

UNIT 1 >>> Be extreme!

- 1 Do you like running, swimming or climbing? What's the furthest you can run? What's the longest distance you can swim? What's the highest you can climb?
- 2 Some people are thrill-seekers and like to set themselves extreme challenges. Read the texts quickly. Which person travelled the furthest?

A

The longest run

Imagine the scene ... The sun's setting over the sand dunes of the Sahara desert. You're lying down, enjoying the view with a big, cool drink of water ... You need it because your name is Lahcen Ahansal. Born in Morocco in 1971, he has won the world's longest and toughest race more times than anyone else. The *Marathon des Sables* takes place in Morocco, through the desert, over a distance of 251km (156 miles). It takes six very long, hot days to complete but many competitors fail to finish. Lahcen has won the race ten times, first in 1997, then every year between 1999 and 2007. But he is watching his younger brother carefully because he is hot on his heels. He's won the race six times! Who can beat these ultra-running siblings?

B

The longest swim

| | |
|---------------------------|--|
| Who? | Martin Strel (Slovenia) |
| Born? | 1954 |
| When? | 1st February–8th April, 2007 |
| Where? | Length of Amazon River (Atalaya, Peru → Belem, Brazil) |
| Distance? | 5268km (3273.38 miles) |
| Furthest swam in one day? | 127km |
| Other achievements? | Swam length of Danube, Mississippi and Yangtze rivers |
| Why? | 'Swimming for peace, friendship and clean waters.' |

PHRASEBOOK

a *thrill-seeker* (noun): someone who loves to do exciting and sometimes dangerous things

to be *hot on one's heels* (idiom): a phrase that means someone is very close behind you, usually in a competition

C



TV GUIDE

Channel 7 (Documentary) Saturday 28th March, 7pm

The highest urban climb

Tonight's documentary is about the 'French Spider-Man', Alain Robert. Famous for climbing the planet's most famous landmarks, he attempts to ascend the world's highest building – the Burj Khalifa in Dubai. There are amazing scenes of the 48-year-old as he starts his vertical journey of 828 metres (2717ft) with only a rope for safety. Will he succeed? Watch and find out!

3 Read the texts again and answer the questions.

- Which event took place in South America?
 - Who took six days to complete their extreme challenge?
 - Where is Alain Robert from?
 - Who has a very close competitor?
 - Why does Martin Strel swim in extreme places and for long distances?
 - Who was the oldest when they completed their extreme challenge?
 - Who was the youngest when they first completed their extreme challenge?
 - Where is the building that Alain Robert climbed?
- 4 a Which of these extreme challenges would you most/least like to do? Why?
- b What physical and mental strengths do you think you need to achieve these goals?