

UNIT 1: PUSHING THE LIMITS

1- Write in your folder:

- Look at this climber. Why would he choose to climb this rock? What are some of the risks he faces?
- What is the most challenging sport you have ever tried?
- Why should we challenge ourselves? What is a benefit of taking risks?

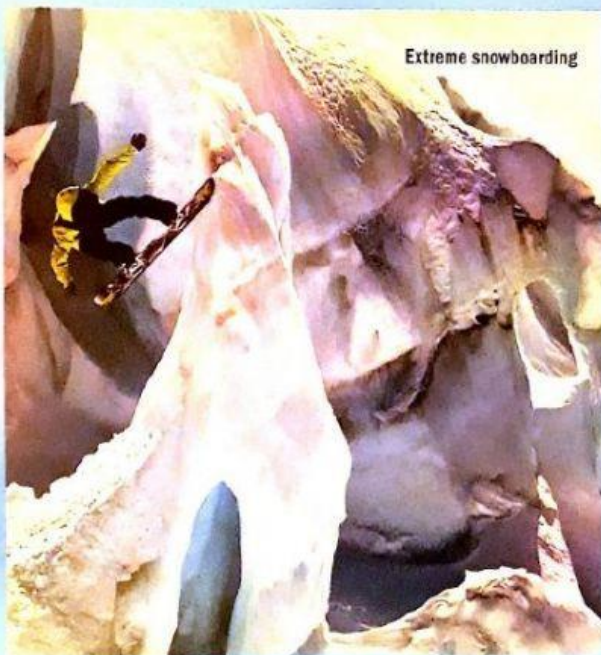


2- Read: Why do we take risks? Listen.

Have you ever **pushed yourself** to your **limit**? Do you know anyone who has? Do you ever wonder what can be gained by climbing a tall cliff – or jumping off it? Why do something that causes the **body pain**?

People can be transformed by pushing themselves. These experiences teach **determination**. Often, the desire to achieve our goal **enables** us to take risks. Many people take mild risks. Others feel a need to reach the unreachable. These **extreme** athletes test their own **mental** and **physical** boundaries.

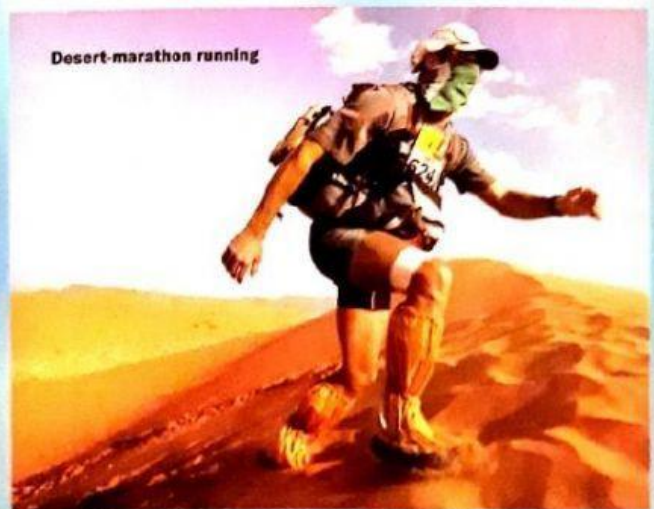
In most traditional sports, athletes compete against one another. But in extreme sports, the biggest **opponent** is nature. In this photo, Olympic snowboarder Jussi Oksanen glides down the side of a glacier. Snowboarding on solid ice is **hazardous**, especially with a 12 m. (40 ft.) drop below the glacier! But for extreme athletes like Oksanen, risk is just part of the job.



The same is true for big-wave surfers. Animals such as sharks and jellyfish pose serious risks to surfers. Another **obstacle** that surfers must **overcome** is the force of the water. After this photo was taken, surfer Koa Rothman was taken under by the unbelievable force of the wave. So why do it? 'The view I had right here was one of the most amazing things I have ever seen in my life,' says Koa. 'Being in the middle of all that energy is unexplainable!'

Athletes who participate in the *Marathon des Sables*, or MdS, need to have incredible **endurance**. In this desert marathon, participants must cross a distance of approximately 250 km. (155 mi.) over five or six days. The event takes place in the Sahara Desert, where temperatures can reach more than 50°C (122°F). It's no wonder that the MdS is considered the toughest race on Earth!

The athletes shown in the photos are **role models** for anyone seeking adventure. Do they inspire you to push your own limits?



3- Re read the text again. Look at the words in bold. Think about their meaning using the context in which they are used. **Now listen and complete.**

- a) - DETERMINATION: The players play with determination because they wanted to _____
- b) ENABLE: Good _____ enable me to run faster.
- c) ENDURANCE: _____ need endurance to run long distances.
- d) EXTREME: Hurricanes and blizzards are extreme _____ events.
- e) HAZARDOUS: When climbing in the _____, you need to prepare for hazardous conditions.
- f) LIMIT: He _____ his limit while climbing the mountain.
- g) MENTAL: A difficult puzzle provides a good mental _____
- h) OBSTACLE: Obstacles _____ between us and our goals.
- i) OPPONENT: My opponent was much _____ and won the game.
- j) OVERCOME: I need to overcome my _____ of heights.
- k) PAIN: Swimming all day _____ me pain in my whole body.
- l) PHYSICAL: Some _____ require a great deal of physical strength.
- m) PUSH YOURSELF: You really have to push yourself to run a _____
- n) ROLE MODEL: Parents, _____ and athletes can be all role models.

4- Read and write the words from the box. Make any necessary changes (you may need to write a verb in the past or nouns in their plurals, for example)

determination	hazardous	mental	obstacle	opponent
overcome	pain	physical	push himself	role model

Photographer and adventurer Cory Richards is used to difficult conditions. Cory has _____ many difficult _____ to bring us some incredible outdoor action photography. Cory believes that pushing his _____ and _____ limits helps him to better connect with himself and with the world.

In 2011, Cory successfully climbed an 8,000 m. (26,000 ft.) peak in the middle of winter. However, due to the _____ conditions, this challenge nearly cost him his life. On the way down, Cory and his team were caught in a major avalanche. 'Once the avalanche took us, there was no more fear,' says Cory. Although this experience scared him, he still takes risks to get a great photo. Cory's _____ and endurance make him a great _____.