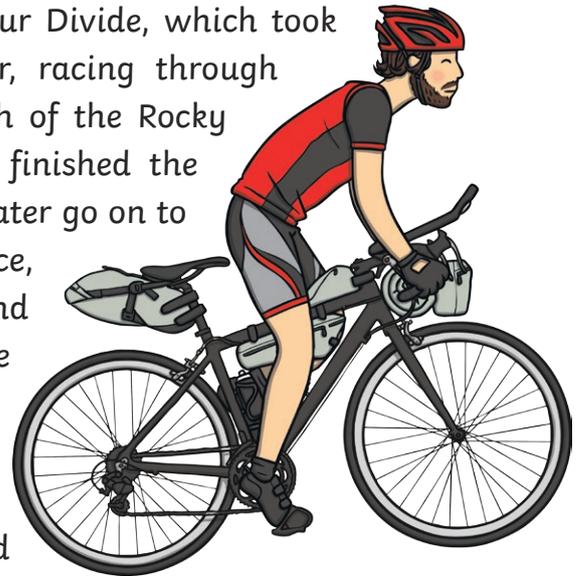


Mike Hall

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.

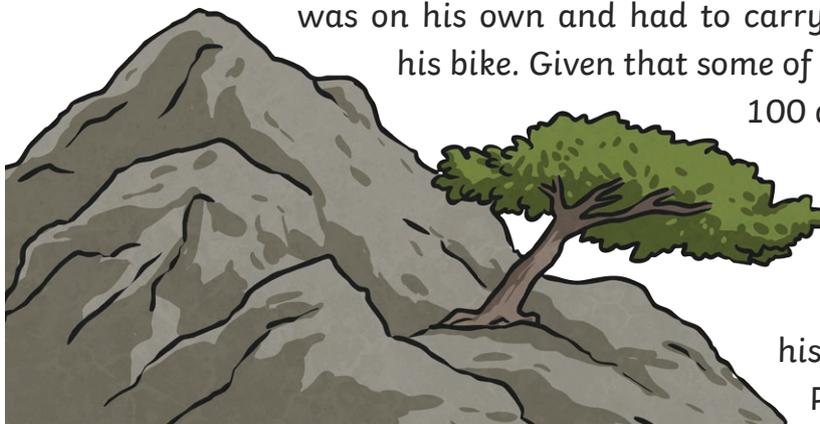
Mike's first ultra-distance race was the Tour Divide, which took him from Canada to the Mexican border, racing through the USA. He unbelievably raced the length of the Rocky Mountains whilst being injured and still finished the race in an amazing 11th place. He would later go on to dominate the event, 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!

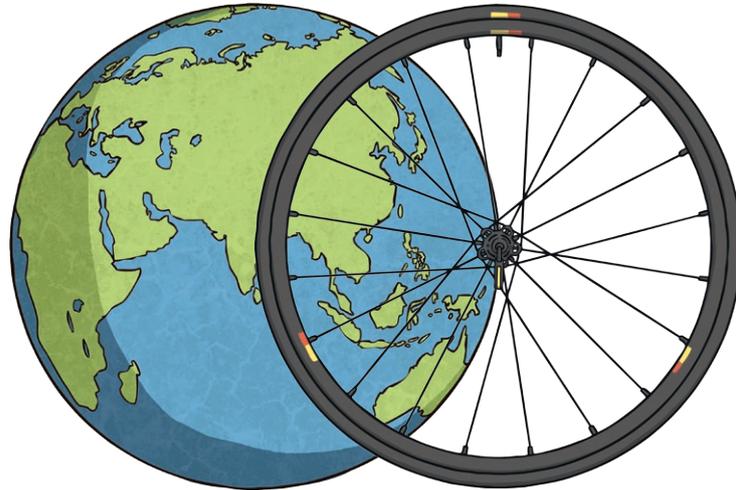
He was also a keen race organiser and passionate fundraiser. He was the main organiser of the Transcontinental Race, which takes place in Europe. Riders travel from the UK to the border of Europe and Asia in Turkey. Throughout his racing career, he raised thousands of pounds for a charity supporting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