



## All the gear...: 'How obsession with kit eclipsed my love of running'

*Vassos Alexander, sports reporter for The Guardian, explains why 'simplicity is the ultimate sophistication'*

**BEFORE YOU READ THE COMPLETE ARTICLE LOOK AT THIS VOCABULARY AND FIND IT IN THE TEXT**

**gear/kit:** the clothes and tools you use to do a sport

**tights:** thin leggings

**to fall for sth:** to fall in love with sth

**cheerfully:** in a happy mood

**jog:** a gentle run

**tracksuit:** sweater and trousers for running

**sweatband:** elastic wristbands to absorb sweat

**pursuit:** activity

**to creep:** to move slowly without being noticed

**gadgetry:** technological items

**lurid:** too bright and colourful

Cycling, fishing, golf... certain sports come with a love of equipment as standard. But running is meant to be simpler, isn't it? The purest form of exercise. Just lace up your trainers and get out there. When Pheidippides ran from Marathon to Athens, he probably wasn't wearing compression **tights**.

I only started running because I was putting on weight in my mid-30s. I failed to reach the end of the street on my first-ever run – I set off too fast, paused to breathe, and ended up walking back home. But then I **fell for it** hard. I soon realised running was doing much more for me than just keeping the weight off. It gave me space – mental, emotional and physical. If I wanted to solve a problem, I'd go for a run. If I was feeling tired, anxious, lethargic, I'd go for a run. The benefits were making themselves felt in every part of my life. I was soon doing it every day, often twice.

Within a few years, I was **cheerfully** signing up for ultra-marathons and triathlons (I once attempted one of each on the same weekend). I discovered I was living in a golden age of the runner. Back in the 80s, when people went out for a **jog**, all you needed was a **tracksuit** – accessorised, perhaps, with a headband and matching **sweatbands**. The only piece

of tech you required was a Walkman to keep you moving to the beat of "Eye of the Tiger". But now that "jogging" had transformed into the more serious **pursuit** of "running", there was endless kit to be had. The tech **crept** into my life in increments. It started with the search for the perfect pair of trainers. Then came the base layers – top and tights – that promised to be "injury-reducing, temperature-controlling and moisture-managing". Next, socks. Most weeks I'd emerge from a running shop armed with another must-have accessory. My growing collection of running-related paraphernalia was fast becoming obscene.

You'd think all this **gadgetry** would be making my runs more enjoyable. But instead they were becoming more stressful. Dressed in my **lurid** gear, I'd stand in the middle of the road waiting for my watch to find a satellite signal. Even during a supposedly easy run, I'd check it every few minutes to discover how fast I was going.

Eventually, I concluded that the watch and the gear were keeping me away from the simplicity and beauty of running. They had to go. I threw them into my rucksack and took them to a local charity shop.

A sports psychologist once shared with me the wisdom of Leonardo da Vinci: "Simplicity," he told me. "Simplicity is the ultimate sophistication."

*Adapted from: The Guardian*

### "Let's chat about that!"

*Write your answers in an email and send them to your ECP coach!*

*Give reasons for your answers.*

- *Look at the text again and find 5 adjectives that describe feelings*
- *Do you consider yourself a runner?*
- *What items do you think are necessary for a runner?*
- *Do you like to buy gadgets and technologically advanced gear for sports?*
- *What are some reasons people choose to run?*
- *Are there any disadvantages to running?*
- *Do you agree with the Leonardo da Vinci quote at the end? Why (not)?*

## Weekly English Practice



1st June 2017

English  
Coaching  
Projects S.Coop.

[weeklyenglishpractice.wordpress.com](http://weeklyenglishpractice.wordpress.com)

[www.englishcoachingprojects.net](http://www.englishcoachingprojects.net)  
[info@englishcoachingprojects.net](mailto:info@englishcoachingprojects.net)

Calle San Ignacio de Loyola 15 bajo  
01001, Vitoria-Gasteiz, Araba-Alava



# "iLook, iThink, iSpeak" Express yourself better!

## "GET INTO GEAR"

= TO START TO WORK EFFECTIVELY AND WITH ENERGY

"AFTER A FEW DAYS OUT OF THE OFFICE IT ALWAYS TAKES ME A WHILE TO GET INTO GEAR WHEN I COME BACK."

Can you find 10 words in the word search on the right that are clothes worn by runners?

Nine of the words can be found in the text.

shorts  
rucksack  
watch  
socks  
top  
sweatbands  
headband  
track suit  
trainers  
tights



There are three **compound adjectives with -ing**

in the text on page 1:

Tights which reduce injury are **injury-reducing** tights.

A top which controls temperature is a **temperature-controlling** top.

Socks which manage moisture are **moisture-managing** socks.

Complete the sentences:

Paint that dries fast is \_\_\_\_\_ paint.

An animal that eats meat is a \_\_\_\_\_ animal.

Water that flows gently is \_\_\_\_\_ water.

A meal that makes your mouth water is a \_\_\_\_\_ meal.

A plan to save money is a \_\_\_\_\_ plan.

A job that destroys your soul is a \_\_\_\_\_ job.

A film that warms your heart is a \_\_\_\_\_ film.

Popularity that increases rapidly is \_\_\_\_\_ popularity.

I	C	M	F	X	Y	F	P	I	F	I	S	V	M	L
V	H	S	A	P	S	Q	C	D	B	T	P	C	W	S
C	H	A	D	K	G	V	N	A	T	A	Z	D	W	H
S	K	O	S	Q	A	Y	Y	O	I	K	I	Y	O	
T	S	D	N	A	B	T	A	E	W	S	G	D	C	R
J	I	W	N	D	P	R	S	B	R	B	C	H	M	T
Y	D	U	A	M	W	O	R	N	S	A	B	J	T	S
K	Q	E	S	A	U	Z	T	L	R	G	C	O	N	S
X	H	V	T	K	W	K	E	L	E	V	I	D	L	E
F	W	C	F	H	C	Z	O	S	N	K	Z	S	Y	Y
B	H	T	F	D	M	A	S	A	I	A	G	H	U	M
V	C	G	R	S	E	V	R	R	A	V	U	I	I	P
R	U	C	K	S	A	C	K	T	R	K	X	M	Q	Z
I	H	P	L	G	V	E	M	E	T	C	L	P	F	C
N	I	H	F	I	T	T	W	Q	I	W	J	M	S	Z

# 4TH ANNUAL PINTXO PARTY & COMPETITION!!

WHO WILL BE THE 2017 CHAMPION?



2016



2015

ANCHOVY CHEESE  
ICE CREAM  
WITH WALNUTS

2014

right royal recipe (from  
the Queen's coronation in

## Friday June 9th

20:30 to 22:30

C/ San Ignacio de Loyola, 15

