Business manager, Mark Ordaz, talks about running

For many people, running is a sport for the weekend but for me it is definitely part of my daily routine. It keeps me fit and healthy and is a wonderful way to relax. I also like it because I can do it alone. I like playing football but I'm usually working when my friends play it. I have a successful business and I am very hard-working. My typical day begins at 5 a.m. and ends at 11 p.m. I myself work a ten to twelve hour day but I'm happy with my job. I don't usually work at the weekend but sometimes I do a few hours on Sunday.

When I wake up I go for a long run. I like running because it gives me time to think about what I'm doing that day. When I get home I always have a plan for the day in my head. I go into the kitchen, sit down and make some notes. I write down what I am doing in the morning, afternoon and evening and who I am meeting. Then I eat a healthy breakfast and get ready for work. I usually take my shorts and running shoes with me when I have meetings or travel to other cities because a short run is an ideal way to relax. Most cities have a park and there are always other runners to talk to so it is never lonely.

Some people think I'm a little crazy because I think running is relaxing. They think you need a lot of energy to go running but I always feel full of energy afterwards and I never feel stressed or tired. Perhaps, it is time for you to start running?

What is your name?

_____

❶ Read the article. Are the statements true (T) or false (F)?

1 Running is part of Mark's normal lifestyle. ___
2 Mark doesn't like working long days. ___
3 Mark goes for a run before breakfast. ___
4 Mark uses the time he is running to plan his day. ___
5 Mark goes running when he travels to other cities for work. ___
6 Mark says he feels lonely when he is running. ___
7 Running gives Mark energy and stops him feeling stressed. ___
8 Mark thinks running is a good activity for people to do. ___