

Reading

Read the text and answer the following questions.

Ashrita Furman is a record-breaking record-breaker: He has set more records than anyone else in the world! In the last ۴۰ years, he has established more than ۶۰۰ records!

As a child, Ashrita loved reading the Guinness Book of World Records. He wanted to be in it too. But he thought people had to be good at sports to be in the book. He wasn't a good athlete. He felt his dream would never come true.

But later in life, Ashrita learned meditation, and with this, he learned that nothing is impossible. He tested this idea in ۱۹۷۸ by entering a ۲۴-hour bike race in New York. Without any training, Ashrita came third! After that, he started thinking about breaking records again.

First, he tried to break the record for the most jumping jacks. He failed at first, but, remembering that 'anything is possible', he

trained, meditated and tried again. This time, he did ۲۷,۰۰۰ jumping jacks in ۶ hours ۴۵ minutes and became the new record holder. His achievement appeared in the ۱۹۸۰ Guinness Book of Records.

Today, Ashrita has a long list of records, including: walking the furthest distance with a bike on his chin, cycling the longest distance with a bottle on his head and lighting the most candles on a birthday cake. He says: “I choose ideas which are challenging, fun and childish! I enjoy practising and seeing my progress.”

He says his favourite record was “the longest distance on a pogo stick”. While he was on holiday in Japan, he saw Mount Fuji and thought it was beautiful, so he decided to try to break a record there. He did ۱۱.۵ miles. The most difficult record was “the most forward rolls”. In ۱۰ hours, ۳۰ minutes, he did ۸,۳۴۱ of them, travelling ۱۲ miles!

If you want to break a world record too, Ashrita gives this advice. "Choose something you enjoy because you will need to practise. And don't give up. Your mind will tell you that something is impossible, but it isn't. If someone else has done something, and you work hard, you can do it too!"

۱. When Ashrita was a child, he...

۱. a. was good at sports.
۲. b. dreamed of being in the Guinness Book of Records.
۳. c. achieved his first world record.
۴. d. met a record-breaking athlete.

۲. When he was a child, he thought that...

۱. a. one day he would achieve his dream.
۲. b. everything is possible.
۳. c. only good athletes could break records.

۴. d. he would become a good athlete one day.

۳ When Ashrita did the ۲۴-hour bike race, he learned that...

۱. a. training is important.
۲. b. breaking records is easy.
۳. c. anything is possible.
۴. d. meditation is unnecessary.

۴ Which activity did Ashrita do for his first world record?

۱. a. meditating
۲. b. cycling
۳. c. jumping jacks
۴. d. using a pogo stick

۵ Which of these sentences is NOT true about Ashrita?

۱. a. He failed his first record-breaking attempt.
۲. b. His record-breaking activities are childish.

۳. c. In one record, he carried a bottle on his head while cycling.
۴. d. He doesn't enjoy training for records.

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