

## 2 High energy

### Reading:

FCE Part 3

### Multiple matching

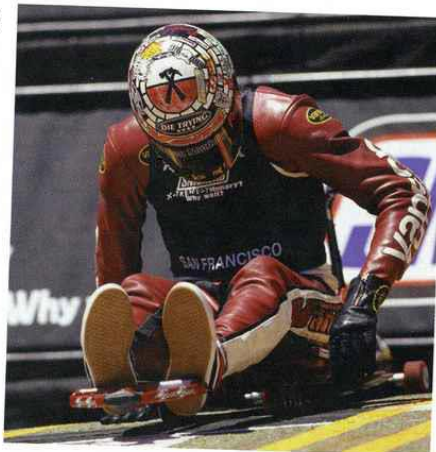
1



2



3



4



1 The pictures above all show extreme or dangerous sports.

**Student A:** Compare two of the sports and say which of them you think is more enjoyable.

**Student B:** Compare the remaining two sports and say which sport you think is more difficult to learn.

2 Read the magazine article about extreme sports on page 19 quite quickly and match each paragraph to a picture. Have you changed your ideas about each sport?

3 You are going to read the article again. For questions 1–15, choose from the sports (A–D). The sports may be chosen more than once. When more than one answer is required, these may be given in any order.

### How to go about it

- Read all the questions to see the kind of information you are looking for.
- Read text A, then look again at the questions, answering any that you can. To help you, parts of text A have been underlined. Match these parts to the appropriate questions.
- Do the same for the other three texts. Underline the relevant parts of the texts as you answer the questions.
- If there are any questions you have not answered, scan the texts again, looking for the specific information you need.

- A Street luge
- B Ice-climbing
- C Base-jumping
- D Zorbing

**Which text(s) mention(s) the following?**

- You need to be both physically and psychologically prepared.
- It was not at first intended as a land-based sport.
- The equipment is usually specially made to suit the participant.
- Slow speeds represent a risk.
- You do not need to have any special abilities.
- The sport goes by other names as well.
- It can be practised in an artificially created environment.
- Participants are protected from serious injury.
- It demands previous experience in a related sport.
- The equipment required depends on the conditions.
- It has caused deaths.
- There is a less secure variation on the basic sport.
- Your feet play an important role in reducing speed.
- Participants often break the law.

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# Going to extremes

Alex Benton takes a look at four extreme sports which are guaranteed to add a bit of spice to life – for those intrepid enough to want to try them.

**A Street luge**

Also known as road luge or land luge, street luge was born in California in the 1970s, when skateboarders found they could go faster by lying flat on their backs. In this position pilots can reach up to 130 kilometres per hour, but the sport is equally thrilling at much lower speeds. And it's surprisingly safe, too. Being so low to the ground means there's far less distance to fall, and even if you do, your crash helmet and full protective leathers prevent any real harm coming to you. Street luges are around two metres long and most are custom-built by the pilots themselves, although some commercial models are now available. You can steer them round bends by shifting your bodyweight to one side, and the only way to slow down or stop is by slamming down the thick heavy rubber soles of your boots onto the ground – not exactly a state-of-the-art braking system, but very effective nonetheless!

**B Ice-climbing**

As the name suggests, practitioners of this sport clamber up ice formations, usually with an ice axe in each hand and in the case of steeper slopes, crampons – metal spikes which grip the ice – on the bottom of their boots. The type of ice you climb also determines the tools you take with you. Water ice, such as that found in frozen waterfalls, is formed from water and is colder and more brittle than alpine ice, the frozen snow that forms glaciers. Whatever the conditions, the sport requires you to be mentally tough and have the agility and upper-body strength of a monkey. But you don't always need to go to the great outdoors to do your ice-climbing. Just as there are indoor climbing walls for rock climbers, you can also find specially built ice walls which recreate the basic conditions but take the unpleasant chill factor out of the experience.

**C Base-jumping**

BASE is an acronym for Building, Antenna, Span (a bridge, arch or dome) and Earth (a mountain or cliff), and was coined in 1978, when parachutists first began jumping systematically from fixed objects, either man-made structures or natural formations. Since then, the sport has claimed over 100 lives, the details of which are all rather morbidly recorded on the Internet. Indeed, so dangerous is it that before making your first jump, experts recommend you should do around 250 skydives in order to get fully used to the feeling of freefalling. But even this does not prepare you for the dangers involved in falling at such a relatively low velocity, and so close both to the fixed objects and to the ground. Be warned too that jumping from buildings is usually illegal, since gaining access to the top of them usually involves some form of unlawful entry.

**D Zorbing**

Developed in New Zealand in the 1990s, originally as a means of crossing water, this sport involves rolling downhill in a large PVC ball, an activity which requires no more skill than that of a hamster running inside its wheel. The three-metre zorb has two skins, with the area between them inflated to provide effective cushioning and so prevent zorbonauts from hurting themselves as they hurtle along at speeds of up to 50 kilometres per hour. Zorbers are also harnessed inside the ball to stop them moving around, although in 'Hydrozorbing' you can do away with the straps and slide around in a bucket or two of water. This version can be enjoyed alone, or you can share the experience with up to two other people inside the same zorb. But don't be surprised if you get the odd bump or bruise!

**Reacting to the text**

Which of these extreme sports would you most and least like to do? Give reasons for your answers.  
Have you ever tried any unusual sports?