achieve, boundaries, determination, enables, endurance, extreme, hazardous, limit, mental, obstacle, opponent, overcome, pain, physical, pushed yourself, role model, unbelievable, unreachable

Have you ever (1)_____ to your (2)_____? Do you know anyone who has? Do you ever wonder what can be gained by climbing a tall cliff – or jumping off it? Why do something that causes the body (3)_____?

People can be transformed by pushing themselves. These experiences teach (4)_____. Often, the desire to (5)_____ our goal (6)_____ us to take risks. Many people take mild risks. Others feel a need to reach the (7)_____. These (8)_____ athletes test their own (9)_____ and (10)_____(11)_____.

In most traditional sports, athletes compete against one another. But in extreme sports, the biggest (12)_____is nature. In this photo, Olympic snowboarder Jussi Oksanen glides down the side of a glacier. Snowboarding on solid ice is (13)_____, especially with a 12 m. (40 ft.) drop below the glacier! But for extreme athletes like Oksanen, risk is just part of the job.

The same is true for big-wave surfers. Animals such as sharks and jellyfish pose serious risks to surfers. Another (14)_____that surfers must (15)_____is the force of the water. After this photo was taken, surfer Koa Rothman was taken under by the (16)_____force of the wave. So why do it? 'The view I had right here was one of the most amazing things I have ever seen in my life,' says Koa. 'Being in the middle of all that energy is unexplainable!'

Athletes who participate in the *Marathon des Sables*, or MdS, need to have incredible (17)_____. In this desert marathon, participants must cross a distance of approximately 250 km. (155 mi.) over five or six days. The event takes place in the Sahara Desert, where temperatures can reach more than 50°C (122°F). It's no wonder that the MdS is considered the toughest race on Earth!

The athletes shown in the photos are (18)_____ for anyone seeking adventure. Do they inspire you to push your own limits?

Have you ever (1)pushed yourself to your (2)limit? Do you know anyone who has? Do you ever wonder what can be gained by climbing a tall cliff – or jumping off it? Why do something that causes the body (3)pain?

People can be transformed by pushing themselves. These experiences teach (4)determination. Often, the desire to (5)achieve our goal (6)enables us to take risks. Many people take mild risks. Others feel a need to reach the (7)unreachable. These (8)extreme athletes test their own (9)mental and (10)physical (11)boundaries.

In most traditional sports, athletes compete against one another. But in extreme sports, the biggest (12)opponent is nature. In this photo, Olympic snowboarder Jussi Oksanen glides down the side of a glacier. Snowboarding on solid ice is (13)hazardous, especially with a 12 m. (40 ft.) drop below the glacier! But for extreme athletes like Oksanen, risk is just part of the job.

The same is true for big-wave surfers. Animals such as sharks and jellyfish pose serious risks to surfers. Another (14)obstacle that surfers must (15)overcome is the force of the water. After this photo was taken, surfer Koa Rothman was taken under by the (16)unbelievable force of the wave. So why do it? 'The view I had right here was one of the most amazing things I have ever seen in my life,' says Koa. 'Being in the middle of all that energy is unexplainable!'

Athletes who participate in the *Marathon des Sables*, or MdS, need to have incredible (17)endurance. In this desert marathon, participants must cross a distance of approximately 250 km. (155 mi.) over five or six days. The event takes place in the Sahara Desert, where temperatures can reach more than 50°C (122°F). It's no wonder that the MdS is considered the toughest race on Earth!

The athletes shown in the photos are (18)role models for anyone seeking adventure. Do they inspire you to push your own limits?

1. very large in amount or degree: _____

2. to deal with and control a problem: _____

3. to make yourself work very hard to achieve something: _____

4. a level that is not possible to achieve: _____

5. something that makes it difficult for you to succeed at something: _____

6. to make something possible: _____

7. extremely bad or good and making you feel surprised: _____

8. to succeed in doing something good, usually by working hard: _____

9. the largest amount of something that is possible: _____

10. dangerous: _____

11. someone you try to behave like because you admire them: _____

12. a quality that makes someone continue trying to do something, although it is very difficult: _____

13. relating to the body: _____

14. someone who you compete against in a competition: _____

15. a limit: _____

16. relating to the mind: _____

17. an unpleasant physical feeling caused by an injury: _____

18. the ability to keep doing something difficult for a long time: _____