Biography: Yuko Arimori

Yuko Arimori is an Olympic marathon runner. She was born in Japan in 1966. _____, she had difficulty walking because of a problem with her legs. Other children made fun of her. Her gym teacher helped her to gain confidence, and she learned to try new things such as track running. Through hard work, she became one of the best high school runners in her city.

_____, Arimori tried to join a top track team in Japan. When a spot opened for a marathon runner, she saw her chance. She had never been fast, but speed wasn't as important as endurance, which Arimori had. _____, she became one of the best female marathon runners in the world. In 1992, at the age of 26, she participated in the Barcelona Olympics, where she won the silver medal. _____, in the 1996 Olympics, Adimori won the bronze.

_____, in 1998, Arimori decided to go beyond just running . She has started *Hearts Of Gold*, a volunteer organisation to help land mine victims in Cambodia. *Hearts Of Gold* sponsors the Angkor Wat International Half Marathon. Runners from around the world compete to raise money to buy artificial limbs for those who lost arms and legs because of land mines. In fact, many of the victims join the race!

_____, Arimori was a United Nations goodwill ambassador. _____, she's the president and CEO of Special Olympics Nippon. She continues to help people in Cambodia and other parts of the world

LIVEWORKSHEETS