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3 C

Failure is not falling down. Failure is falling down and not getting up again.
Richard Nixon, former US President

If at first you don't succeed, ...

1 GRAMMAR *can, could, be able to*

Nancy Peters

Education:

- ☐ B.A. in Spanish with Marketing (1994)
- ☐ Master in Business Administration (1999)

Work Experience:

- ☐ 2000–present: Managing Director, Brand Marketing Services Inc., Los Angeles.
- ☐ 1994–2000: Assistant then Marketing Manager, IBM Seattle.
- ☐ 1989–1991: Trainee and operator with IBM, Los Angeles.

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Other Skills:

- ❑ Intermediate computer programming: 1990
- ❑ Typing certificate: 1993
- ❑ French – basic certificate: 2001
- ❑ Spanish (fluent)
- ❑ Driver's license: I will be taking my driving test next month

Hobbies & Interests:

- ❑ Sports, especially tennis and badminton
- ❑ Learning languages – I hope to start Japanese classes next October

a Complete the sentences with the correct form of *can*, *could*, or *be able to*.

1 Nancy ___*can*___ play badminton.

2 She _____ type when she started working for IBM in Seattle.

3 She _____ speak Italian.

4 She _____ write computer programs since at least 1990.

5 She'd like _____ speak Japanese.

6 She _____ speak French when she was with IBM in Los Angeles.

7 She _____ drive a car very soon.

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b Circle the correct form. If both forms are possible, circle them both.

1 He (**can**) / (**is able to**) cook really well because he used to work in a restaurant.

2 To work for this airline, you **must can** / **must be able to** speak English fluently.

3 I'm really sorry I **couldn't** / **wasn't able to** come to your party last Saturday.

4 If it doesn't rain, **we can** / **we'll be able to** go to the mountains tomorrow.

5 I've been so busy that I **haven't could** / haven't **been able to** call him yet.

6 I **used to can** / **used to be able to** speak a little Russian, but I've forgotten it now.

7 If we had a little more money, we **could** / **would be able to** buy a better car.

8 I hate **not can** / **not being able to** tell my boss what I really think of him!

9 He **could** / **was able to** talk when he was only eighteen months old.

10 **Can you** / **Will you be able to** help me tomorrow?

11 I've **never could** / **never been able to** dance very well.

12 To live in the country, you need to **can** / **be able to** drive.

3 READING

a Read the ten tips about running in a marathon.

Which are for before the race? 2, _____

Which are for during the race? 1, _____

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MARATHON TIPS

You've done your training – now you have to run the race. Here are our top ten tips to help you succeed in any big city marathon.

1 Be determined to finish. Your mind needs to be as strong as your body! Don't give up unless you have an injury.

2 Check all your gear carefully three or four days before the race. Then you'll know you haven't forgotten anything. Don't wear anything new, especially shoes.

3 Have a gentle run the day before the big race. Two or three miles will not affect your energy reserves and it will relieve any pre-race nerves you may be feeling.

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Resist the temptation to spend the whole day before the race sightseeing or shopping. It's easy to do that at the big city marathons like Boston or New York, especially if you go with a friend. Take it easy the day before.

Take a shower the morning of the marathon. This removes body oils and helps the body stay cool, which is important to prevent dehydration.

Split the race into "chunks" in your mind. Concentrate on each five-mile or five-kilometer section, so that you feel you are making progress. Instead of running 26 miles, you just have to run five miles five times!

Run at a steady pace that you know you can maintain. Don't get too excited at the start – if you set off too fast, you'll suffer later.

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Eat a large balanced dinner in preparation for the race. This could include protein, carbohydrate, and some fat. A nice dessert would be fine. No alcohol!

Don't drink too much during the race. You should sip water at every stop but not too much. Never try glucose supplements if you haven't used them before in training.

Plan how to get to the start of the race carefully and arrive at least half an hour before so that you have time to warm up properly.

b Read the ten tips again and mark the sentences T (true) or F (false).

1 If you have an injury, you should stop running. T

2 Buy a pair of new running shoes especially for the race. ___

3 You shouldn't run far the day before the race. ___

4 Spend the day before looking around the city. ___

5 If you don't take a shower on the day of the race, you may become dehydrated. ___

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6 Take a break every five miles or five kilometers. ___

7 It's a good idea to start the race fast and then slow down. ___

8 You shouldn't eat a lot the day before the race. ___

9 You should drink a little water at regular intervals. ___

10 Arrive about 15 minutes before the start of the race. ___

4 VOCABULARY *-ed / -ing* adjectives

a Correct the incorrect adjectives.

1 I didn't know anyone at the party, so it was very bored. *boring*

2 He was very disappointed when he failed. _____

3 Working in a store is very tiring. _____

4 This game is very excited. _____

5 She felt very embarrassing by her mistake. _____

6 I can't go by plane – I'm frightened of flying. _____

7 Are you interesting in foreign movies? _____

8 He felt frustrated because he couldn't speak the language. _____

b Circle the correct answer.

1 She didn't know they were planning a party for her birthday and was very **surprised** / **surprising**.

2 My grandmother gets extremely **tired** / **tiring** if she does too much.

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3 It's very **worried / worrying** that we haven't heard from him since he went to South Africa.

4 Apparently their vacation was very **bored / boring.**

5 You must be **excited / exciting** about your new job.

6 Tell me more about your time in New York – it's very **interested / interesting.**

7 The news today is so **depressed / depressing.**

8 I felt so **embarrassed / embarrassing** when I couldn't remember her name.

5 HOW WORDS WORK *so*

Match the sentence halves.

1 I was very late for work, [d]

2 I was **so** tired [ ]

3 I'm afraid of flying, [ ]

4 I was **so** disappointed with the restaurant [ ]

5 I didn't want to speak to anyone, [ ]

6 I was **so** worried about the exam [ ]

a **so** I always travel by car.
b (that) I studied until 3:00 a.m.
c (that) I went straight to bed.
d **so** I took a taxi.
e (that) I never went there again.
f **so** I turned off my cell.

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More Words to Learn

Write translations and try to remember the words.

Word	Pronunciation	Translation
wave *noun*	/weɪv/	
amazed *adjective*	/əˈmeɪzd/	
dehydrated *adjective*	/ˌdɪˈhaɪdreɪtɪd/	
determined *adjective*	/dɪˈtərmənd/	
give up (= stop trying) *verb*	/gɪv ʌp/	
improve *verb*	/ɪmˈpruv/	
keep on *verb*	/ˈkip ɔn/	
manage to (do sth) *verb*	/ˈmænɪdʒ/	
scream *verb*	/skrim/	
take up (a hobby) *verb*	/teɪk ʌp/	

CAN YOU REMEMBER...?

FILES 2&3

Complete each sentence with one word.

1. I've had my car _____ three years now.
2. How _____ have you been living in Peru?
3. It's the _____ beautiful city I've ever seen.
4. You _____ touch that! It isn't yours.
5. She _____ be 40! She only looks about 30.
6. I'd love to be _____ to play a musical instrument.

LIVEWORKSHEETS