

School: Centro Escolar Francisco Gavidia.

Level: advance (9th Grade-Teenagers)

Student's name: _____

Date: _____ Score: _____

Objective: 87% of the basic level students will be able to use reading strategies. A variety of tasks are included in the exam to meet the needs of students.

Instructions:

The following text presents a reading about Kilian Jornet's bibliography, you must read very carefully and then solve the 5 questions that are presented. You must interact with the text and use the Cloze-elide procedure

When you picture mountain climbers scaling Mount Everest, what probably comes to mind are teams of climbers with Sherpa guides leading them to the summit, equipped with oxygen masks, supplies and tents. And in most cases you'd be right, as 97 percent of climbers use oxygen to ascend to Everest's summit at 8,850 meters above sea level. The thin air at high altitudes makes most people breathless at 3,500 meters, and the vast majority of climbers use oxygen past 7,000 meters. A typical climbing group will have 8–15 people in it, with an almost equal number of guides, and they'll spend weeks to get to the top after reaching Base Camp.

But ultra-distance and mountain runner Kilian Jornet Burgada ascended the mountain in May 2017 alone, without an oxygen mask or fixed ropes for climbing.

Oh, and he did it in 26 hours.

With food poisoning.

And then, five days later, he did it again, this time in only 17 hours.

Born in 1987, Kilian has been training for Everest his whole life. And that really does mean his whole life, as he grew up 2,000 meters above sea level in the Pyrenees in the ski resort of Lles de Cerdanya in Catalonia, north-eastern Spain. While other children his age were learning to walk, Kilian was on skis. At one and a half years old, he did a five-hour hike with his mother, entirely under his own steam. He left his peers even further behind when he climbed his first mountain and competed in his first cross-country ski race at age three. By age seven, he had scaled a 4,000er and, at ten, he did a 42-day crossing of the Pyrenees.

He was 13 when he says he started to take it 'seriously' and trained with the Ski Mountaineering Technical Centre (CTEMC) in Catalonia, entering competitions and working with a coach. At 18, he took over his own ski-mountaineering and trail-running training, with a schedule that only allows a couple of weeks of rest a year. He does as many as 1,140 hours of endurance training a year, plus strength training and technical workouts, as well as specific training in the week before a race. For his record-breaking ascent and descent of the Matterhorn, he prepared by climbing the mountain ten times until he knew every detail of it, even including where the sun would be shining at every part of the day.

Sleeping only seven hours a night, Kilian Hornet seems almost superhuman. His resting heartbeat is extremely low at 33 beats per minute, compared with the average man's 60 per minute or an athlete's 40 per minute. He breathes more efficiently than average people too, taking in more oxygen per breath, and he has a much faster recovery time after exercise as his body quickly breaks down lactic acid – the acid in muscles that causes pain after exercise.

All this is thanks to his childhood in the mountains and to genetics, but it is his mental strength that sets him apart. He often sets himself challenges to see how long he can endure difficult

conditions in order to truly understand what his body and mind can cope with. For example, he almost gave himself kidney failure after only drinking 3.5 liters of water on a 100km run in temperatures of around 40°C.

It would take a book to list all the races and awards he's won and the mountains he's climbed. And even here, Kilian's achievements exceed the average person as, somehow, he finds time to record his career on his blog and has written three books, *Run or Die*, *The Invisible Border* and *Summits of My Life*. <https://learnenglish.britishcouncil.org/skills/reading/c1-reading/biography-kilian-jornet>

INTERACTIVE

Read the paragraph again if necessary and fill in the blanks.

Task 1

_____ you pict_____ mountain _____bers scaling Mount _____, *what proba* _____ comes to _____d are _____ms _____bers with She_____ guides _____ing them _____ summi____, equi____ed with _____gen masks, _____lies and ten____. And _____most ca_____ you_d be right, as _____percent _____clim_____s use oxy_____to ascend to _____erest_s summit _____8,850 _____above se_____level.

Task 2.

A _____ical clim_____group will h_____8-_____ple i_i, with _____al_____equal _____ber o_guid____, and they_____l sp_____d wee_____to _____to _____top _____ter reach_____Base _____mp.

Task 3.

With food poisoning.

_____, five da__ later, he did __ again, _____ time in only 17 ho_____.

Born __ 19__, Ki__a__ has _____ train____ for Everest ____ whole li__. And that really d____ mean h__ whole li__, as __ grew __ 2,__ 0 me_____ a__ ve se _ level __ the _
_ren__s in the __i resort

__ Lles de Cerdanya __ Catalonia, _____-eas__rn Spain. While _____ children his ____ were
lear_____ to walk _ Kilian was __ skis.

__ one and a h__ f yea__ old he ____ a five _ho__ hike with ____ mother, ____ irely un__ r his _
__ stea _.

Task 4.

At 18__ took over ____ own s__ mounta____ ring and t____-running trai____, with a s__
_dule th__ only allo__ a couple __ weeks __ rest a _____. He does __ many __ 1,1__ hours __
en____nce tra__ing __ year, pl__ stren____ tr__ning and te____cal work____s, as __ll as ____
____ training __ the we__ before a _____. For ____ recor_
____eaking ascent and ____cent __ the Matterh

____, he prepared __ cli__ing the __ntain ____ tim__ until _e _ew every detail _____, even
inclu_____ where the ____ would __ shining __ every _____ of _____y.

Task 5

__l this __ thanks to ____ child____ d in __ mounta____ and to ____tics, but __ is __ mental
stre_____ that __ ts ____ a____t. He often _____self cha_____ ges to see ____ long __ can

end ___ difficult condit_____ in order ___ truly _____rstand what _____dy and _____d can c_
 ___e with. For example, ___ almost ga_____self _____ney fail___ after _____y drink_____ 3.5 _____
 ___ of ___ter ___ a 100___ run ___ temp_____res ___ around 4__°.

Sample Reading Specifications.

Total points: 30%

Time: 30 minutes.

Objective: 87% of the basic level students will be able to use reading strategies. A variety of tasks are included in the exam to meet the needs of students.

Text types	https://learnenglish.britishcouncil.org/skills/reading/ c1-reading/biography-kilian-jornet
Level	Advance.(Teenagers)
Task	Read the paragraph again if necessary and fill in the blanks.
Skills	Inferring, details.
No of items per task	5 items for interactive reading task.
Criteria for Marking	The answers will be visible in the paragraph.

ASPECTS	10pts	20pts	30pts	SCORE
The student makes good use of the Cloze-elide procedure				
The student				

has good reading comprehension				
there are no punctuation errors and complete the paragraphs				