

Name: _____

Grade: _____

English Language

Instructions: Read the following excerpt from the passage, “Long Distance Douglas King and Laurel Cooke races. Use the Venn diagram below to organize your ideas. Thereafter, summarize the ideas that you have organized into one paragraph.

Long Distance Running: Is It for You?

Not many people know that the marathon, a 26.2-mile-long race, got its name from the Greek legend of Pheidippides, who in 490 BC ran slightly less than 26 miles from the town of Marathon in Greece to the city of Athens to announce the Athenian army's victory over the Persians. Once poor Pheidippides arrived and announced, "Rejoice, we have conquered", he is said to have collapsed and died. Over two thousand years later, more than five hundred marathons take place in Europe and the United States yearly, with around one million runners taking part. Quite a number of Bahamians are among those who undergo the often-demanding training needed for long distance races. They pound the streets of New Providence in the wee hours of the morning and late at night, **facing the dragons of small-city traffic and crime**. Then, months later, these runners invest large sums of money in flying off to foreign countries to participate in what has been called an excessive endurance exercise.

While recent research reveals that running marathons and other grueling races could lead to fatal heart attacks or serious cardiac problems in later life, supporters claim that these risks are more than outweighed by the benefits. An internet sports magazine asked readers to submit a description of themselves, telling how or why they became long-distance runners and have benefited from it. Here is what a number of readers wrote:

Douglas King - Georgia, USA

I ran track for one year in high school and remember running a 2 mile race and hating every second of it. The summer after high school, I injured my knee, had seven knee surgeries and thought I would never be able to stay active. In 2007, I decided to go out for a run to blow off some steam during a particularly stressful time in my life. It had started raining, but I pushed myself through a twenty-minute run that left me full of energy. It seemed to wash away a large portion of my stress and anxiety. So, I continued to run regardless of where I was. I'm still running.

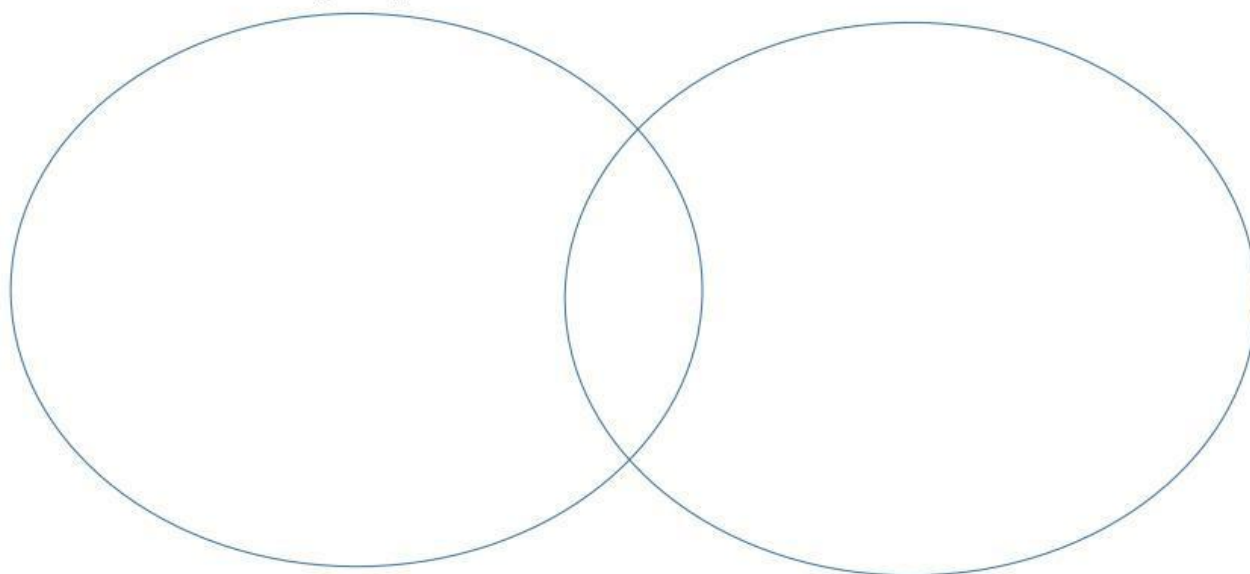
Laurel Cooke - Nassau, The Bahamas

I have run two marathons and participated in the Avon Breast Cancer Run, all to raise money and awareness for several different charities. It makes you feel awesome and gives you a chance to help in some way. I run to stay in shape and I am grateful for the discipline that the training affords me, as well as the increased sense of confidence and pride.

Venn Diagram

Douglas King

Laurel Cooke



Summary