

NAME:..... DATE:

UNIT 2

A. Read the following text and decide whether the sentences are **True** or **False**.

Running the Marathon

Running is a very popular sport. Millions of people run because they enjoy it or want to be in good **physical shape**. A runner does not need a special talent or equipment – only **well-cushioned** shoes and comfortable clothes.

Daily running **improves** a person's physical condition. It helps oxygen **circulate** through your body and it makes your heart and leg muscles stronger. Running helps you control your weight because when you run you burn up a lot of calories. It also helps you **fight off** stress after a tiring in school or at work.

Many runners take part in long distance races. The most popular events are marathons. They are held in many cities all over the world and, for a good runner, taking part in a famous marathon is the **highlight** of a running career. Famous marathons are held in Athens, New York, Boston, London Berlin and many other cities.

The marathon is the longest running event in the world. Its name goes back to the story of a Greek soldier who, in 490 B.C., ran from the small village of Marathon to Athens about 40km away. He wanted to tell the people there that the Greek army had **defeated** the Persians.

physical shape = the condition your body is in

well-cushioned = soft, so that it doesn't hurt you when you run

improve = to get better

circulate = to move around

fight off = fight against

highlight = the best part of

defeat = to win over someone

1. You need special equipment to exercise running.
2. If you want to lose weight, running is a good choice.
3. Marathon is a long distance race.
4. Marathons are held only in Athens, to honour the victory of the Greek army over the Persians in 490 B.C.
5. A marathon is about 40 km distance.

B. Put the **sentences** of the dialogue in the **right order**.

- a. Ok, I'd like two tickets to Thessaloniki, please. _____
- b. Excuse me, sir. When is the next train to Thessaloniki? _____
- c. Here's your change but hurry, the train is leaving in 5 minutes. _____
- d. Thank you very much. Bye, bye. _____
- e. Well, that's 30 euros. _____
- f. Here you are. _____
- g. About two hours. _____
- h. It's 15 euros. _____
- i. It's at 4 o'clock. _____
- j. Goodbye. Have a good trip. _____
- k. And how much is the ticket? _____
- l. How long does it take to go there? _____

C. **Complete** the questions.

1. What time.....? They get up at 7.00 a.m.
2. How.....? She goes to school on foot.
3. What? He has milk for breakfast.
4. Who? They visit their friends.
5. When? He walks the dog at night.
6. What time? I go to sleep at around 10 p.m.

- <http://photodentro.edu.gr/v/item/ds/8521/4789>

