

Extreme Sports



Rosalie Ajzensztein

© 2004 **Pacific Learning**

© 2002 Written by **Rosalie Ajzensztejn**

Photography: p. 1 Buzz Pictures; p. 3 Buzz Pictures; p. 4 Buzz Pictures; p. 7 Corbis/Chris Trotman (top), Buzz Pictures (bottom); p. 8 Buzz Pictures; p. 10 Corbis/Lester V. Bergman; p. 11 Buzz Pictures; p. 12 Buzz Pictures (both); p. 14 Photodisc/Chase Jarvis; p. 15 Allsport USA/Mike Powell; p. 16-17 Buzz Pictures (both); p. 18 Buzz Pictures; p. 19 Corbis/Douglas Peebles (top), Buzz Pictures (bottom); p. 20 Buzz Pictures; p. 21 Buzz Pictures; p. 23 Buzz Pictures; p. 24 Photodisc/Karl Weatherly; p. 25 Corbis; p. 30 Mary Evans/Arthur Rackham Collection; Front cover photograph by Photodisc/Karl Weatherly; back cover by Buzz Pictures
Illustrated by David Russell and Martin Ursell
U.S. edit by **Rebecca McEwen**

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, taping, or any information storage and retrieval system, without permission in writing from the publisher.

This Americanized Edition of *Extreme Sports*, originally published in England in 2002, is published by arrangement with Oxford University Press.

08 07 06 05 04
10 9 8 7 6 5 4 3 2 1

Published by

Pacific Learning

P.O. Box 2723

Huntington Beach, CA 92647-0723

www.pacificlearning.com

ISBN: 1-59055-462-0

PL-7621

Printed in China.

Contents

Street Lugging	4
Snowboarding	8
Aggressive Skating	12
Boogie Boarding	16
Sport Climbing	20
Bungee Jumping	24
Quidditch and Other Fantasy Sports	28
Books for Further Reading	31
Some Fun Websites	31
Safety Warning	31
Index	32



Street Lugging

Street lugging is a high-speed, dangerous sport that is performed on hills. It is well suited to the warm, dry climate and smooth, fast, and hilly terrain of the streets of California. There is now an international organization for street lugers, called the International Gravity Sports Association (IGSA), which was formed in 1996. Street lugers are capable of speeds of eighty miles per hour (130 kph). It is now considered a competitive sport and is part of the X-Games in the United States, where extreme sports are presented in Olympic style.



▲ The luge is a long craft (up to eight feet/2.5 m long). The rider or “pilot” operates it from a lying-down position. The pilots steer by “leaning” from side to side, which shifts their weight slightly.

Gear for the Pilot

The pilot wears a leather suit and a full-face motorcycle helmet that is adapted to allow the rider to have good vision from his or her lying-down position.

The one-piece leather suit has extra padding in the seat and elbows, and a plastic pad is added to protect the spine. The pilot also wears thick leather gloves.

Equipment

A street luge (bought or made)

