jumps on a bike* — **gears**
3 *a path, often circular, used for races* — **stunts**
4 *a hard hat that protects your head* — **helmet**
5 *things you wear to protect parts of your body when playing a sport* — **guards**

LIVEWORKSHEETS