

3RD ADULT

UNIT 6

Reading comprehension

Read the text:

I've just joined a society for long-distance runners. I decided to join because I needed to stay fit and also wanted to meet new people with similar interests. At first, I thought it would be easy, but I didn't realise how demanding it would be. Every weekend I have to run at least 20 kilometres, and sometimes we even train during the week in the evenings. At the beginning, I had to buy special running shoes and some comfortable clothes because my old ones weren't suitable. It was a big investment, but it was worth it. Still, despite feeling exhausted after long training sessions, I love the sense of achievement I feel at the finish line. Running helps me clear my mind, and I've also made a few good friends in the group, which makes the experience even more enjoyable.

Answer the questions in English:

1. Why did the person decide to join the society?
2. What was more difficult than they expected?
3. What equipment did they have to buy at the beginning?
4. How does running make the person feel?
5. What is another positive aspect apart from fitness?

