

## Extreme Winter Sports

In the cold and snowy winter months, most people think about ice skating, sledding, and skiing for recreation. For those seeking something more exciting, however, there are extreme winter sports. Each of these activities is dangerous and requires special skill and training.

### Speed Riding

Speed riding is also known as speed flying. This sport is a combination of paragliding and skiing. Paragliding requires the use of a large parachute. There is a special parachute for speed riding called a canopy. Speed riding allows skiers to launch into the air, then come back down and ski. They can choose when to fly and when to ski. For example, if the mountain is too steep or rocky, they can fly until the snow is perfect for skiing. The danger in this sport is flying at very high speeds so close to the ground. It is possible to get up to speeds as fast as 90 miles per hour! To participate in this sport, a person must be skilled with a parachute and with skis. It is also important to know when conditions are safe.



Photo credit: Ludovic Peron <https://www.flickr.com/photos/ludo29/>

### Snow Kiting

Snow kiting involves the use of a canopy or parachute. The difference is that this sport takes place on flatter terrain, and some snow kites use snowboards instead of skis.



Using a kite allows a person to move quickly with the help of the wind. The parachute-like kite pulls the skier or boarder forward. When the person hits a jump, the kite helps soften the landing. A snow kiter can get as high as ten to fifteen feet in the air on a jump.

By The original uploader was Wareck at French Wikipedia [CC BY-SA 2.5 (<http://creativecommons.org/licenses/by-sa/2.5/>)], via Wikimedia Commons

## Ice Yachting

Ice yachting stays closer to the ground, but it is no less dangerous. These boats, usually made to sail on water, have been repurposed to glide on the ice. The bottom of the yacht has blades called runners that help it glide across the ice. The danger with this sport is making sure the ice is frozen enough for the size of the



By Raul Kern (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

boat, since ice yachts do not float. Ice yachts can reach speeds of 50-100 miles per hour. Because of the extreme speeds, it is important to know how to properly sail a yacht. This is especially important because ice yachts do not have brakes and must be stopped by facing directly into the wind.

Most people are happy with the thrill of more common winter sports. For those who want an adrenaline rush, however, extreme winter sports offer speed, danger, and excitement.

Name \_\_\_\_\_

## Extreme Winter Sports

Which topics are covered in this article? Put an X in front of the correct answers.

- \_\_\_\_\_ The fastest-growing winter sports
- \_\_\_\_\_ Extreme winter sports that take skill and training
- \_\_\_\_\_ The most dangerous sports in the world
- \_\_\_\_\_ Safety tips for winter sports
- \_\_\_\_\_ Three high-speed winter sports

True or False

1. Ice yachting uses a parachute or canopy. \_\_\_\_\_
2. Speed riding is also known as snow kiting. \_\_\_\_\_
3. Boats used for ice yachting do not float. \_\_\_\_\_
4. Speed riding is a good sport for beginners. \_\_\_\_\_
5. Snow kiting can be done with skis or a snowboard. \_\_\_\_\_

In ice yachting, how have the boats been repurposed to use on ice? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Vocabulary

Match the word to its definition

- |                       |   |
|-----------------------|---|
| _____ recreation      | a. the ability to do something from practice, training, or experience   |
| _____ skill           | b. a piece of land with reference to natural features   |
| _____ paragliding     | c. something people do to have fun; activities for enjoyment  |
| _____ launch          | d. to change something so it can be used for a different purpose  |
| _____ terrain         | e. to send or shoot into the air  |
| _____ repurpose       | f. to feel very excited and full of energy  |
| _____ glide           | g. to move in a smooth way  |
| _____ adrenaline rush | h. a sport where a person jumps from a high place and uses a special kind of parachute to float to the ground |

Name \_\_\_\_\_

## Writing Exercise



If you could invent an extreme winter sport, what would it be?

Blank lined area for writing.