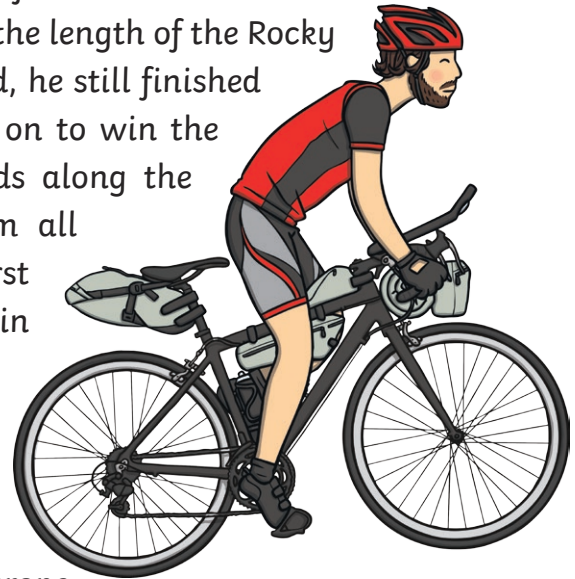


Mike Hall

Have you ever come back tired from a bike ride? Imagine if your bike ride was around the world! That's the sort of ride Mike Hall used to do. Mike was born on 4th March 1981 in Harrogate, North Yorkshire. He began to compete in long distance races - over 24 hours - when he was about 28 years old. He soon made the step up to ultra-distance racing. These are races that cover thousands of miles and last for weeks.

Mike's first ultra-distance race took him from Canada to the Mexican border, through the USA. He raced the length of the Rocky Mountains and, even though he was injured, he still finished the race in 11th place. He would later go on to win the race two times, setting new course records along the way. He also completed races taking him all over the world and in 2012, he won the first World Cycle Race, racing around the globe in just 91 days and 18 hours.



He was also a race organiser and fundraiser. He set up the Transcontinental Race, which takes place in Europe. Riders travel from the UK to the far edge of Europe in Turkey. Throughout his racing career, he raised thousands of pounds for a charity supporting newborn children in Vietnam, Asia.

Heartbreakingly, Mike Hall died after a collision with a car during the Indian Pacific Wheel Race in Australia in March 2017. He was in 2nd place and had warned others that cars were driving too close to riders. He will be remembered as one of Britain's greatest distance riders.



Questions

1. What year was Mike born?

1980	1981	1982	1983	1984
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2. What mountain range did he travel through in his first race?

Rocky Mountains	Himalayas	Alps	Pyrenees
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3. What race did he win in 2012?

4. Mike raised money for families in which country?

Turkey	Australia	The UK	Vietnam
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5. What was the name of the race he set up?

6. What warning did he give other riders in Australia?

7. What is an ultra-distance race?

8. Write two words that would best describe Mike Hall?

and

Answers

1. What year was Mike born?

1980	1981	1982	1983	1984
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2. What mountain range did he travel through in his first race?

Rocky Mountains	Himalayas	Alps	Pyrenees
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3. What race did he win in 2012?

Mike won the first World Cycle Race in 2012.

4. Mike raised money for families in which country?

Turkey	Australia	The UK	Vietnam
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5. What was the name of the race he set up?

Mike set up the Transcontinental Race through Europe.

6. What warning did he give other riders in Australia?

Mike warned other riders that cars were driving too close to the riders.

7. What is an ultra-distance race?

An ultra-distance race covers thousands of miles and can take weeks to finish.

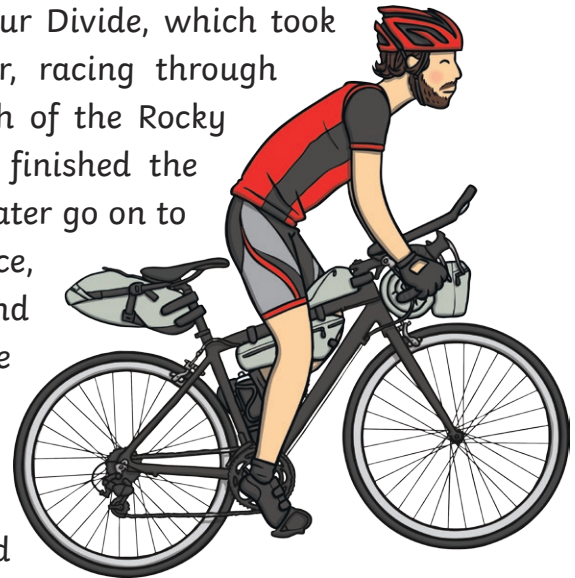
8. Write two words that would best describe Mike Hall?

A variety of answers possible with words like determined, passionate, fit, courageous, persistent, etc.

Mike Hall

Have you ever been worn out after a short bike ride? Imagine if your bike ride was more than a thousand miles long! This would have been a short trip for Mike Hall. Mike was born on 4th March 1981 in Harrogate, North Yorkshire. He began to compete in long distance races - over 24 hours - when he was about 28 years old. He soon made the step up to ultra-distance racing. These are races that cover thousands of miles and last for weeks.

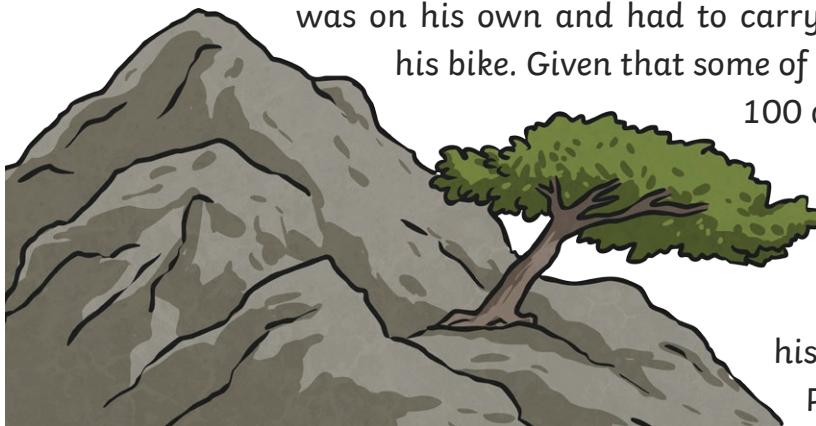
Mike's first ultra-distance race was the Tour Divide, which took him from Canada to the Mexican border, racing through the USA. He unbelievably raced the length of the Rocky Mountains whilst being injured and still finished the race in an amazing 11th place. He would later go on to dominate the event, winning the race twice, whilst setting course records, which still stand today. Mike was a force in ultra-distance racing, often finishing in first place! He won the Trans AM Race, which runs from the west coast of America to the East, for approximately 4200 miles. Mike completed this race in an astonishing 17 days and 16 hours.



No one has ever completed the race in a faster time!

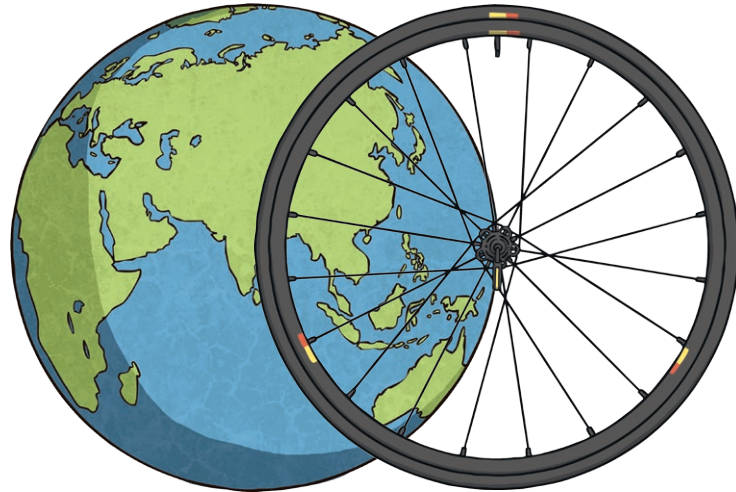
He was also a keen race organiser and passionate fundraiser. He was the main organiser of the Transcontinental Race, which takes place in Europe. Riders travel from the UK to the border of Europe and Asia in Turkey. Throughout his racing career, he raised thousands of pounds for a charity supporting newborn children in Vietnam, Asia.

Mike competed in self-supporting, ultra-distance races, which means that he was on his own and had to carry everything he needed on his bike. Given that some of his races could last almost 100 days, this was a challenge.



He would have to find his own water and use the power he generated whilst riding to charge his phone and GPS (Global Positioning System).

Sadly, Mike Hall was killed in a collision with a car whilst competing in the Indian Pacific Wheel Race in Australia in March 2017. Mike had almost completed the race and was in 2nd place. The race was cancelled following this tragic incident. The race organisers paid tribute to Mike, saying that he would leave 'an incredible legacy'.



Questions

1. At what age did Mike start competing in long distance races?

2. Which was Mike's first ultra-distance race?

3. What does the word 'dominate' mean?

4. Where does the Transcontinental Race start and finish? Circle two answers.

Start	Finish
UK	Bulgaria
France	Turkey
Norway	Italy

5. Why was Mike's time for the Trans AM Race described as 'astonishing'?

6. What does GPS stand for?

7. Mike had to carry all the water he needed for his races. True or False? Explain your answer.

8. Why was it a challenge for Mike to carry all of his equipment?

9. Find two pieces of evidence to show Mike Hall was a determined person.

10. What ultra-challenge might you want to attempt?

Answers

1. At what age did Mike start competing in long distance races?

Mike started competing in long distance races when he was 28.

2. Which was Mike's first ultra-distance race?

Mike's first ultra-distance race was the Tour Divide.

3. What does the word 'dominate' mean?

Dominate means that you beat others or win for a long time.

4. Where does the Transcontinental Race start and finish? Circle two answers.

Start	Finish
UK	Bulgaria
France	Turkey
Norway	Italy

5. Why was Mike's time for the Trans AM Race described as 'astonishing'?

It was astonishing because he rode such a long way in a very short time.

6. What does GPS stand for?

GPS stands for Global Positioning System.

7. Mike had to carry all the water he needed for his races. True or False? Explain your answer.

False. He had to find water during the race rather than carry it all.

8. Why was it a challenge for Mike to carry all of his equipment?

He has to carry enough equipment for lots of days but only had his bike to put it on.

9. Find two pieces of evidence to show Mike Hall was a determined person.

Variety of answers possible linked to the ideas of determination, covering long distances, riding when injured, trying again to beat his time or place, racing every year, etc.

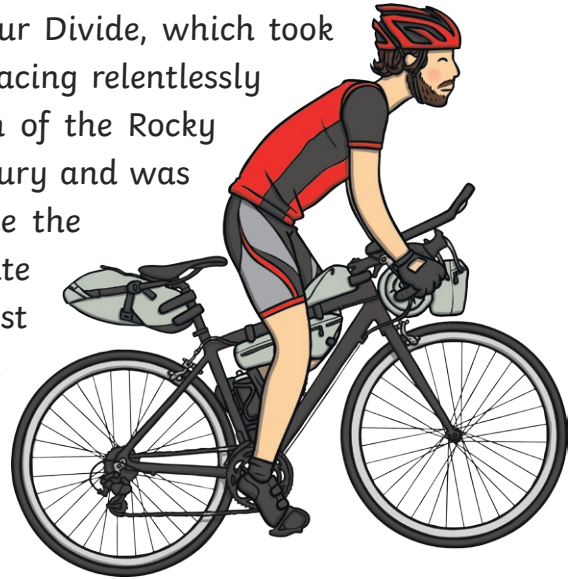
10. What ultra-challenge might you want to attempt?

Variety of answers possible linked to challenges, swim the Channel, climb mountains, walk across a country, etc.

Mike Hall

A lot of people enjoy riding their bike for a bit of exercise or peace. There are some people who take this to an almost superhuman level and one of these phenomenal athletes was Mike Hall. Mike was born on 4th March 1981 in Harrogate, North Yorkshire. He began to compete in long distance races - over 24 hours - when he was about 28 years old. He soon made the step up to ultra-distance racing. These races cover unbelievable distances, countless miles and span entire continents. Only a select group of riders could even begin to compete in these races and Mike was one of the best.

Mike's first ultra-distance race was the Tour Divide, which took him from Canada to the Mexican border, racing relentlessly through the USA. He raced the full length of the Rocky Mountains whilst suffering from a knee injury and was still able to complete the race just outside the top ten. He would later go on to dominate the event, winning the race twice, whilst setting course records, which still stand today. Mike was a force in ultra-distance racing, often finishing in first place! He won the Trans AM Race, which runs from the west coast of America to the East, for approximately 4200 miles. Mike completed this race in an astonishing 17 days and 16 hours. No one has ever completed the race in a faster time! Mike starred in a documentary about the race called *Inspired to Ride*, which followed him throughout the competition. After finishing 11th in his first ultra-distance race, Mike won every other major race he took part in!

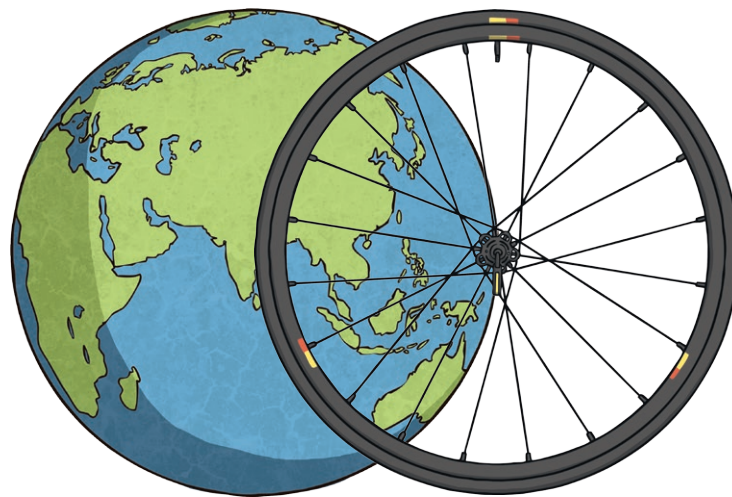


He was also a keen race organiser and passionate fundraiser. He was the main organiser of the Transcontinental Race, which takes place in Europe. Riders travel from the UK, calling in at a number of predetermined landmarks throughout the continent as they race to the border of Europe and Asia in Turkey. The race takes place over a distance of approximately 4200km. The first race took place in 2013 with 30 competitors, whereas the most recent race had over 1000



applicants for only 350 race places. Throughout his racing career, he raised thousands of pounds for a charity supporting newborn children in Vietnam, Asia.

Mike competed in self-supporting, ultra-distance races, which means that he was on his own and had to carry everything he needed on his bike. Given that some of his races could last almost 100 days, this was a challenge. He rode a carbon fibre bike which was very strong but importantly, light. Tools and materials such as puncture repair kits were essential. He would need to carry vitamins to help him stay in top condition throughout the race and water purification tablets as he would have to find his own water to keep hydrated. He could ingeniously use the power he generated whilst riding to charge his phone and GPS (Global Positioning System).



Sadly, Mike Hall was killed in a collision with a car whilst competing in the Indian Pacific Wheel Race in Australia in March 2017. Mike had almost completed the race and was in 2nd place. The race was cancelled following this tragic incident. The race organisers paid tribute to Mike, saying that he would leave 'an incredible legacy' and he was described by fellow riders as 'a shining light'.

Questions

1. What kind of racing did Mike start doing after he was 28 years old?

2. What position did Mike finish in his first Tour Divide Race?

15th place

20th place

11th place

9th place

3. **Find** and **copy** a word from the 2nd paragraph that means never stopping?

4. What was the name of the documentary Mike starred in?

5. Tick True or False for the following statements.

	True	False
The Trans AM Race is about 4200 miles long.		
Mike was the first winner of the Transcontinental Race.		
Mike had a team to help him when he was racing.		
Mike holds the record for the Trans AM Race.		

6. Why was it important that Mike's bike was strong and light?

Strong:

Light:

7. How many people competed in the first Transcontinental Race?

8. Mike Hall was one of the greatest ultra-distance riders.

Find two pieces of evidence to support this statement.

9. Match the equipment to its job.

	to keep healthy through the race
	to mend flat tyres
	to make water safe to drink
	to help with directions

purification tablets	GPS	vitamins	puncture repair kit
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10. Why was it important for the organisers to cancel the Indian Pacific Wheel Race?

Answers

1. What kind of racing did Mike start doing after he was 28 years old?
Mike started to compete in ultra-distance races when he turned 28.

2. What position did Mike finish in his first Tour Divide Race?

15th place

20th place

11th place

9th place

3. Find and copy a word from the 2nd paragraph that means never stopping.
Relentlessly.

4. What was the name of the documentary Mike starred in?
Mike starred in a documentary called Inspired to Ride.

5. Tick True or False for the following statements.

	True	False
The Trans AM Race is about 4200 miles long.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mike was the first winner of the Transcontinental Race.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Mike had a team to help him when he was racing.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Mike holds the record for the Trans AM Race.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6. Why was it important that Mike's bike was strong and light?

Strong:

The bike would be ridden for a long time and possibly on rough roads or terrain.

Light:

Mike would be carrying lots of other weight; it makes the bike easy to lift and fix.

7. How many people competed in the first Transcontinental Race?

30 people competed in the first Transcontinental Race.

8. Mike Hall was one of the greatest ultra-distance riders.

Find two pieces of evidence to support this statement.

Variety of answers possible with answers linking to the themes of determination, competitiveness, wins, records, etc.

9. Match the equipment to its job.

vitamins	to keep healthy through the race
puncture repair kit	to mend flat tyres
purification tablets	to make water safe to drink
GPS	to help with directions

10. Why was it important for the organisers to cancel the Indian Pacific Wheel Race?

Variety of answers possible linked to the idea of paying respect to Mike, other riders might not want to continue, etc.