A FAIR RACE

I   Lance Armstrong was a seven-time winner of the the Tour de France – a 3,500-kilometer, 23-day men's bicycling race. For most professional riders, just completing such a difficult race is an achievement. For almost ten years, Armstrong was considered to be the most skilled cyclist[1] in the world. But then it was discovered that he'd been using banned substances[2] for
5 some time to improve his performance. This is a serious violation[3] of the rules. Consequently, he was stripped of[4] all seven Tour de France wins and is no longer permitted to participate in cycling events.

II   What's surprising is that Armstrong managed to successfully hide this for so long. One explanation is that he knew how to avoid getting caught. Riders are required to pass drug tests.
10 They give samples of bodily fluids[5], which are then analyzed for banned substances. Armstrong knew exactly what quantity of each substance he could take without being discovered. This went on for years. He didn't admit the truth until *after* another rider reported him, resulting in an investigation.

III   Although Armstrong is the most well-known rider who used banned substances, he didn't
15 act alone. He and other riders used them to increase the number of red blood cells[6] their bodies produced. Red blood cells carry oxygen[7] to muscles, so the increase improves riders' endurance[8] and helps them recover more quickly when tired.

IV   Some people justify Armstrong's behavior because so many athletes have used banned substances. Others say that banning these substances just encourages athletes to cheat. Yet
20 there's an obvious reason for opposing them – to keep races fair. The outcome of a race should be determined by riders' skills, not by banned substances. Furthermore, these substances have been linked to a variety of serious medical issues, such as heart disease and cancer.

V   Sports journalist David Walsh, who has closely followed Armstrong's career, thinks the existing policies need to be better enforced. He doesn't think riders should have to make the
25 difficult decision to either risk their health or risk losing. "You'd be very concerned," he says, "if it were your son who faced that dilemma." He's right. The fight for fair races should continue both for the riders and for the integrity[9] of the sport.

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[1] cyclist راكب دراجة هوائية / רוכב אופניים
[2] banned substance مادة محظورة / חומר אסור
[3] violation مخالفة، إنتهاك / הפרה
[4] strip يجرّد -/מ לשלול
[5] bodily fluid سوائل الجسم / נוזל גוף

[6] cell خليّة / תא
[7] oxygen أكسجين / חמצן
[8] endurance تحمُّل / סיבולת, כושר סבל
[9] integrity نزاهة / הגינות, יושר

B Answer the questions about the article.

1. What information do we learn about Lance Armstrong in paragraph I?

    PUT A ✓ BY THE <u>TWO</u> CORRECT ANSWERS.

    .... (i)   How he became a great cyclist.

    .... (ii) Why he took banned substances.

    .... (iii) Which banned substances he took.

    .... (iv) What skills made him the best cyclist.

    .... (v)   Why he cannot compete in cycling races.

    .... (vi) Why he participated in the Tour de France.

2. What is explained in paragraph II?

    ANSWER: How Armstrong ....

3. How did Armstrong hide his use of banned substances? (paragraph II)

    (i)   He kept them in a place where they couldn't be discovered.

    (ii)   He knew how much of them to take so he could still pass the drug tests.

    (iii) He did not agree to give samples of bodily fluids for the drug tests.

    (iv)   He reported other riders who were taking banned substances.

4. What do we learn about banned substances in paragraph III?

    (i)   How often riders tend to use them.

    (ii)   How they increase the size of riders' muscles.

    (iii) How they help improve riders' performance.

    (iv)   How many riders have used them.

5. What point is the writer making in lines 20-21?

    COMPLETE THE SENTENCE.

    When riders take banned substances, it's impossible to know which rider is

    ....

6. In lines 24-25, David Walsh mentions the health risks to riders who take banned substances. What is ONE of these risks? Take your answer from <u>another</u> paragraph.

    ANSWER: ....

7. COMPLETE THE SENTENCE ACCORDING TO PARAGRAPH V.

    Both Walsh and the writer think riders should not have to choose between

    .... ■**LIVEWORKSHEETS**