

Adventure Athletes Book One:
American Quests

American Quests

Book One

Joan Benoit – Pretty Good for a Girl

Joan Benoit grew up with three brothers who taught her to be a strong competitor. In high school and college she became an enthusiastic runner. One day Joan decided to enter the Boston Marathon, the most famous race in America. In that race she set a new marathon record for women and later beat that record in a running time of 2:22:43. Her next goal was the Olympics, but to qualify she had to enter the Women's Olympic Marathon Trials. Months before the Trials, she felt a pain in her right leg. It grew worse, and finally surgery was required. Were her running days over? Seventeen days later Joan not only entered the Trials, she finished first! At last the big day in 1984 came. The winner in the Olympic Marathon – Joan Benoit, nearly 90 seconds ahead of the nearest competitor! Later, at the Chicago Marathon, she also set a record that lasted 18 years.

Peter Croft – Mr. Yosemite

Peter Croft went from informal climbing to technical climbing with ropes and pitons. He read books on climbing and journeyed to Canada to climb with the experts there. He spent time at Yosemite, and for the next few years he did all kinds of climbing, even traveling to Nepal where the mountains are among the highest in the world. One day he and some others set out to climb Langton Lirung, 23,700 feet high. For days the climbers built camps, each higher up the mountain. One day Peter and a famous climber named Reg went ahead to find the best route to the summit. A storm hit. Lightning flashed. They started down but were blocked by heavy snow, so they were compelled to return to the cliff. They endured a night of lightning and freezing temperatures. Years later Peter and a well-known climber named John Bachar climbed both El Cap and Half Dome in one day, an amazing feat that had never been done before.

Martha Kennedy – Pedal Pusher

Martha Kennedy started her successful bicycling career in high school. She entered the Belle Island Marathon in Michigan, a race to see who could ride farthest in 24 hours. Martha rode 267 miles and set a new world record. While in college she heard of the Iditarod, a 210-mile winter race in Alaska, and decided to enter it. It was an experience she would never forget! Early in the race Martha encountered "9 mile hill," so steep and slick, she had to push her bike up one side and down the other. Along the route Martha met bikers who were dropping out, but she pushed on despite soft snow and freezing temperatures. At one point she lost the trail for two hours because it had been chopped up by snowmobiles. She had several falls but after 42 hours and 59 minutes of grueling effort, she crossed the finish line. Only five men had finished before her.

David Horton – Trail Runner

In college David Horton gave up basketball for running. Later he gave up speed for distance and endurance. Over the next few years he ran 65 ultra marathons. And then he heard about the Appalachian Trail that went from Georgia to Maine, 2,144 miles. No one had ever run the whole trail, but David decided to try. He ordered special food and advertised for people along the way to take him in overnight for food and rest. More than 40 people volunteered. On the first day, he walked and ran 37 miles. Day eight was the worst when his shin began to hurt. It gradually got better, and David pressed on. The final 165 miles took every bit of his strength. It was hot, and the route had become mountainous. At times he was so tired, he began to sob. Somehow he finished what he had set out to do. It took him 52 days, 9 hours, and 41 minutes!

Vocabulary

attention	article	promised	autograph
Olympics	surgery	temperature	expedition
boulders	diary	realized	probably
officials	triathlon	sausages	Fahrenheit
athlete	friendly	magazine	Appalachian

*Extending the Vocabulary:

- Some of the vocabulary words introduced may be new to your students. Words like triathlon, expedition and boulders may be difficult for them to understand and remember.
- Try creating a picture map with your students so that they can associate the words with a photograph or picture. Bring in magazines that contain photographs of various extreme sports, allow students to work in groups to find pictures/photographs that represent the new vocabulary words. Or ask students to draw their own pictures to represent the vocabulary words.
- As you introduce these words, Fahrenheit, temperature, officials, diary, athlete, autograph, article, have students work in pairs or groups, and assign one or two words to each group, then ask them to construct a Word map for the new words. Provide an example for them on the board or on an overhead projector. *The Word Map is comprised of five squares; the targeted word is in the middle, above the word is the definition, below are sentences using the word, on the left a synonym for the word and on the right an antonym for the word.*

Joan Benoit – Pretty Good for a Girl

- I. Pronounce each word. (1) Draw a circle around each one-syllable word; (2) Draw a square around each two-syllable word; (3) Underline each three-syllable word; (4) Put a check next to each four-syllable word.

group	miles	temperature
father	operated	imagine
skiing	screamed	behind
freedom	reporter	tape
American	minute	expected
ribbons	trial	promised
voice	knee	smile
race	Olympic	favorite
marathon	remove	Oregon
doctor	fan	weeks

- II. How many one-syllable words did you find? _____
- How many two-syllable words did you find? _____
- How many three-syllable words did you find? _____
- How many four-syllable words did you find? _____

Peter Croft – Mr. Yosemite

Unscramble the letters to form words from ***Peter Croft – Mr. Yosemite***. Write the words in the spaces on the right.

- | | | | | | |
|---------------|---|-------|-------|-------|-------|
| 1. N O R B | B | _____ | _____ | _____ | _____ |
| 2. Y N M A | M | _____ | _____ | _____ | _____ |
| 3. E O P R | R | _____ | _____ | _____ | _____ |
| 4. P L E H | H | _____ | _____ | _____ | _____ |
| 5. N S W O | S | _____ | _____ | _____ | _____ |
| 6. K A P E | P | _____ | _____ | _____ | _____ |
| 7. H H I G | H | _____ | _____ | _____ | _____ |
| 8. M A P C | C | _____ | _____ | _____ | _____ |
| 9. T T N E | T | _____ | _____ | _____ | _____ |
| 10. Y O L N | O | _____ | _____ | _____ | _____ |
| 11. A I T W | W | _____ | _____ | _____ | _____ |
| 12. B M I L C | C | _____ | _____ | _____ | _____ |

Martha Kennedy – Pedal Pusher

- I. There are fourteen compound words from *Martha Kennedy – Pedal Pusher* in the list below. Circle them. Then put a line through the compound word where the two smaller words are joined.

everywhere	paunch
stomach	anyone
weekdays	food
frostbite	weekends
sometimes	whistle
cereal	matches
lightweight	breakfast
flood	oatmeal
foothold	attack
toes	everything
checkpoint	powder
freeze	schoolhouse
extra	outside
stove	helmet

- II. See if you can think of four compound words that are not in the list above.

1. _____	2. _____
3. _____	4. _____

David Horner – Trail Runner

Put the following words from ***David Horner – Trail Runner*** in alphabetical order.
Write the words in the spaces on the right.

1. school _____
2. coach _____
3. miles _____
4. race _____
5. student _____
6. team _____
7. runner _____
8. minute _____
9. stairs _____
10. friend _____
11. quit _____
12. people _____
13. hour _____
14. kidding _____
15. ultra _____

Comprehension Questions

Joan Benoit – Pretty Good for a Girl

1. Where did Joan grow up?
2. Joan said that skiing was a great teacher. What did skiing teach Joan?
3. What was Joan's first Olympic dream? And why did it change?
4. Why did Joan decide to be a runner?
5. Why did Joan enter the Boston Marathon?
6. How many miles is a marathon?
7. How many times did Joan run the Boston Marathon?
8. What was Joan's second Olympic dream? Did it come true?
9. What did Joan do to make her Olympic dream a reality?
10. Where were the Olympics held in 1984?
11. How did Joan feel when she thought about quitting running?
12. Joan ran the Chicago Marathon in 1985, what happened?

Peter Croft – Mr. Yosemite

1. Where was Peter Croft born?
2. How did Peter feel hiking in the mountains?
3. What is Technical climbing?
4. Who was Peter's first climbing partner?
5. Where was Peter when he took his first 25-foot fall?
6. What advice did the other climbers give Peter to improve his climbing?
7. Why did Peter go on an expedition to Nepal?
8. The higher the altitude the _____ the air.
9. While Peter and Reg were climbing, a storm hit. Why did Peter tell Reg to take off his glasses?
10. When Peter and Reg got down the mountain, Peter got a great idea. What was it?
11. Who did climbers call, "Mr. Yosemite?"
12. What did Peter and John Bachar do to prepare for climbing El Capitan and Half Dome?

Martha Kennedy – Pedal Pusher

1. The title says that Martha was a, “pedal pusher.” What does this mean?
2. In High School Martha entered her first race. What was the name of the race and how long did this race last?
3. How did Martha find out about the Idita Bike race? Where did she have to travel to for the race?
4. How many miles was the Idita Bike race?
5. How long did Martha train for the race?
6. Why didn’t Martha wear a helmet or carry a compass?
7. What happened to Lanny? And why was he embarrassed?
8. What did Martha keep repeating every time she had to walk with her bike instead of riding her bike?
9. What happened to Martha as she reached the last part of the race?
10. Martha finished the race. Why was this so important?

David Horner – Trail Runner

1. What sport did David play before he became a runner?
2. The school’s track coach said that David had the right body for a runner. What do you think he meant?
3. Why did David quit the track team? And how long was it before he ran again?
4. After David started running again, how many miles did he run a week?
5. What was the name of the first Marathon David ran in?
6. After the first Marathon how many more did David compete in? And how many did he win?
7. How many miles is the Appalachian Trail?
8. What was Scott Grierson trail name? Why do you think he chose that name?
9. How did David’s wife feel about him running the Appalachian Trail?
10. How did David prepare for the run?
11. David decided he didn’t want to carry a backpack, what did he decide to do instead?
12. How long would it take David to run the Appalachian Trail?
13. Who ran the last ten miles with David? And why was David sobbing during these last ten miles.
14. Did Scott Grierson ever finish running the Appalachian Trail?

Adventure Athletes Book Two:
Taking on the World

Taking on the World

Book Two

Steve Newman – World Walker

Steve Newman began his walk around the world on April 1, 1983, in Bethel, Ohio. The mayor, a TV crew, and 10 people were there to bid him goodbye. His thoughts were not particularly optimistic until he got to New York 11 weeks later. By that time he was stronger and ready to go. After traveling across the Atlantic by ship, he walked across Ireland, England, France, and Spain. Another ship took him to North Africa where he encountered a mob of wild pigs. People were kind to him all along the way, offering lodgings and food. In India 200 friendly people followed him to the local post office. In Thailand he was attacked by two men but got away in a passing car. The trip took four years, and when he got home, a crowd of 2,000 greeted him. Later he figured that he had seen the world for nineteen cents a mile.

Peter Bird – Ocean Rower

Peter Bird's fascination for oceans and boats began when he was just a child. His passion for rowing adventures grew stronger with each passing year. He was not always successful. In fact, his failures seemed to outnumber his successes. His first big trip from Gibraltar to the Caribbean lasted 103 days during which Peter and a friend rowed 3,303 miles. A leaky boat ended the trip. Next he rowed from San Francisco to Honolulu, barely making it after his boat's rudder broke. Two years later he rowed 6,000 miles from San Francisco to Australia's Great Barrier Reef where a navy ship helped him make land. His most ambitious trip was planned to take him from the eastern Soviet Union to California. He had a new sturdy boat built and spent months in preparation but was defeated by wind and weather. Peter is not discouraged. He will most likely try this amazing rowing feat again.

Ken Crutchlow – On a Bet

Ken Crutchlow was always ready for excitement. One day he made a bet with a friend to race around the world. They had three rules: (1) they could take only \$24 with them; (2) they must pass through San Francisco and Sydney, Australia; (3) they could not fly, steal, or beg. The friend dropped out, so Ken won. This was only the first of many challenges. He ran across Death Valley four times in the summer heat; he ran from San Francisco to Los Angeles; he bicycled from Death Valley to Las Vegas; he rowed a boat from San Francisco to Sacramento; he swam from Alcatraz Island to San Francisco; he bicycled from Los Angeles to Mexico City; he ran from San Francisco to Reno. But his most exciting challenge came when he and a friend bet that on bikes they could beat a boat in a race between San Francisco and Ketchikan, Alaska. It took them five days, five hours, and seven minutes, but they beat the boat by eight hours!

John Fairfax – Rowing the Atlantic

John Fairfax would try anything! For two years he lived in a South American jungle and hunted jaguars and ocelots. He became a pirate smuggler and barely escaped with his life when caught by a British Navy ship. Then he decided to row 3,600 miles from the Canary Islands to Florida, farther than anyone had ever rowed in an ocean. He got a slow start because of wind and waves but tired and depressed he kept on. He was about to give up when a huge ship took him aboard for food and rest – then back to his boat with raised spirits. It was never easy. A shark attacked him when he was scraping the bottom of his boat. He slashed it with a knife, and it disappeared. The journey took John more than five months of backbreaking toil, but he finally landed in Florida. It was the same day the astronauts landed on the moon!

Vocabulary

disease	diary	Harlem	squinted
nervous	Morocco	February	continents
Thames	adventures	Caribbean	Australia
typhoon	stomach	jaguar	Vladivostok
announcement	Ketchikan	ocelot	Tenerife

*Extended Vocabulary Activities

- Using the encyclopedia, Wikipedia or another informational source, ask students to find information about the following locations: Thames, Morocco, Ketchikan, Australia, Vladivostok, Caribbean, Tenerife and Harlem. Students can work in pairs or groups, and present their findings to the entire class.
- Ask students to use the following words to write a short story; disease, nervous, announcement, typhoon, diary, stomach, squinted, adventures, February.
- This short story activity can also be done orally with each student participating. The teacher can begin telling a story using one or two of the vocabulary words, and writing the story on the board, making sure to underline the word used; then ask the first student to continue the story using another vocabulary word, then go to the next student, then the next, until all the words are used and the story has ended. The class can then read the story aloud to make sure the words are used correctly, and the story makes sense.

Steven Newman – World Walker

True and False If the sentence is true, write a “T” in front of it.
If the sentence is false, write an “F” in front of it.

1. _____ Twenty people saw Steven off when he began his trip around the world.
2. _____ Steven forgot his water bottle.
3. _____ Steven’s father was very ill.
4. _____ It never rained during Steven’s trip.
5. _____ Steven stayed with a friend in New York.
6. _____ Steven flew from Spain to Morocco.
7. _____ Steven was attacked by goats.
8. _____ Steven called home from Africa.
9. _____ In Thailand Steven was attacked by two men.
10. _____ The trip took Steven four years.
11. _____ Three thousand people welcomed Steven home.
12. _____ Steven’s trip cost him 19¢ a mile.

Peter Bird – Ocean Rower

All the words below can be found in *Peter Bird – Ocean Rower*. Look at the first word in each line. There is another word in the line that means almost the same thing. Connect the two words.

- | | | | | |
|-----|--------|-------|---------|--------|
| 1. | find | four | locate | river |
| 2. | boat | swim | food | ship |
| 3. | near | close | dock | bridge |
| 4. | carpet | rug | world | trip |
| 5. | talk | dream | speak | quit |
| 6. | job | horse | work | year |
| 7. | small | wind | smile | little |
| 8. | money | deck | navy | cash |
| 9. | stop | halt | brother | home |
| 10. | rescue | save | day | action |
| 11. | rocks | goat | stones | time |
| 12. | sea | boss | friend | ocean |

Ken Crutchlow – On a Bet

All of the words below can be found in *Ken Crutchlow – On a Bet*. Read across and circle the correct spelling of the word from the four choices.

1. family famely familee famuly
2. tiket ticket ticet tickut
3. stomak stomach stomuch stomach
4. freinds frends friends frinds
5. bicicled bicycled bicykled bycicled
6. money muney monny monee
7. maruthon marethon marathon marithon
8. country cuntry contry cuontry
9. picsure pictur picter picture
10. poliseman polliceman puliceman policeman
11. stranjer strenger stranger strannger
12. innocent inosent innocint innecent

John Fairfax – Rowing the Atlantic

I. Circle the things John Fairfax might have had in his boat.

flashlight	fire	knife
trees	tea	jaguar
food	flippers	radio
water	world	pirate
shark	blanket	oars
kettle	rope	panic

II. Draw a box around every word that is a noun. Remember a noun is the name of a person, a place or a thing.

mother	sat	passport
book	rowboat	water
asleep	badge	land
small	move	crawl
two	starve	beach
man	smuggler	worse

Adventure Athletes Book Three:
Facing Inner Challenges

Facing Inner Challenges

Book Three

Tom Crawford – Born to Run

Tom Crawford planned to be the first person to run from Badwater in Death Valley to the top of Mt. Whitney and back again. Badwater was the lowest point in North America, 382 feet below sea level. First Tom planned to cross the floor of Death Valley, then run over the rugged Panamint Mountains, and pass through another desert called the Panamint Valley. His plans included a trek over another mountain range and another desert. After that came Mt. Whitney, and then the whole trip would be done in reverse. And that is exactly what he did, accompanied by his wife Nancy and his friend, old-timer Billy, in an RV. The desert floor temperature was 190°, which swelled his shoe size from 11 to 14! Temperature at the top of Mt. Whitney was 10°. Two years later he did it again!

Audrey Sutherland – The Wild Side

Audrey Sutherland's children had grown and left home when she decided to change her life radically. She took kayak lessons and chose Alaska as a place to try out her new skills. She also took water safety lessons and learned how to climb back into a rolled-over kayak. She practiced for many hours in high winds and strong waves and then flew to Alaska. There she paddled her kayak from one island to another, enjoying her solitude and braving many dangers. She bumped into a grizzly bear, who stared at her for a few terrifying moments and then turned away. A whale rose out of the water only a few feet away, and Audrey managed to stay calm enough to snap a few photos. A wolf ignored her after drinking from a nearby stream. Her kayak tipped over, but she managed to right it and climb back in. Nature and solitude combined to give her an adventure she would never forget.

Mike Corbett – Big Wall Climber

El Capitan, the largest granite rock in the world, rises 3,600 feet above Yosemite Valley. Mike Corbett has climbed it 41 times. One day he decided that, with his help, his friend Mark Wellman, who was in a wheelchair but who had huge arms and strong shoulders, should climb it, too. By using ropes and Jumars and with Mike at his side, Mark could pull himself up El Capitan. It was an amazing feat, and it took them eight days to do it. Inch by inch, foot by foot, the two men hauled themselves up the steep wall, sleeping on narrow ledges at night. Some days the rock was too hot to touch, and the climbers were covered in sweat. Almost to their goal, Mike put Mark on his shoulders and carried him over the top. A crowd of 75 friends, reporters, and strangers greeted them. Mark raised his fist in victory, and the crowd cheered.

Mark Wellman – Climbing Back

Mark Wellman had always loved climbing. With his friend Peter he had climbed some of the most challenging mountains in this country and abroad. One day when he was 22, Mark and Peter tackled the mountain Seven Gables. As evening began to fall, they started the downward climb. Mark made a terrible mistake. To save time he opted to face away from the mountain rather than towards it. Suddenly he lost his footing and began to fall. He bounced over sharp pointed rocks, dropping almost 100 feet, and landed, unable to move, on a flat ledge. The twenty-two hour wait while Peter went for help was interminable. A helicopter finally arrived, and two men, fighting heavy winds, climbed down a rope ladder. The weather finally cleared, and Mark was taken to a hospital. Bad news. Mark would never walk or climb again – not, that is, until he met Mike Corbett.

Vocabulary

monster	thirsty	Armagosa	Calistoga
survival	Fahrenheit	ancient	Hawaii
business	surface	Yosemite	magazine
squirrel	nervous	sweater	hospital

* Extending the Vocabulary:

- Introduce each of the following words, say the word and have your students repeat it: monster, survival, business, thirsty, surface, nervous, ancient, magazine, sweater, hospital.
- Then define the word from the above list: *nervous* means someone who is easily excited or irritated. (Do one word at a time)
- Ask students to restate the definition in their own words
- Scaffold students' responses by asking questions. Example: Have you ever been nervous? What made you nervous?
- Provide sentences using the words. Example: Tim was nervous about taking the test to get his drivers license.
- Ask questions to determine students' understanding of the word. Example: How can you tell if someone is nervous?
- Follow the same procedure with each of the words.

Tom Crawford – Born to Run

Circle the word in each line that doesn't belong.

1. moon sun dream stars
2. July March Easter August
3. place hour minute second
4. white black gray room
5. heat shoes boots slippers
6. laugh giggle chuckle valley
7. point north south east
8. floor lake ceiling wall
9. middle road street highway
10. baseball football college basketball
11. feet arms ground legs
12. bottle wind breeze gale

Audrey Sutherland – The Wild Side

Read each sentence carefully. There is one extra word in each sentence. Cross out the word that doesn't belong.

Example: Audrey worked for the army ~~navy~~.

1. Audrey had five brothers sisters.
2. Audrey learned the names of hundreds of plants animals.
3. Audrey and her husband moved to Holland Hawaii.
4. Audrey took piano kayak lessons.
5. Flying over Asia Alaska changed her life.
6. Audrey took water driving safety lessons.
7. She studied maps photos of Alaska.
8. She took her kayak and drove flew to Alaska.
9. She turned and there was a bear seal.
10. The waves were higher than a house mouse.
11. A bay ship came into view.
12. Audrey snapped three photos of the shark whale.

Mike Corbett – Big Wall Climber

Complete each sentence by drawing a circle around the correct word or words.

1. Mike thought Mark should try to climb _____.
Half Dome El Capitan Mt. Whitney
2. El Capitan rose to a height of _____.
3,600 feet 36,000 feet 360 feet
3. Mike and Mark planned for their climb to take a _____.
day week month
4. The gear the climbers took weighed _____.
225 pounds 350 pounds 250 ounces
5. The El Capitan climb actually took _____.
4 days 10 days 8 days
6. El Capitan has about 80 _____.
ledges routes caves
7. Mark had lost the use of his legs in a _____.
climbing accident plane crash motorcycle spill
8. Before his accident, Mark was an enthusiastic _____.
runner swimmer climber
9. Mike and Mark talked and practiced for _____.
six months six weeks one month
10. The two climbers packed food that included _____.
ice cream granola bars pea soup

Mark Wellman – Climbing Back

Circle all the words that have a long vowel sound. Put a check next to the words that begin with a blend. (Some words will require both a circle and a check.)

hike	rope	fall
trail	small	ledge
years	friend	clothes
air	base	sleep
snow	rock	water
grew	glow	cold
days	note	night
boy	steep	slow
school	gully	sun
climb	bounce	rescue

Adventure Athletes Book Four:
Blazing New Trails

Blazing New Trails

Book Four

Sally Vantress – Around the World

Sally Vantress and her friend Mark had planned to bike around the world, but they quarreled in New Zealand, and Sally decided to go on alone. She biked across Australia and then flew to China. Making her way through China was difficult because she did not know the language and could not read Chinese maps. Somehow she made it for 800 miles, then took a train across Siberia, and biked through northern Europe. Ireland was beautiful and wet, and Wales was even wetter. The next phase of her trip took her to Scotland and England, and from there she flew to Florida. During the next seven months Sally biked through Canada and the United States, ending at the Pacific Ocean. She had bicycled 21,000 miles through 20 countries, had 12 flat tires and a million adventures.

Lynn Hill – Cliffhanger

Lynn Hill started climbing at an early age, and she has never stopped. She tried a few other sports, including swimming and gymnastics, but she always returned to climbing. Her father even built her a climbing wall in the family basement. When she was 18, Lynn went to Yosemite and spent two summers there. She supported herself by collecting and selling cans and bottles, and it was inevitable that she would climb El Capitan there. Later Lynn turned her climbing expertise into a commercial enterprise. She performed on a number of TV shows, doing extraordinary stunts such as climbing a rope ladder up and over a huge hot-air balloon one mile up in the air. She was slowed down by a bad fall from a 75-foot rock wall. It might have killed her, but all it did was to teach her to be a more cautious climber.

Sharon Wood – On Top of the World

It took Sharon Wood many years of training to qualify her to reach her goal – climbing Mt. Everest, the highest mountain in the world. She joined a Canadian team which flew to Nepal and immediately set out to hike to their base camp. In the next 45 days the team fixed three miles of rope on the mountain, built Camps 2 and 3, and carried their gear up to them. After a five-day snowstorm, they went higher and higher to build Camps 4 and 5 (at 25,000 feet). Sharon and a partner Dwayne were chosen to climb to the top. They reached it in 12 tortuous hours. On the way down, the two became separated, and Sharon had to struggle on alone back to Camp 6. Dwayne finally showed up, and all was well until a gas stove exploded, melting Sharon's goggles and blowing a hole in their tent. All difficulties behind them, they reached base camp the next day to the cheers of the rest of the team.

Elaine Mariolle – Race Across America

The Race Across America (RAAM), the longest bike race in the world, 3,047 miles, was about to begin. Elaine Mariolle was one of only four women in the race. At first the riders rode together at an easy pace, but gradually the pace quickened, and the riders began to string out. Elaine was followed by two friends in an RV, and the first day she biked 312 miles. It was not good enough, and throughout the race she was always in last place. In fact, she was only in Missouri when she learned that one of the racers had already passed the finish line, but she kept going. It took her 13 days, 23 hours, and 36 minutes to finish the race in Atlantic City, New Jersey. By that time, everyone had gone and there was no one to greet her. But she had finished, and two years later she completed the RAAM again. This time she set a new women’s world record of 10 days, 2 hours, and 4 minutes!

Vocabulary

practiced	New Zealand	straight	Australia
Wuzhou	Siberia	miserable	adventures
gymnasts	Yosemite	Mojave	Guinness
Vancouver	Himalayas	Canadian	temperature
oxygen	Berkeley	Missouri	Pennsylvania

* Extending The Vocabulary:

- Teach students how to create a word map for five or more targeted words from the list above.
- Using an overhead projector, a marker and a transparency of the word map, pass out five copies of the word map to each of your students.
- On your transparency write the word, *straight*. Say the word and ask students to repeat it.
- Ask students to define the word. Example: “What does the word *straight* mean?”
- Discuss responses. As a group determine the best definition (make sure the definition matches how the word is used in the story).
- Write the definition on the transparency and read it. Then have your students repeat the definition and write it on their word maps.
- On the transparency, write one example sentence (Please stand in a *straight* line).
- Have students turn to their neighbors and think of another sentence using the word.
- Have the students read their sentences and provide feedback.
- Ask students to identify synonyms and antonyms for the word, *straight: crooked; straight: directly*. (Proper nouns like, Missouri, New Zealand, wouldn’t have either).
- Encourage students to use the word in conversation and to look for it in print.

Sally Vantress – Around the World

I. Connect the words from Sally Vantress – Around the World that rhyme.

ride	snow	pain
slow	hook	hear
bike	meet	same
gear	sack	like
main	hide	reach
took	beach	rack
came	fear	flow
each	fame	feet
street	gain	side
pack	hike	book

II. Connect these harder words that rhyme.

right	four
rain	sale
more	write
ferry	boat
sail	weigh
way	blew
blue	bury
note	reign

Lynn Hill – Cliffhanger

Find the right answer. Put an “X” in front of it.

1. As a child, Lynn liked to catch
 turtles
 lizards
 mice
2. Lynn got her first gymnastics lesson in
 college
 high school
 scouts
3. Lynn’s dad built a plastic climbing wall in their
 attic
 basement
 yard
4. After high school Lynn spent the next two summers in
 Yosemite
 Hawaii
 Mexico
5. Lynn won \$20 in prize money in a
 lottery
 boxing match
 bingo game

Lynn Hill – Cliffhanger (continued)

Find the right answer. Put an “X” in front of it.

6. Lynn was on a TV program called “Survival of the

_____ Fattest”

_____ Fittest”

_____ Smartest”

7. After college Lynn went to live in

_____ France

_____ Japan

_____ Canada

8. When Lynn fell, she landed in some

_____ tall grass

_____ tree branches

_____ deep water

Sharon Wood – On Top of the World

Look at the first word in each line. There is another word in the line that means almost the same thing. Connect the two words.

- | | | | | |
|-----|--------|---------|--------|--------|
| 1. | quit | school | stop | ski |
| 2. | steal | mother | dolls | rob |
| 3. | friend | pal | life | miles |
| 4. | last | house | final | job |
| 5. | smile | teacher | top | grin |
| 6. | sleep | nap | week | class |
| 7. | team | air | group | gear |
| 8. | level | flat | father | breath |
| 9. | road | people | home | street |
| 10. | end | finish | hill | truck |
| 11. | below | camp | under | baby |
| 12. | sick | ill | rope | mask |

Elaine Mariolle – Race Across America

Put the facts in the correct order. Number them 1 to 10.

- _____ Kansas was very windy.
- _____ Elaine set a new women’s world record for the RAAM the second time she entered.
- _____ The race started at Huntington Beach, California.
- _____ In Missouri Elaine learned that someone had already passed the finish line.
- _____ Elaine finished last in her first RAAM race.
- _____ It took hours to bike through St. Louis.
- _____ Elaine rode 312 miles the first day.
- _____ Elaine saw a sign: “Atlantic City 100 miles.”
- _____ Elaine felt good biking through Colorado.
- _____ Elaine had pedaled 535 miles in two days.

Adventure Athletes Book Five:
Adventure of a Lifetime

Adventure of a Lifetime

Book Five

Rick Sylvester – The Jump

After climbing El Capitan four times, Rick Sylvester decided on a new challenge. He would ski off El Cap and drop to the ground by parachute. In order to prepare for this, he took skydiving lessons and jumped from airplanes 53 times. He had had a great deal of experience in big-wall and mountain climbing, including the Matterhorn. The El Cap jump would be divided into three parts: (1) the ski jump would take place on a hard-packed snow ramp; (2) the fall would be 1,600 feet free fall and 1,600 feet by parachute; (3) the landing would be in a meadow 900 feet from El Cap. The first time he skied and jumped from El Cap, he ended up in a tree and the cameras did not get the jump. The second time the same thing happened. After the third jump, Rick became famous and was hired to do the jump in a James Bond movie.

Viisha Sedlak – Walk, Don't Run

After a difficult childhood, Viisha Sedlak became a model. Six feet tall, she traveled all over the world as a swimsuit model. Then one day she decided to start running. At first it was hard because she was not in good shape, so she trained slowly and carefully. In time she became a marathon runner, entering many races in this country and once in France. Then she turned to race walking, an entirely different sport. Race walkers must keep one of their feet on the ground at all times. The leg that bears the weight must be straight. Arms are bent at the elbow. In 1992 when she was 43 years old, Viisha made it to the Olympic track and field trials. In the 6.2 mile race walk, she finished eleventh. She was the first Masters (over 40) woman to cross the finish line.

Galen Rowell – View from on High

Galen Rowell has been an outdoor man all of his life. It began when his family took camping vacations in the Sierra Nevada mountains. On one of these vacations a friend taught him to climb mountains. Galen studied geology in college but left early to have more time for climbing and during his lifetime has climbed more than 1,000 mountains. He took so many photos on his climb that he gradually became a professional outdoor photographer. A high point came when National Geographic asked him to do a cover story. That made him famous. Another high point came when he was asked to join an expedition to climb K2, the world's second highest mountain. That attempt failed because of bad weather and illness, but his adventurous life went on. He even accompanied the actor Robert Redford on a trip to Mt. Everest where Redford wanted to make a movie about climbers.

Ruth Anderson – Late in the Race

Ruth Anderson unexpectedly started running when she was 43 years old and a friend asked her to go for a run. It took her hours to recover from that first run, but she discovered she loved running. It wasn't too long before she started running marathons (a 26-mile race) and one day set a marathon record for women over 40. The most difficult test for runners is the Ultra (usually 50 or 100 miles), and the most difficult Ultra is the Western States. It is made up of mountain trails (uphill for 17,060 feet and downhill for 21,970 feet), just the kind of challenge Ruth seeks. She failed to finish the Ultra twice but entered it a third time when she was over 60. Along the route she saw many runners who had dropped out. Sick and wet (after fording a river) she somehow managed to cross the finish line in 28 hours, and she plans to run this race yet again.

Vocabulary

adventure
impossible
parachute
diary
buckled

university
ultimate
official
helicopter
somersault

medalist
competitor
avalanche
divorce
focuses

topography
expedition
endurance
temperature
business

Rick Sylvester – The Jump

I. **Connect the words from *Rick Sylvester – The Jump* that mean the opposite of each other (antonyms).**

top	end
new	same
begin	bottom
different	old
down	up

II. **Connect the words that sound the same but mean different things (homonyms).**

four	would
wood	weigh
knew	write
way	new
right	for

III. **Connect the words that mean the same or almost the same (synonyms).**

rock	pal
friend	stone
jump	shout
yell	begin
start	leap

Viisha Sedlak – Walk, Don't Run

Many small words can be made by using the letters from larger words. For example, the words “cat” and “cap” can be made using letters from the word “practice.” Try to find at least 9 words in each of the larger words from Viisha Sedlak – Walk, Don't Run below. Try to make at least one four-letter word.

EARTHQUAKE

- | | | |
|----------|----------|----------|
| 1. _____ | 4. _____ | 7. _____ |
| 2. _____ | 5. _____ | 8. _____ |
| 3. _____ | 6. _____ | 9. _____ |

MARATHON

- | | | |
|----------|----------|----------|
| 1. _____ | 4. _____ | 7. _____ |
| 2. _____ | 5. _____ | 8. _____ |
| 3. _____ | 6. _____ | 9. _____ |

SNOWSTORMS

- | | | |
|----------|----------|----------|
| 1. _____ | 4. _____ | 7. _____ |
| 2. _____ | 5. _____ | 8. _____ |
| 3. _____ | 6. _____ | 9. _____ |

Galen Rowell – View from on High

Many words can be changed into new words by subtracting a letter. For example the word tan can be changed to an simply by subtracting the letter t. Take a letter from each of the following words from *Galen Rowell – View from on High* and write the new word on the line.

	Old Word	Letter Subtracted	New Word
1.	what	_____	_____
2.	plane	_____	_____
3.	sat	_____	_____
4.	stop	_____	_____
5.	whole	_____	_____
6.	years	_____	_____
7.	every	_____	_____
8.	trip	_____	_____
9.	made	_____	_____
10.	seven	_____	_____
11.	trail	_____	_____
12.	said	_____	_____

Ruth Anderson – Late in the Race

Hidden in the puzzle are 15 words that can be found in *Ruth Anderson – Late in the Race*. Some letters are part of more than one word. Draw a circle around the word when you find it. The 15 words to look for are listed below the puzzle.

Q A P A R E N T S B D F
U N I V E R S I T Y A J
I E O A U N T Q E S N U
T X T L V X A Y A Z I A
A T C A E G Y J C L M N
M O U N T A I N H C A R
K M O C L I M B O Q L O
T V X H Z A D F M H K A
B S I E R R A M E P R D
L A S T B H I G H E S T

parents
university
aunt
avalanche
mountain

climb
quit
teach
Sierra
road

last
animal
stay
home
highest

Adventure Athletes Activity Answers

AMERICAN QUESTS - BOOK 1 ANSWER KEY

Joan Benoit – Pretty Good for a Girl

I.	(1)	(2)	(3)	(4)	II.	(1)	(2)	(3)	(4)
	group	father	imagine	temperature		11	9	7	3
	miles	skiing	reporter	operated					
	screamed	behind	expected	American					
	tape	freedom	Olympic						
	trial	minute	favorite						
	voice	ribbons	marathon						
	knee	promised	Oregon						
	smile	remove							
	race	doctor							
	fan								
	weeks								

Peter Croft – Mr. Yosemite

1.	BORN	5.	SNOW	9.	TENT
2.	MANY	6.	PARK	10.	ONLY
3.	ROPE	7.	HIGH	11.	WAIT
4.	HELP	8.	CAMP	12.	CLIMB

Martha Kennedy – Pedal Pusher

I.	every / where	any / one	II.	1. lifetime	2. moonlight
	week / days	week / ends		3. weatherman	4. backward
	frost / bite	break / fast			
	some / times	oat / meal			
	light / weight	every / thing			
	foot / hold	school / house			
	check / point	out / side			

David Horner – Trail Runner

coach, friend, hour, kidding, miles, minute, people, quit, race, runner, school, stains, student, team, ultra

AMERICAN QUESTS - BOOK 1 COMPREHENSION ANSWERS

Joan Benoit

1. Maine
2. To fall down and keep going.
3. Skiing in the Olympics. It changed because she developed a fear of skiing fast down the mountain after breaking her leg.
4. After reading an influential article about women and sports, her opinion changed about women being runners.
5. Joan completed in shorter races prior to the Boston Marathon; she wanted to run longer races.
6. 26 miles, 385 yards.
7. Twice
8. To place in the top three of the runners. Yes, she placed first.
9. She trained hard, even after knee surgery.
10. Los Angeles
11. She hated the word "quitter".
12. She won the Chicago Marathon and set a record that lasted 18 years.

Peter Croft

1. Eastern Canada
2. He felt "free".
3. When you use ropes and pitons.
4. Richard.
5. The Canadian Rockies
6. That he needed to get lighter boots.
7. Because some of the world's highest mountains are in Nepal.
8. Thinner
9. A charge was passing through the metal rims.
10. That he would climb both El Capitan and Half Dome on the same day.
11. John Bachar.
12. Do nothing for 2 days but lie in their tents, close their eyes, and eat a lot.

AMERICAN QUESTS - BOOK 1 COMPREHENSION ANSWERS

Martha Kennedy

1. She was a bicyclist.
2. The Belle Isle Marathon; it was a 24 hour race.
3. She read about it in an ad in a bicycle magazine; to Alaska.
4. 210 miles long.
5. Six weeks.
6. She did not wear a helmet because she wanted to retain her body heat. She did not bring a compass because she did not plan to get lost.
7. Lanny quite the race because it was too difficult. He was embarrassed because he had bragged before the race.
8. I have time to look at nature.
9. She felt dizzy and fell, due to not eating.
10. Martha was the 1st woman to finish the Itida Bike.

David Horner

1. Basketball
2. No extra fat.
3. He had to work to pay his bills. He did not run again for nine years.
4. 35 miles per week.
5. Hogeys Marathon.
6. 65 marathons; he won 20.
7. 2,144 miles
8. Maine; because he is from Maine.
9. She supported his dream, but hated to have him away for so long.
10. He ran 100 miles every week.
11. He arranged to have people meet him along the trail, take him home and return him to the trail the following morning.
12. 52 days.
13. His son, Brandon. Because he was tired of falling down.
14. Yes, in 56 days.

TAKING ON THE WORLD - BOOK 2 ANSWER KEY

Steven Newman – World Walker

- | | |
|------|-------|
| 1. F | 7. F |
| 2. T | 8. F |
| 3. T | 9. T |
| 4. F | 10. T |
| 5. T | 11. F |
| 6. F | 12. T |

Peter Bird – Ocean Rower

- | | | | |
|-----------|--------|------------|--------|
| 1. find | locate | 7. small | little |
| 2. boat | ship | 8. money | cash |
| 3. near | close | 9. stop | halt |
| 4. carpet | rug | 10. rescue | save |
| 5. talk | speak | 11. rocks | stones |
| 6. job | work | 12. sea | ocean |

Ken Crutchlow – On a Bet

- | | |
|-------------|---------------|
| 1. family | 7. marathon |
| 2. ticket | 8. country |
| 3. stomach | 9. picture |
| 4. friends | 10. policeman |
| 5. bicycled | 11. stranger |
| 6. money | 12. innocent |

John Fairfax – Rowing the Atlantic

- I. flashlight, fire, knife, tea, food, radio, water, blanket, oars, kettle, rope
- II. mother, passport, book, rowboat, water, badge, land, beach, man, smuggler

FACING INNER CHALLENGES - BOOK 3 ANSWER KEY

Tom Crawford – Born to Run

- | | |
|-----------|-------------|
| 1. dream | 7. point |
| 2. Easter | 8. lake |
| 3. place | 9. middle |
| 4. room | 10. college |
| 5. heat | 11. ground |
| 6. valley | 12. bottle |

Audrey Sutherland – The Wild Side

- | | |
|-------------|-----------|
| 1. brothers | 7. photos |
| 2. animals | 8. drove |
| 3. Holland | 9. seal |
| 4. piano | 10. mouse |
| 5. Asia | 11. ship |
| 6. driving | 12. shark |

Mike Corbett – Big Wall Climber

- | | |
|---------------|----------------------|
| 1. El Capitan | 6. routes |
| 2. 3,600 | 7. climbing accident |
| 3. week | 8. climber |
| 4. 225 pounds | 9. six months |
| 5. 8 days | 10. granola bars |

Mark Wellman – Climbing Back

Long Vowel	Long Vowel + Beginning Blend	Beginning Blend
hike	trail	small
rope	clothes	friend
years	sleep	grew
air	snow	school
base	glow	
cold	steep	
days	slow	
note	climb	
night		
rescue		

BLAZING NEW TRAILS - BOOK 4 ANSWER KEY

Sally Vantress – Around the World

I.	ride	hide	side	II.	right	write
	slow	snow	flow		rain	reign
	bike	hike	like		more	four
	gear	fear	hear		ferry	bury
	main	gain	pain		sail	sale
	took	hook	book		way	weigh
	came	fame	same		blue	blew
	each	beach	reach		note	boat
	street	meet	feet			
	pack	sack	rack			

Lynn Hill – Cliffhanger

1. lizards
2. high school
3. basement
4. Yosemite
5. boxing match
6. Fittest”
7. France
8. tree branches

Sharon Wood – On Top of the World

- | | |
|----------------|------------------|
| 1. quit, stop | 7. team, group |
| 2. steal, rob | 8. level, flat |
| 3. friend, pal | 9. road, street |
| 4. last, final | 10. end, finish |
| 5. smile, grin | 11. below, under |
| 6. sleep, nap | 12. sick, ill |

Elaine Mariolle – Race Across America

1. The race started at Huntington Beach, California.
2. Elaine rode 312 miles the first day.
3. Elaine had pedaled 535 miles in two days.
4. Elaine felt good biking through Colorado.
5. Kansas was very windy.
6. In Missouri Elaine learned that someone had already passed the finish line.
7. It took hours to bike through St. Louis.
8. Elaine saw a sign: “Atlantic City 100 miles.”
9. Elaine finished last in her first RAAM race.
10. Elaine set a new women’s world record for the RAAM the second time she entered.

ADVENTURE OF A LIFETIME - BOOK 5 ANSWER KEY

Rick Sylvester – The Jump

I.	top	bottom	II.	four	for	III.	rock	stone
	new	old		wood	would		friend	pal
	begin	end		knew	new		jump	leap
	different	same		way	weigh		yell	shout
	down	up		right	write		start	begin

Viisha Sedlak – Walk, Don't Run

EARTHQUAKE MARATHON SNOWSTORMS

1.	rake	mat	now
2.	tree	rat	room
3.	tar	rot	worst
4.	ear	not	torn
5.	rut	ton	sow
6.	heart	man	row
7.	hear	hot	most
8.	quart	hat	worn
9.	the	horn	soon

Galen Rowell – View from on High

1.	w	hat	8.	t	rip
2.	e	plan		r	tip
	l	pane	9.	e	mad
	p	lane	10.	s	even
3.	s	at		v	seen
4.	s	top	11.	t	rail
5.	w	hole		r	tail
6.	y	ears	12.	i	sad
	s	year		s	aid
7.	e	very			
	y	ever			

ADVENTURE OF A LIFETIME - BOOK 5 ANSWER KEY

Ruth Anderson – Late in the Race

Q	A	P	A	R	E	N	T	S	B	D	F
U	N	I	V	E	R	S	I	T	Y	A	J
I	E	O	A	U	N	T	Q	E	S	N	U
T	X	T	L	V	X	A	Y	A	Z	I	A
A	T	C	A	E	G	Y	J	C	L	M	N
M	O	U	N	T	A	I	N	H	C	A	R
K	M	O	C	L	I	M	B	O	Q	L	O
T	V	X	H	Z	A	D	F	M	H	K	A
B	S	I	E	R	R	A	M	E	P	R	D
L	A	S	T	B	H	I	G	H	E	S	T