

- 1 A chemical that your body produces when you are excited, frightened, or angry.
 a adrenal glands ☐ b adrenalin ☐
- 2 A chemical which your body produces that affects your body.
 a hormone ☐ b oxygen ☐
- 3 To let go of something (or someone).
 a release ☐ b protect ☐
- 4 Strong feelings of worry that prevent you from relaxing.
 a boost ☐ b stress ☐
- 5 The smallest part of a living thing.
 a oxygen ☐ b cell ☐

- 15 Listen and read. Why do some people race motorcycles at very high speeds?

Extreme Sports

Many people exercise to relax and to release stress. Sports like walking, swimming, and yoga are good ways to relax. But other people like sports that are exciting and may even be dangerous, like motorcar racing, skiing, and rock climbing. These people love the feel of adrenalin rushing through their bodies, giving them that extra boost of energy. Adrenalin is a hormone that our adrenal glands produce when we're excited, afraid, or angry. The information it gives our cells causes our heart to beat faster. This means more oxygen in our blood. The sudden boost of this hormone is called an adrenalin rush. Let's read about two extreme sports that give people an adrenalin rush.

Freeriding

Freeriding is like big wave surfing on snow. Skiers go to the top of a very high, steep mountain and ski down it. There are no paths for them to follow – they just follow the natural paths down the mountain. Where does the adrenalin rush come from? They go down the mountain very, very fast because the slopes that they ski down are very steep. Some slopes are almost at ninety degrees to the ground. They also fly in the air in some places, over rock-covered snow cliffs. Now that sounds very exciting, doesn't it?



Motorcycle racing

All over the world, there are people who enjoy motorcycle riding. Some people travel across continents on motorcycles because they find it fun and it relieves stress. But others are not interested in relaxing – they want an adrenalin rush, so they race motorcycles at very high speeds. They ride around a track at up to 300 kilometers per hour. When they go around a corner, they lean over so that their knees almost touch the ground, and they do that at about 200 kilometers per hour. That's fast!



So do you exercise to relax or do you take part in things to get that adrenalin rush?

16 Read 15 again and circle T for true and F for false.

- | | | | |
|---|--|---|---|
| 1 | Some extreme sports can give people an adrenalin rush. | T | F |
| 2 | Freeriders ski down very high, steep mountains. | T | F |
| 3 | Freeriders follow a path. | T | F |
| 4 | Freeriders and motorcycle racers want an adrenalin rush. | T | F |
| 5 | Freeriders and motorcycle racers aren't adventurous. | T | F |

17 Find and circle the words in 14.

q z i w
a x c b w j t k
n h m v d r y r f d
u o c z p e r a w s
a d r e n a l i n i a m
i u m l m r e p i c y n
l s o l b l a g t p z b
q u n l x y s f i j n v
a a e s t r e s s t e c
l q r w q t s n y u s
t a s t y a a s y
i m v l j l