Homework

1 **Read the article quickly. What is it about?**

1 difficult sports 2 running marathons 3 famous athletes

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RUNNING TO THE LIMITS



Endurance sports are becoming popular all over the world. They are different to normal sports because in endurance sports people want to test how fit and strong they are. They aren't easy to do. You have to have a lot of stamina to do an endurance sport. Typical endurance sports are swimming, cross-country skiing and cycling. Running is also popular because it is easy to train for competitions. Two famous endurance running events are the Marathon des Sables and The Vertical World Circuit.

The Marathon des Sables isn't only a marathon, it's an ultra-marathon. The Marathon des Sables is in the Sahara Desert in Morocco. The run is around 250 km. That's almost six normal marathons! The temperature is around 30 ºC and it can sometimes be above 50 ºC! It usually takes six days to finish the marathon. Runners carry the things they need (usually food) on their backs in a bag. They have a place to sleep and rest at the end of each day. The competition is open to people aged 16 and above, and about 1,200 people take part in this run every year.

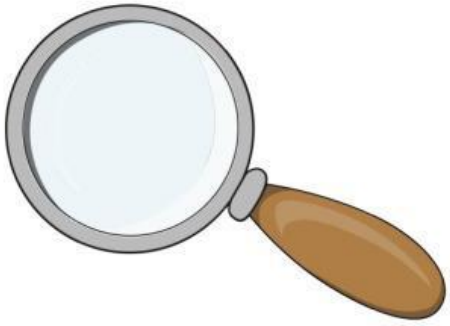
Running a normal marathon is difficult, but what about running up to the top of a skyscraper? Tower-running is popular in a lot of countries. The Vertical World Circuit tower-running competition is from April to December every year in different cities around the world. For example, in Seoul, South Korea, runners run up the 100 floors of the Lotte World Tower – that's 2,917 steps to the top of the building. Your knees hurt, but you feel great when you get to the top and see the view of the city! Over 100,000 runners from around the world take part in these runs and some of the money from the events goes to charity to help people.



Great students' tip

Reading the question carefully

Take your time to read the question and underline the key words. Look for these words, or words with a similar meaning, in the text.



LIVEWORKSHEETS

11 Read the article again. Choose the best answers.

1 What does the writer say about endurance sports?
   a They aren't different to normal sports.
   b It is important to win.
   c They are difficult to do.

2 Why do a lot of people do endurance running?
   a It is easy to do compared to other sports.
   b It's not difficult to prepare for races.
   c There aren't many sports to choose from.

3 Why is the Marathon des Sables difficult?
   a It can get very hot during the race.
   b Runners need to carry a lot of food.
   c There's no place for runners to rest.

4 According to the text, one good thing about the run in Seoul is ...
   a you can see the city when you finish.
   b it's good for your knees.
   c it's popular around the world.

5 The Vertical World Circuit ...
   a happens every month of the year.
   b makes about €100,000 for charity.
   c is an international competition.

Match the underlined words in the text to the definitions.

1 do an activity .....
2 an object you walk on to go up or down in a building .....
3 a very tall building .....
4 what you can see from a place .....
5 do something to see how well you can do it .....
6 the ability to do something difficult for a long time .....

LIVEWORKSHEETS