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.
Running: Sport or Way of Life?

By Kelly Hashway

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.

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.
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Part 1: Reread “Running: Sport or Way of Life?” and highlight these vocabulary words in the passage: lungs, coordination, immune system, heart, concentration, marathon, and realistic.

Part 2: Match each vocabulary word on the left with its definition on the right.

Part 3: Use a vocabulary word from above to correctly complete each sentence.

8. I could barely breathe when I finished running the _______________________.

9. The nurse was monitoring her patient’s ______________________ rate.

10. The writer was lost in ______________________________ as he thought about what he will write next.

11. When Joey wanted to run 50 miles, his friend said, “That’s not ____________________.”
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.
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2. 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
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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.
   _______________________  Also accept: can help you stay more focused in school

Running: Sport or Way of Life?
By Kelly Hashway

Benefits of Running for Your Health and Mind
(find four benefits mentioned in the passage)

_____________________  strengthens your heart, lungs, and muscles
_____________________  gives you energy by increasing your oxygen intake
_____________________  improves your immune system
_____________________  also accept: can help you stay more focused in school
8. I could barely breathe when I finished running the _________________.

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Part 1:
Reread “Running: Sport or Way of Life?” and highlight these vocabulary words in the passage:

- lungs
- coordination
- immune system
- heart
- concentration
- marathon
- realistic

Part 2:
Match each vocabulary word on the left with its definition on the right.

1. ______ lungs  
   a. long-distance running race

2. ______ coordination  
   f. ability to move your body’s muscles skillfully

3. ______ immune system  
   b. protects your body from bacteria and disease

4. ______ heart  
   g. muscle that pumps blood through your body

5. ______ concentration  
   e. ability to think deeply

6. ______ marathon  
   d. body organ that puts oxygen into your blood

7. ______ realistic  
   c. reasonable