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.

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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. _______________________

Permission granted to reproduce for classroom use.
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

diseasediaryHarlem squintedsquinted
nervous MoroccoFebruarycontinents
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.

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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 190º, which swelled his shoe size from 11 to 14! Temperature at the top of Mt. Whitney was 10º. 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.)

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<td>climb</td>
<td>bounce</td>
<td>rescue</td>
</tr>
</tbody>
</table>
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 trough 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.

*This activity was adapted from the University of Texas Center for Reading and Language Arts.*
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.

1. Kansas was very windy.
2. Elaine set a new women’s world record for the RAAM the second time she entered.
3. The race started at Huntington Beach, California.
4. In Missouri Elaine learned that someone had already passed the finish line.
5. Elaine finished last in her first RAAM race.
6. It took hours to bike through St. Louis.
7. Elaine rode 312 miles the first day.
8. Elaine saw a sign: “Atlantic City 100 miles.”
9. Elaine felt good biking through Colorado.
10. 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           university           medalist           topography
impossible          ultimate            competitor         expedition
parachute           official            avalanche          endurance
diary               helicopter         divorce            temperature
buckled             somersault         focuses            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.

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<thead>
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<th>E A R T H Q U A K E</th>
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<tr>
<td>1. _________________________</td>
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<td>7.</td>
</tr>
<tr>
<td>2. _________________________</td>
<td>5.</td>
<td>8.</td>
</tr>
<tr>
<td>3. _________________________</td>
<td>6.</td>
<td>9.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>M A R A T H O N</th>
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<tr>
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<td>2. _________________________</td>
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<td>3. _________________________</td>
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<td>1. _________________________</td>
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<tr>
<td>2. _________________________</td>
<td>5.</td>
<td>8.</td>
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<tr>
<td>3. _________________________</td>
<td>6.</td>
<td>9.</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Old Word</th>
<th>Letter Subtracted</th>
<th>New Word</th>
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<tbody>
<tr>
<td>1. what</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. plane</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. sat</td>
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</tr>
<tr>
<td>4. stop</td>
<td></td>
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<td>5. whole</td>
<td></td>
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</tr>
<tr>
<td>6. years</td>
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</tr>
<tr>
<td>7. every</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. trip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. made</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. seven</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. trail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. said</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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.

<table>
<thead>
<tr>
<th>Q</th>
<th>A</th>
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<th>A</th>
<th>R</th>
<th>E</th>
<th>N</th>
<th>T</th>
<th>S</th>
<th>B</th>
<th>D</th>
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<td>E</td>
<td>S</td>
<td>T</td>
</tr>
</tbody>
</table>

- parents
- university
- aunt
- avalanche
- mountain
- climb
- quit
- teach
- Sierra
- road
- last
- animal
- stay
- home
- highest
Adventure Athletes
Activity Answers
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
couch, friend, hour, kidding, miles, minute, people, quit, race,
race, school, stains, student, team, ultra
**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.
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.
12. Do nothing for 2 days but lie in their tents, close their eyes, and eat a lot.
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. Hogeye Marathon.
6. 65 marathons; he won 20.
7. 2,144 miles
8. Maineak; 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   

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

<table>
<thead>
<tr>
<th>I.</th>
<th>II.</th>
<th>III.</th>
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<tr>
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<td>same</td>
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<tr>
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<td>up</td>
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### Viisha Sedlak – Walk, Don’t Run

<table>
<thead>
<tr>
<th>Earthquake</th>
<th>Marathon</th>
<th>Snowstorms</th>
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<td>sow</td>
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<td>the</td>
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</tbody>
</table>

### Galen Rowell – View from on High

| 1. w hat  | 8. t rip |
| 2. e plan | r tip   |
| 3. s at   | v seen  |
| 4. s top  | 9. e mad |
| 5. w hole | 10. s even |
| 6. y ears | 11. t rail |
| 7. e very | 12. i sad |
| y ever    | s aid   |
Ruth Anderson – Late in the Race

ADVENTURE OF A LIFETIME - BOOK 5 ANSWER KEY