

Extreme Sports – Glossary

adrenaline noun [uncount]

a chemical produced by your adrenal glands that makes your heart beat faster and gives you more energy when you are frightened, excited, or angry

attached adjective

joined or fixed to something

To take advantage of this offer please complete the attached forms.

battle noun [count]

a situation in which different people or groups compete with each other in order to achieve something or get an advantage
a boardroom battle

challenge noun [count/uncount]

something that needs a lot of skill, energy, and determination to deal with or achieve
I was bored with my job and felt I needed a new challenge.

concentrate verb

to give all your attention to the thing you are doing
Stop talking and concentrate on your work.

exhilaration noun [uncount]

the feeling of being extremely happy, excited, and full of energy

hooked adjective

if you are hooked on something, you find it so attractive or interesting that you want to do it as much as possible

ignore verb

to not consider something, or to not let it influence you
We had ignored the fact that it was getting darker.

into preposition

interested in a subject or activity
Suddenly she's into yoga and things like that.

living noun [singular]

money that you earn to live on
She makes a living as a music teacher.

magical adjective

full of a mysterious quality that is enjoyable or attractive
It was a truly magical evening.

mate noun [count]

a friend
He's over there, talking to his mates.

parachute noun [count]

a large piece of cloth joined to heavy strings, used by someone jumping out of a plane

peak noun [count]

the top of a mountain
snow-covered peaks

prize noun [count]

a reward that you get for being successful in a sport, competition, or game

rock noun [count]

a large piece of stone that rises up from the ground
the Rock of Gibraltar

scared adjective

frightened, or worried

scenery noun [uncount]

natural things such as trees, hills, and lakes that you can see in a particular place
Switzerland has some spectacular scenery.

skydiving noun [uncount]

the sport of jumping out of a plane and falling for as long as possible before opening your parachute

snowboarding noun [uncount]

the activity or sport of riding a snowboard

solo adjective

done by one person alone, without any help
his first solo flight

surfing noun [uncount]

a sport in which people ride over waves on surfboards

talent noun [count/uncount]

a natural ability for being good at a particular activity
She had an obvious talent for music.

thrill noun [count]

a sudden feeling of being very excited and pleased
the thrill of visiting a new city

wave noun [count]

a line of water that rises up on the surface of a sea, lake, or river

worth adjective

used for saying that there is a good enough reason for doing something, because it is important, enjoyable, useful etc
The book is definitely worth reading.