



Unit 3:
Outdoor pursuit
Lessons 10-11
My heroic adventures

Learning objectives:

Reading: To read a blog article, using present perfect and future forms, about a future challenge: to skim for gist, to scan for specific information and to read for comprehension.

Writing: To complete a newspaper article with key vocabulary.

Speaking: To speculate about a future challenge and talk about people who like doing tough challenges.

Key vocabulary:

distance

blog

heroic

amazing

challenge

ultra marathon

marathon

desert

coast

sand dune

tent unbelievable

degree

tough

stage

run

wonderful

race

dune

temperature

Lessons 10–11 **My heroic adventures**

- What's the longest distance you've ever run? Have you ever been on a long bike ride? How did it feel?



Reading

- 1 **21st** What is an ultra marathon? Where can you do one?
Read Mansour's blog to find out.

MY HEROIC ADVENTURES

The Blog

30th October

I've ridden a bike across the US, and I've swum in the Arabian Gulf. In a few days, I'm going to start my next amazing challenge: an ultra marathon across the desert in Oman.

It's a very long race that starts in Bidiyah and ends on the coast of the Arabian Sea. In total, we will run 165km! It's going to take six days and each day we'll run between 20 and 40km. We'll run across desert plains the whole way and every night we'll stay in tents. But that's not all. The really unbelievable thing is the weather – it's going to be hot. Very hot! I think it will go up to 30 degrees sometimes, so running will be very tough. The good thing is that one of the stages will be a night run. I think it will be wonderful to run at night across the desert. I can't wait!

The race starts next week. Keep checking my blog – I'll let you know how it goes.

Mansour



Reading strategy

The first time you read a text, don't worry if you don't recognise all of the words. The important thing is to get a general understanding of the text.

3 **21st** Are these sentences true (T) or false (F)?

- 1** This is not Mansour's first amazing challenge.
- 2** It will take over a week to complete the race.
- 3** The runners will sleep in tents at night.
- 4** It will be the same temperature all the time.
- 5** Mansour thinks the weather will make it easy to run.
- 6** Mansour is happy about running at night.

1 True

2 False: it will take six days

3 True

4 False: it will go up to 30 degrees at some times

5 False: he says running will be very tough

6 True

Lessons 10–11 **My heroic adventures**

1 Find the correct word in the box for each of these definitions.

• blog • challenge • coast • desert • dune • **marathon** • tent

- 1 marathon : a long-distance running race
- 2 **desert** : an area, covered with sand, where there is very little rain
- 3 **coast** : the land next to the sea
- 4 **tent** : a shelter made of canvas that you can carry with you
- 5 **blog** : a regular record of your experiences that you put on the Internet
- 6 **challenge** : something that needs great effort, and tests your ability
- 7 **dune** : a hill of sand made by wind in the desert

2 Complete the newspaper article with the correct form of the words from Activity 1.

NEW RUNNING ADVENTURE FOR 'HEROIC' MANSOUR

Local man, Mansour Al Raes, is famous for doing heroic ¹ challenges. He has swum in the Arabian Gulf and he has ridden his bike through the seven emirates in five days. Next week, he will start a new adventure, and it won't be easy. He's going to run in an ultra ² _____ across the ³ _____ in Oman. The full distance is 165 km, from Bidiyah to the ⁴ _____ of the Arabian Sea, and it will take six days to complete. He and the other runners will run over sand ⁵ _____ in very high temperatures.

They will be sleeping in ⁶ _____, but one night they will be running through the night. Mansour says it will be wonderful. You can find out more about his running challenge on his ⁷ _____ 'My Heroic Adventures'. Good luck, Mansour! We hope you have a great time.



- 1 challenges
- 2 marathon
- 3 desert
- 4 coast
- 5 dunes
- 6 tents
- 7 blog

Listening 21



- 5** Listen to a radio interview with Mansour after the ultra marathon. Answer these questions.
- 1** What did he find difficult about the ultra marathon?
 - 2** What did he enjoy?
 - 3** What is he going to do next? Why?

1 It was so hot that it was difficult to run. He got sand in his shoes, which was painful.

2 Talking to the other runners, and when they ran one of the stages during the night.

3 He is going to try kayaking (at the River Nile Festival in Uganda). It will be dangerous and fun.

6 Listen again. Complete the phrases with the words in the box.

dangerous exciting great happy incredible painful tough

- 1** That sounds _____ .
- 2** ... when you're running all day, it can get really _____ .
- 3** They are all _____ people and I'm _____ I've met them.
- 4** Running over sand dunes in the middle of the night, it was an _____ experience!
- 5** So for my next _____ adventure I'm going to try ...
- 6** I think it will be _____ and also a lot of fun.

1 tough

2 painful

3 great; happy

4 incredible

5 exciting

6 dangerous

4 Match the beginnings and endings to make sentences from Mansour's radio interview.

- | | |
|--|-----------|
| 1 I ran in an ultra marathon | |
| 2 We ran between 20 and 40 km each day, | 1f |
| 3 Yeah, it was so hot sometimes | 2d |
| 4 I really enjoyed talking | 3g |
| 5 My other favourite part was | 4a |
| 6 Running over desert plains in the middle of the night, | 5e |
| 7 After so much sand, | 6h |
| 8 I love canyoning and white-water rafting, | 7c |
| 9 I think it will be dangerous, | 8i |
| a to the other runners. | 9b |
| b and also a lot of fun. | |
| c I want my next challenge to be in the water. | |
| d and we slept in tents at night. | |
| e when we ran one of the stages during the night. | |
| f across the desert. | |
| g that it was very difficult to run. | |
| h it was an incredible experience! | |
| i so for my next exciting adventure I'm going to try kayaking at the River Nile Festival in Uganda. | |





Writing tip

Your blog post will be easier to read if you use separate paragraphs for the main points. For example:

paragraph 1: about the race

paragraph 2: what Mansour plans to do next

Writing

- 7 Use the information in the radio interview to continue Mansour's blog post. Talk about how the marathon went and what you (Mansour) plan to do next.

2 **21st** Find the following in the text.

1 four strong adjectives: *heroic, amazing*, ...

2 the full distance of the race:

3 the shortest distance of a stage:

4 the longest distance of a stage:

5 a temperature:

3 Re-order the letters to make adjectives.

1 _____ *exciting* _____

2 d _____ s

3 t _____ h

4 p _____ l

5 i _____ e

6 a _____ g

Speaking

- 4** Work in pairs. Ask and answer the questions.
 - 1** What do you think about Mansour's 'heroic' challenge?
 - 2** Do you think it will be difficult for Mansour to finish the ultra marathon? Why? Why not?
 - 3** What kind of person is Mansour? Are you like Mansour? Give examples.