Name:..... Class: 2 .....

FORM 2 MODULE
Reading, p. 68

The best runners in the world



You probably haven't heard of the Tarahumara Indians. They're from Mexico and they live simply, without electricity or running water. But they have become famous in the world of athletics because they are excellent long-distance runners.

For the Tarahumara Indians, running is part of their everyday lives. They live in an area with a lot of mountains, so running is the quickest way to travel. Many Tarahumara can run over 100 km in a day without a rest, and they don't often get injuries!

Recently, Tarahumara Indians have started competing in races with other long-distance runners. For them, a normal marathon of 42 km is too short! They like running in 'ultra-marathons'. In 1993, a 55-year-old Tarahumara man won the Leadville Run, a 160 km race through the Rocky Mountains in the USA. Since then they have won a lot of other long-distance races.

The Tarahumara Indians aren't like other athletes. They don't wear expensive trainers – they run in leather sandals! And they don't eat high-energy food before a race. However, they always eat a healthy diet. They are also very superstitious. Before a race, a medicine man gives the runners a special drink to make them stronger and bring bad luck to the other competitors!

Reading

1 (10) **Read and listen. What type of shoes do the Tarahumara Indians wear?**

_____

_____

2 Match the words with the definitions.

1	running water	a)	a material made from animal skin
2	rest	b)	tribal doctor
3	injuries	c)	water that you can drink, from taps in your home
4	leather	d)	painful damage to your body, caused by an accident or exercise
5	high-energy food	e)	repose
6	diet	f)	the food and drink that you usually consume
7	medicine man	g)	food with a lot of carbohydrates

LEARNING TO LEARN

With true / false questions, always underline the parts of the text that give you the information to decide if the question is true or false.

3 Circle T (true) or F (false). Underline the parts of the text that tell you the answer.

1	The Tarahumara live in India.	T	F
2	The Tarahumara run every day.	T	F
3	The Tarahumara get a lot of injuries.	T	F
4	The Tarahumara don't like running in normal marathons.	T	F
5	The Leadville Run is the length of a normal marathon.	T	F
6	The Tarahumara believe that if they drink a special drink, it will make them more powerful.	T	F

4 Read the text again. Answer the questions. Write complete sentences.

1 What two things do the Tarahumara live without?

_____

2 Why do they run a lot?

_____

3 What usual things *don't* the Tarahumara do before and during a race?

_____

4 What unusual thing *do* the Tarahumara do before a race?

LIVEWORKSHEETS