

2 Choose the correct answer to complete each statement.  
Use your notes to help you.

1. Endurance athletes are often \_\_\_\_\_.
  - a. very healthy
  - b. high achievers
  - c. professional athletes
2. They focus on achieving personal goals, not \_\_\_\_\_.
  - a. finishing the event
  - b. supporting other athletes
  - c. winning the race
3. They choose goals that \_\_\_\_\_.
  - a. are easy to achieve
  - b. they have achieved before
  - c. are a difficult challenge
4. They usually feel the other athletes are \_\_\_\_\_.
  - a. friends who they can talk to
  - b. opponents they want to beat
  - c. partners in the experience
5. Endurance athletes are also motivated by \_\_\_\_\_.
  - a. the strong emotions they feel while racing
  - b. the prizes they win at the end of a race
  - c. the exercise they get while racing

2 Complete the conversation with the correct reflexive and reciprocal pronouns.

**PIERRE:** This is Pierre Blanc, reporting on the Extreme Alpine Bike Race in France. I'm talking to Tomas Bergetti, coach of cyclist Bridgit Jacobsen. Tomas, what does Bridgit do to prepare \_\_\_\_\_ for this race?  
1.

**TOMAS:** Well, she pushes \_\_\_\_\_ pretty hard. She gets up at 4:00 A.M. every day to ride, and she only takes one day off a month!  
2.

**PIERRE:** Wow! I know her brother Hans is on the same team. Do Bridgit and Hans help \_\_\_\_\_ with training?  
3.

**TOMAS:** Absolutely! And they're both part of a bigger team. All the athletes help \_\_\_\_\_ to set personal goals.  
4.

**PIERRE:** You must be very proud of her big win in the race today!

**TOMAS:** Yes, the whole team is very happy. We're all going to reward \_\_\_\_\_ with a big dinner!  
5.

**PIERRE:** That's great! One last question. What do you do to motivate Bridgit to keep going?

**TOMAS:** I always say, "Believe in \_\_\_\_\_!" You have to have confidence if you want to win.  
6.

Cyclist Bridgit Jacobsen

