

In love with fear 愛上恐懼感

Vocabulary: Extreme sports

Tired of your quiet routine? How about leaving your computer games behind and taking up an **extreme sport**?

You can ride a bicycle, right? In that case you're halfway to becoming a **mountain biker**. All you have to do is take your bike off the road and try some rough **terrain**. Mountain biking was developed in California in the 1970s and became an Olympic sport in 1996. In the London 2012 games athletes had to **navigate** a 4.7-kilometre track in less than two hours.

Not challenging enough? **Skydivers** jump from aircraft at an **altitude** of 1,000 to 4,000 metres. You have to be **fit** but there's no age limit with this sport. Dilys Price from Cardiff went on her first jump aged 54. The minute she came down she wanted to go up again. "I was **hooked**", said Dilys.

Some **adrenaline junkies** are even **bolder** – they've invented base jumping, in which people leap from tall structures, such as buildings or bridges, with a parachute. Many of their **stunts** aren't legal, especially in urban areas. Dan Witchalls has jumped off The Shard - London's 310 metre-high skyscraper - four times. He says: "Base jumping is scarier than jumping out of a plane. In a plane there's no perception of height, but when you are standing on the edge of the building you can see people and cars - it makes it very real."

It seems there's no lack of imagination when it comes to risking life to look cool and get the heart **pounding**. Surfing, **scuba diving**, rock climbing... How about turning one of your **chores** into a **daredevil pursuit**? 'Extreme ironing' isn't for **wimps**! Pressing your shirt on top of a mountain could be dangerous, depending on the mountain. Extreme ironing is said to have been created in the 1990s in the English town of Leicester by a man who saw a pile of **wrinkled** clothes and felt bored. That was Phil Shaw who also won the only Extreme Ironing Championships ever held, in Germany in 2002. For him, the **thrill** of this sport comes from looking at the spectators' faces. Shaw says: "Sometimes they look confused, sometimes they laugh. It's fun to see how people respond to it."

Find the answers from the given text

1. What sort of surface do mountain bikers train on?
2. Was 54-year-old Dilys Price terrified after her first parachute jump?
3. Why is jumping off a building scarier than jumping out of a plane?
4. True or false? *Extreme ironing was invented by a man who likes ironing.*
5. Where does the excitement of extreme ironing come from, according to the article?

Choose the correct answer

1. My cousin Billy goes surfing every week and now he wants to try skydiving. He is

_____.

an adrenaline junkie	a wimp	a spectator
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2. Leave your parachute at home. Today we are going _____.

base jumping	scuba diving	skydiving	rock climbing
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3. I'm not very fit. We've been running for a few minutes and my heart is already

_____.

beating	hooked	tired	pounding
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4. I'm going to become a professional mountain biker. Why not turn a hobby

_____ a career?

over	into	on	to
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5. What are you doing with this ironing board on the top of Mount Kilimanjaro? I'm

_____.

confused	bored	tired	fit
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Vocabulary

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- an extreme sport n. 極限運動
→補充
- a mountain biker n. 山地車車手
→補充
- terrain n. 地帶，地面
→補充
- to navigate v. 騎車通過，對付（艱險路面）
→補充

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- a skydiver n. 跳傘者，跳傘運動員

→補充

- altitude n. 海拔高度

→補充

- fit adj. 身體健康的，健壯的

→補充

- hooked adj. 著迷了，上癮了

→補充

- adrenaline junkie 尋求刺激的人（喜歡腎上腺素帶來的興奮感的人）

→補充

- bolder adj. 更勇敢無畏

→補充

- a stunt n. 驚險動作，特技

→補充

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- to pound v. (心臟) 怦怦地跳
→補充
- scuba diving n. 水肺潛水
→補充
- a chore n. 令人討厭的瑣事，家務
→補充
- a daredevil pursuit 大膽的追求
→補充
- a wimp 軟弱的人
→補充
- wrinkled 皺巴巴的，有皺紋的
→補充
- a thrill 刺激，興奮感
→補充