

Name: _____

RUNNING: SPORT OR WAY OF LIFE?

by Kelly Hashway

You flip through the channels for the fourth time and realize that once again there's nothing on television that grabs you. Not a problem! Throw on some running shoes and comfortable clothes and go for a run.



One of the coolest things about the sport of running is that you don't need expensive equipment. All you need is a good pair of running shoes and a safe environment. But just because you don't need much equipment don't be fooled into thinking the sport of

running is easy. No one wakes up and decides to run a marathon without training. Running requires discipline, perseverance, and concentration. It's a sport that's good for your body and mind.

Running strengthens your heart, lungs, and muscles. It develops coordination and makes you more aware of your body. Running also gives you energy by increasing your oxygen intake, and it improves your immune system so you don't get sick as easily. It can even help you stay more focused in school because exercise helps you to think more clearly.

How do you get involved in the sport if you don't know much about it? Most schools offer cross-country and track programs, but there are also running clubs open to all ages. A simple Internet search can help you find some in your area. The programs show you how running can offer competition or just be for fun. They also teach runners to set realistic goals and take care of their bodies.

Runners have great respect for each other because they know how difficult the sport can be. If you go to a race, you'll see people cheering for *all* the runners, from the first place finisher to the last place finisher. Running isn't always about how fast you are or how far you're going. It's about getting out there and doing it. Participation is more important than competition, and effort is recognized over talent.

If you're looking for more than just a sport, running may be the perfect choice for you.

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1. What is the main idea of the fourth paragraph in this article?
- a. Running is one way to keep your body healthy.
 - b. You don't need expensive equipment to be a runner.
 - c. Running for fun is better than running in a competition.
 - d. There are many running clubs and teams you can become involved in.

2. **Benefits of Running for Your Health and Mind**
(Find Four Benefits Mentioned in the Passage)

1. _____	2. _____	3. _____	4. _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. What is the author's main purpose for writing this passage?
- a. to give historical information about runners
 - b. to teach readers how to become great runners
 - c. to persuade readers to try running
 - d. to compare and contrast running and watching television

4. Tell whether each sentence is a fact or opinion.
Write the word fact or opinion on each line.

_____ Running is not an easy sport.

_____ Many schools offer cross country or track programs.

_____ Running develops coordination and makes you more aware of your body.