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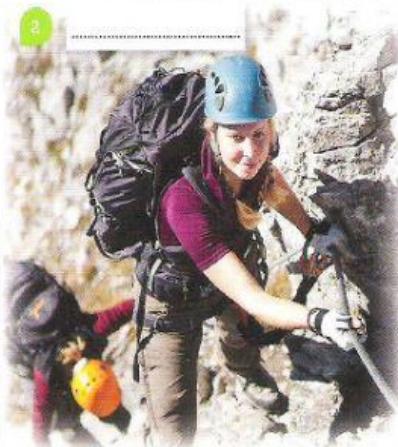
High adventure

Starting off

1



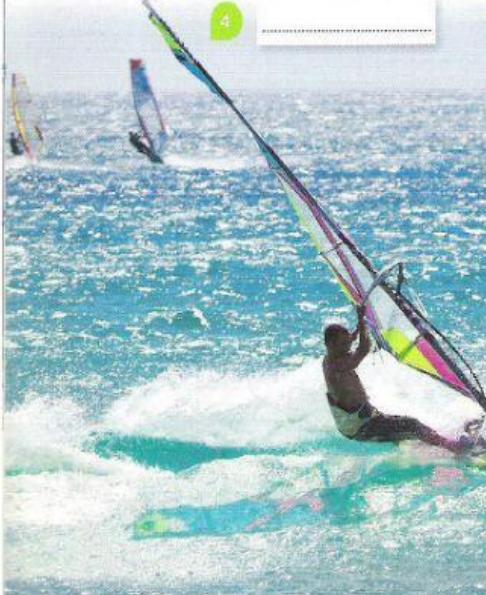
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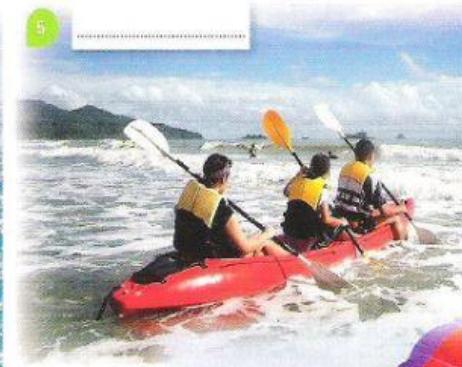
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4



5



6



1 Match these adventure sports with the photos.

canoeing / kayaking mountain biking parasailing rock climbing snowboarding windsurfing

2 Work in groups.

- 1 Which of these sports do you think is the most dangerous? Which is the least dangerous?
- 2 Which have you tried? Which would you like to try? Why? / Why not?

Listening | Part 2

1 Work in pairs. You are going to hear Gary giving a talk about adventure racing as part of a school project. *Read this text and discuss what type of information you need for each gap.*

Adventure racing

Gary participated with his (1) in his first adventure race last year.

Adventure racing became popular as a sport in the (2) , although there were races before that. In many adventure races, there must be a balance of (3) in each team.

Gary thinks teams which contain (4) are more successful.

Although some races take place in urban areas, most happen in (5)

Teams are really alone on the race because there are almost no (6) in the area where they race.

Gary's ambition is to do a race called the (7) Race in New Zealand.

Some races may take up to (8) to complete.

Gary thinks (9) must be the hardest thing in long races.

Adventure racing is considered (10) by many athletes from other sports as well.

24 Listen and, for questions 1–10, complete the sentences with a word or short phrase.

Exam advice

Before you listen:

- look at the incomplete sentences, including any words which come after the gap.
- think about what type of information you need for each gap (a date, a job, etc.).
- think about what type of word(s) you need for each gap (a noun (phrase), verb (phrase), etc.).

Work in groups.

- What do you think are the advantages of racing in teams?
- What are the main difficulties of adventure racing?

Vocabulary

Verb collocations with sporting activities

1 Complete these extracts from Listening Part 2 by writing an appropriate verb in the correct form in the gaps.

- Adventure racing is a sport you in teams.
- Anyway, it's not like just jogging or running or something like that.
- The races are in all sorts of different places.
- The majority are in mountains or deserts.
- Many people who are at the top of their sport in other fields are now because they find that, rather than as individuals ... they need to work as a team.

2 Use the table of collocations below to complete these sentences. In some cases, more than one answer may be possible.

- I think local governments should competitions for schools in their area where any student over 15 can
- I would encourage people to swimming two or three times a week because I think it's an excellent way of exercise.
- People who enjoy team sports often basketball or football, whereas people who enjoy individual sports golf or windsurfing.

verb	sport
hold / organise / compete in / enter / take part in	a race / a competition / a tournament / a championship
do / take	exercise
go*	jogging / cycling / skiing / swimming / windsurfing
play**	football / golf / basketball
do***	sports / athletics / gymnastics / judo / weightlifting

* for sports that end in -ing and are usually or often done outdoors

** for sports which are considered games

*** for other sports which do not use go or play

Work in pairs.

- How do you take exercise?
- What sports have you tried, and how much did you enjoy them?

Reading and Use of English | Part 6

- 1 Work in pairs. You are going to read an article by an adventure racer. Before you read the whole article, read the title and the subheading in *italics*. What do you expect to find out by reading the article?
- 2 Read the article quite carefully and make a short note in the margin about the subject of each paragraph. An example has been done for you.



Are you ready for an adventure race?

Rebecca Rusch has competed in several Eco-Challenge races, where teams of four men and women race non-stop over a 500 km course which includes trekking, canoeing, horse riding, scuba diving, mountaineering and mountain biking.

ed for
perience

Obviously, I did not feel so ready for the early races in my career as the races we have done recently. There is a lot to be said for just gaining experience. Just getting out there and getting your feet wet teaches you the right skills and attitude.

It's often not the most physically prepared or the fittest teams that win. The ones who come first are the teams who race intelligently and adapt to unexpected situations.

1 The only way to develop those qualities is to get out and race or do long training trips with your team-mates and friends.

Adventure races are such a huge challenge that when you enter a race you always think, "Am I ready? Did I train enough? Did I forget something?" I remember one race in particular, my very first Eco-Challenge and only my second race ever. **2** A 24-hour race seemed like an eternity to me. My background was cross-country running in high school and college where a two- or three-mile race seemed long. Most of my fear was due to lack of experience and knowledge. I really had no idea what I was getting into because I had never done a 24-hour race before. **3**

In preparation for Australia, I tried to approach my training in a methodical way. Looking back, I wasn't methodical at all. In fact, what I did involved simply running, biking and paddling a kayak as much and as hard as I could. I was also

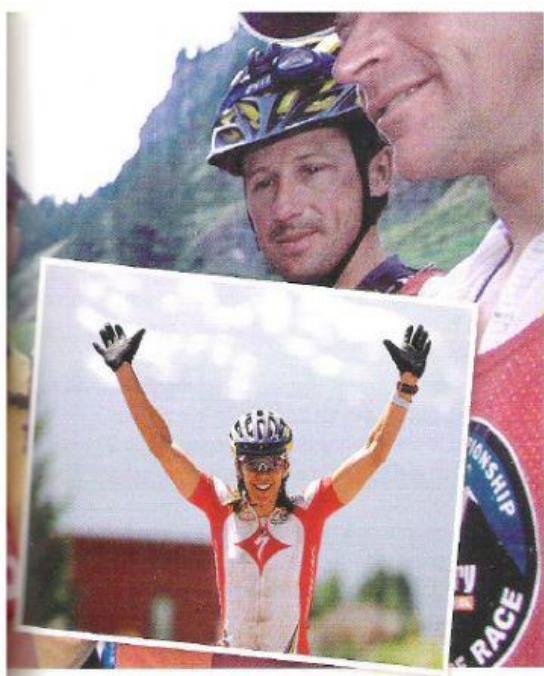
working at the same time. In reality, I was training a couple of hours a day during the week to get fit and at weekends training with the team for perhaps four hours. **4** I spent the rest of the time worrying about how slow I was.

So, we went to Australia and entered the race. We didn't plan a strategy at all, but just ran as fast as possible from the start. I just tried to keep up with my team-mates, who were more experienced than I was. **5** It was a furious 36 hours. We arrived at a few of the check points in first place and were among the top five. I knew we didn't belong there.

To cut a long story short, two of my team-mates decided not to continue the race after just a day and a half. One was suffering hallucinations and feeling ill. He was just too tired to carry on. **6** We had been going so fast that he felt uncomfortable asking us to stop so he could take care of his blisters. The other two of us, feeling fresh still, had to drop out with the rest of our team. Four days later we watched in disappointment as the winners crossed the finishing line. I knew that our team had not been prepared or realistic about the pace we could keep, but not finishing that race was the most valuable lesson I could have learned.

I promised then to come back one day and finish the race. That was seven years (and thousands of race miles) ago.

Adapted from *Adventure Sports Journal*



High adventure

Grammar

Infinitive and verb + -ing

1 These sentences (some of which are from the article you have just read) are examples of when to use the infinitive and when to use the verb + *-ing* form. Decide which sentence (a–i) is an example (1–10) for each of the rules on this page. You can use some of the sentences as examples for more than one rule.

- a Not finishing that race was the most valuable lesson I could have learned.
- b I promised then to come back one day and finish the race.
- c In fact, what I did involved simply running, biking and paddling a kayak as much and as hard as I could.
- d There is a lot to be said for just gaining experience.
- e I was training a couple of hours a day during the week to get fit.
- f There are medical teams to take care of injured runners.
- g He was just too tired to carry on.
- h It's no use entering a race if you haven't prepared properly.
- i Two of my team-mates decided not to continue the race after just a day and a half.

Using the infinitive and verb + -ing

The infinitive is used:

- 1 to say why you do something (sentence)
- 2 to say why something exists (sentence)
- 3 after too and enough (sentence)
- 4 after these verbs (there is a more complete list on page 166): agree, appear, ask, arrange, decide, expect, fail, help, promise (sentences and)
- 5 The negative is formed by placing not before the infinitive (sentence)

The verb + *-ing* is used:

- 6 after prepositions (sentence)
- 7 as subjects or objects of a verb (sentence)
- 8 after these verbs (there is a more complete list on page 166): admit, enjoy, finish, involve, mind, postpone, risk, suggest (sentence)
- 9 after these expressions: it's no good, it's not worth, it's no use, it's a waste of time, spend time, can't help (sentence)
- 10 The negative is formed by placing not before the verb + *-ing* (sentence)

→ page 166 Language reference: Infinitive and verb + -ing forms

2 Complete these sentences by writing the verb in brackets in the correct form in the gaps.

- 1 Carlos has suggested (start) a five-a-side football team. What do you think?
- 2 I don't think the weather is good enough (go) sailing this afternoon.
- 3 We've decided (hold) the race early in the morning before it gets too hot.
- 4 (train) is essential if you want to perform well.
- 5 I've joined a gym (get) myself fitter.
- 6 If you train too hard, you risk (injure) yourself before the race.
- 7 It's no good (run) in a marathon if you're not wearing the right shoes.
- 8 She was disqualified from the race for (push) an opponent.



3 Circle the correct form in *italics* in each of these questions.

- 1 What sport would you advise someone to *do* / *doing* in order to make friends?
- 2 What sport would you choose *to learn* / *learning* if you had plenty of time and money?
- 3 If someone needed to get fit, what sport would you suggest *to do* / *doing*?
- 4 What sports do you avoid *to take part in* / *taking part in* and why?

4 Work in pairs. Ask and answer the questions in Exercise 3, giving your opinions.

5  Candidates often make mistakes with the infinitive and verb + *-ing*. Some of these sentences are correct. Find and correct the mistakes.

- 1 Students are not allowed running along school corridors.
- 2 Few people choose spending their time taking exercise.
- 3 The Internet means that we spend more time sitting at home, but we cannot imagine to live without it.
- 4 Being fit and healthy does not mean to run 20 km a day.
- 5 Many students would prefer to cycle to school than go by school bus.
- 6 Many people only think about take exercise when they are overweight.
- 7 Unless they try to compete as a team, they will not succeed to win the competition.
- 8 Doing a sport is a good alternative if you are bored to sit and read a book.
- 9 It may be good to use a bicycle instead of going by public transport.
- 10 There are several good reasons for ride a bike.

Reading and Use of English | Part 4

1 Work in pairs. For questions 1 and 2, choose the correct answer A–D. Why are the other answers incorrect?

- 1 Why don't we start jogging if we want some exercise?
TAKING
He suggested in order to get some exercise.
A that they should take up jogging
B taking up jogging
C to take up jogging
D going jogging
- 2 She won the match without difficulty.
EASY
She found the match.
A it easy to win
B that it was easy to win
C she could easily win
D it simple to win