

THEME 8 SPORTS READING SKILL (SPICE UP)

A. Have a look at the page in the digital magazine, No Pain No Gain, and read the jumbled paragraphs to reorder.

TRAIN INSANE OR REMAIN THE SAME

___ Let's take another example, coasteering. If you haven't heard of it before, don't worry, not many people have. If there is an adventurer inside you, coasteering is a unique way to explore the coastline by climbing, cliff jumping and swimming. What you need is an experienced guide. While you are experiencing nature, you will feel proud of yourself when you accomplish the task. "Some moments are hard to describe. Try to make each day your masterpiece," said Alina Wolf, an adrenaline junkie.

___ Researchers at Leeds Beckett University in the UK say that those who participate in extreme sports do it to have a life-changing experience. These experiences enrich the lives of participants and provide a further glimpse of what it means to be human. The researchers have also added that adrenaline junkies who are crazy about extreme sports are not irresponsible risk takers. Actually, they are highly trained individuals with a deep knowledge of themselves. They think the experience is nameless but absolutely life-enhancing and life-changing.

___ The popularity of extreme sports is increasing although these activities such as BMX (Bike Motocross), volcano boarding and base jumping are really risky. At the same time, a decline has been going on in other activities which are considered to be more traditional, including basketball and tennis. Then, the big question comes "What motivates people to do extreme sports?"

___ "As it is clearly seen in the examples, the experience is really hard to describe in the same way that love is hard to describe," Dr Anna Jones, one of the clinical lecturers, at LBU said. "While you're experiencing adrenaline in your body, another hormone related to happiness, endorphin, appears. It creates a feeling of happiness and joy." Dr Jones added.

___ Take for example the world's biggest triathlon, the Ironman, which consists of a 2.4-mile swim, a 112-mile bike ride and off by a 26.2-mile run. All races have to be completed without a break. For those who aren't able to manage such an exhausting event, there is a second option called the Ironman 70.3 with the same line of events but with shorter distances. "The Ironman is really beyond words, and it creates addiction. It helps you push your limits, improve yourself and reach new goals," says John Duke, Ironman Legend.

B. Read the digital magazine again and write true (T) or false (F).

1. Nowadays, people have stopped practising extreme sports as they are quite scary.
2. How adrenaline junkies feel about the experience is really hard to explain.
3. Those who are fond of extreme sports hate responsibility.
4. A triathlon is a type of multisport race which involves swimming, biking and running.
5. Coasteering has been a very popular sport among people.
6. Researchers say that there is a strong link between extreme sports and a higher level of happiness and joy.

C. Alisha is an exchange student in Türkiye. Read her radio interview with the Turkish swimmer Karan Beydemir and complete the missing parts with the questions below. One is extra.

- a. What motivates you the most in your profession?
- b. When did you start swimming?
- c. What are your future plans?
- d. What is the key to your success?
- e. What will your message be to our listeners?
- f. What drives you to get up in the morning and go to training every day?

Alisha: Good morning, everybody! We're so happy to have Karan Beydemir here with us today. Well, Karan, in your category, you are the only Turkish swimmer, who broke the European and the world records in the men's 100-meter backstroke. (1)_____

Karan: I think dedication and discipline for any sport are the keys to success. I can say that swimming has been my whole life.

Alisha: Can you tell us a bit about your career? (2)_____

Karan: Sure. I was only three when I started swimming, and at the age of fifteen, I was chosen for the national team.

Alisha: (3)_____

Karan: I believe that every new day is a big opportunity. I feel really impatient from the time I wake up until I go to the pool. I work with discipline all day long, so training never ends.

Alisha: (4) _____

Karan: Actually, my biggest motivations in life are to show how strong human beings are and how we can exceed limits under the right conditions.

Alisha: One more question, (5)_____

Karan: Well, I believe they should do what they love and work really hard. We must do everything to contribute to humanity.

D. Read what Dennis Kurt, an Ironman triathlete, says about his amazing experience and complete the blanks with the sentences below. One is extra.

- a. Some people take up fishing and volunteering when they retire
- b. Most of them said that they had all done triathlons before
- c. Nobody was enjoying what was going on
- d. There was a big problem of learning how to swim freestyle

FIRST PUMP

I finished my first Ironman race at 60, and it all started with a New Year's resolution. I decided to sign up for a triathlon as the calendar flipped from 2019 to 2020. I was also set to turn 60 in a few days' time, and this decision would be like a birthday present to me. I was keen on cycling and hiking in my teenage years, but I was always busy with work and family. In fact, I hadn't done any sort of racing since the ninth grade, but I knew my competitive spirit was buried deep inside of me. (1)____. The last time I took a lesson, I was probably eight years old. I signed up for lessons, and in a few weeks, I felt more comfortable with my breathing. I began to follow a training schedule I found online and started riding my bike up to 30 miles every day. When the race day came, feeling prepared and nervous, I took comfort in meeting several men around my age. (2)____. I stayed focused on the finish during the run, swim and bike. When I crossed the line, I celebrated it with a fist pump. That moment is unforgettable. It's something I've never imagined doing, and now I'm here more competitive than ever. (3)____. I am so happy I chose a completely different hobby as a retired English teacher. I know it was my first but not last Ironman experience. I tell people that they can one hundred percent become an athlete later in life. No question, it is hard work, but you will be surprised at how far you've come.

E. Read the text again and write true (T) or false (F) next to the statements.

- 1. As a ninth grader, Dennis Kurt participated in a race.
- 2. Dennis Kurt has been an unadventurous person.
- 3. He did his best to be prepared for the race.
- 4. His Ironman experience made him disappointed.
- 5. As a retired English teacher, Mr Kurt picked up an ordinary hobby.