Gerunds and infinitives

Decide which sentence is an example for each of the following rules:

The infinitive is used:

1- To say why you do something (= purpose).

e.g.

2- To say why something exists.

e.g.

3- After ***too*** and ***enough.***

e.g.

4- After these verbs: ***agree, appear, ask, arrange, decide, expect, fail, help, promise.***

e.g.

5- The negative is formed by placing ***not*** before the infinitive.

e.g.

I promised **to come** back one day and finish the race.

I was training a couple of hours a day during the week **to get** fit.

There are medical teams **to take** care of injured runners.

He was just too tired **to carry** on.

Two of my team-mates decided **not to continue** the race after just a day and a half.

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The gerund is used:

1- After prepositions:

e.g.

2- As subjects of a sentence.

e.g.

3- After these verbs: ***admit, enjoy, finish, involve, mind, postpone, risk, suggest***.

e.g.

4- After these expressions: ***It's no good, it's no use, it's not worth, it's a waste of time, spend time, can't help.***

e.g.

5- The negative is formed by placing ***not*** before the verb.

e.g.

Not finishing that race was the most valuable lesson I could have learned.

In fact, what I did involved simply **running, biking and paddling** a kayak as much and as hard as I could.

There is a lot to be said for just **gaining** experience.

It's no use **entering** a race if you haven't prepared properly.

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