

Video Zone: Britain's fastest cyclist – exercises

How fast do you think you can go on a normal bike? Check out this video and you'll see Guy Martin go at over 112 miles per hour, that's more than 180 kilometres per hour! Wow!

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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|--------|------------------|----|--|
| 1..... | a wind blast | a. | a bicycle |
| 2..... | a pushbike | b. | a bend |
| 3..... | miles per hour | c. | a strong gust of wind |
| 4..... | an alien feeling | d. | a type of material made from broken stones and tar which covers the surface of roads |
| 5..... | a curve | e. | distance travelled (in miles) to the time spent travelling (in hours) |
| 6..... | tarmac | f. | something that you will always remember for the rest of your life |
| 7..... | to deflect | g. | a strange feeling |
| 8..... | scarred for life | h. | to bounce |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

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|----|---|-------------|--------------|
| 1. | The first cycle run on the beach was completed at 60 mph. | <i>True</i> | <i>False</i> |
| 2. | The beach was five miles long. | <i>True</i> | <i>False</i> |
| 3. | The beach seemed straight. | <i>True</i> | <i>False</i> |
| 4. | If Guy had dropped behind the truck, he would have fallen off his bike. | <i>True</i> | <i>False</i> |
| 5. | Cycling on the beach was the same as cycling on tarmac. | <i>True</i> | <i>False</i> |
| 6. | He reached a speed of 112.94 mph. | <i>True</i> | <i>False</i> |
| 7. | Guy liked the alien feeling he got from cycling on the sand. | <i>True</i> | <i>False</i> |
| 8. | Guy wants to now do 250 mph on a pushbike. | <i>True</i> | <i>False</i> |