

**2 Choose the correct answer to complete each statement.
Use your notes to help you.**

1. Endurance athletes are often _____.
 - a. very healthy
 - b. high achievers
 - c. professional athletes
2. They focus on achieving personal goals, not _____.
 - a. finishing the event
 - b. supporting other athletes
 - c. winning the race
3. They choose goals that _____.
 - a. are easy to achieve
 - b. they have achieved before
 - c. are a difficult challenge
4. They usually feel the other athletes are _____.
 - a. friends who they can talk to
 - b. opponents they want to beat
 - c. partners in the experience
5. Endurance athletes are also motivated by _____.
 - a. the strong emotions they feel while racing
 - b. the prizes they win at the end of a race
 - c. the exercise they get while racing

2 Complete the conversation with the correct reflexive and reciprocal pronouns.

PIERRE: This is Pierre Blanc, reporting on the Extreme Alpine Bike Race in France. I'm talking to Tomas Bergetti, coach of cyclist Bridgit Jacobsen. Tomas, what does Bridgit do to prepare _____ 1. for this race?

TOMAS: Well, she pushes _____ 2. pretty hard. She gets up at 4:00 A.M. every day to ride, and she only takes one day off a month!

PIERRE: Wow! I know her brother Hans is on the same team. Do Bridgit and Hans help _____ 3. with training?

TOMAS: Absolutely! And they're both part of a bigger team. All the athletes help _____ 4. to set personal goals.

PIERRE: You must be very proud of her big win in the race today!

TOMAS: Yes, the whole team is very happy. We're all going to reward _____ 5. with a big dinner!

PIERRE: That's great! One last question. What do you do to motivate Bridgit to keep going?

TOMAS: I always say, "Believe in _____ 6. !" You have to have confidence if you want to win.

Cyclist Bridgit Jacobsen

