



Above: Kathrine Switzer posing in front of the famous images
Below: Women competing in an Ironman triathlon



Pioneer Marathon Runner Runs Boston Marathon Again, 50 Years Later

In the 1960s, women were considered too fragile to run it but now millions of women compete in marathons and even triathlons

** BEFORE YOU READ THE COMPLETE TEXT **

1) Look for these numbers (they are in order) and think about what they describe:

70, 1967, 10, 4 & 20, 4:44:31, 1972, 1984, 30, 1974, 3:07:29, 261, 1976

2) And then look for this vocabulary:

hidden (to hide): concealed, attempt to not be seen

allowed: permitted **weak:** the opposite of strong

to be confident: to believe in your abilities

strength: to be physically strong

come a long way: to make a lot of progress

to retire: to remove from use OR stop working/competing permanently

stamina: the ability to sustain prolonged physical effort

fancy: special, sophisticated, expensive

New York Times 10 years ago. *"But I had trained hard and **was confident** of my **strength**. Still, it took a body block from my boyfriend to knock the official off the course."*

Switzer recovered to finish in 4 hours 20 minutes. She completed this year's race only a little slower, in 4:44:31.

Women were finally officially allowed to enter the race in 1972. Women's marathoning **has come a long way**, joining the Olympics in 1984. More than half of marathon runners in the United States are women.

"In 1967, few would have believed that marathon running would attract millions of women, become a glamour event in the Olympics and on the streets of major cities, help transform views of women's physical ability and help redefine their economic roles in traditional cultures," Switzer wrote.

Over the years, Switzer has competed in more than 30 marathons, winning New York in 1974 in 3:07:29, and has worked as a television commentator. She is the founder of 261 Fearless, a running club for women. The name comes from the number she wore in 1967.

Switzer, who had not run Boston since 1976, started this year's marathon on Monday morning wearing the same number. It was **retired** after the race – just the second number that the marathon has retired. Before her start, she was given the honor of firing the gun for the women's elite runners.

She said: *"We learned that women are not deficient in endurance and **stamina**, and that running requires no **fancy** facilities or equipment. Women's marathoning has created a global legacy."*

adapted from: <https://mobile.nytimes.com/2017/04/17/sports/boston-marathon-kathrine-switzer.html>

Weekly English Practice

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Fifty years ago, a runner registered to participate in the 1967 Boston Marathon with the name of K.V. Switzer. Although the organisers didn't know it at the time, the athlete was a woman, Kathrine Switzer. She had **hidden** her gender because women weren't **allowed** to run in the prestigious event - they were considered too **weak** to compete.

When a race official recognised her as a woman and tried to force her from the course after a few miles, the moment was captured by photographers and the pictures were published worldwide. Her act of rebellion had become an international talking point. This month, she ran again at age 70 and as a guest of honour.

"The marathon was a man's race in those days; women were considered too fragile to run it," she wrote in an essay for The

"Let's chat about that!"

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

- Do you run for exercise or as a hobby? Why?
- Have you ever competed in a race? Describe it.
- What sports treat men and women equally?
- Do you know any other women who have challenged men's perceptions about them?
- What difficulties do women face in daily life in comparison to men?



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HOW TO TALK ABOUT SPORTS IN ENGLISH

Use ‘PLAY’ for sports that use a ball or puck or team sports.

Examples:

badminton, basketball, baseball, football, golf, (ice) hockey, rugby, tennis

Henri’s son plays ice hockey at the ice rink twice a week.

Robert loves playing football.

Let’s play golf this weekend.

I play tennis every chance I get.

Use ‘GO’ (or nothing) for sports that end in -ing, or gerunds.

You will normally see these sports in their -ing or gerund form.

Examples:

swim/swimming, fish/fishing, ski/skiing, run/running, skate/skating

Talk with your ECP class mates and coach about different sports. *Chat about what you DO/DID/USED TO DO/HAVE DONE/MIGHT DO. For example: “I used to go skiing with my family when I was younger.” “I might go swimming after this class.” “I have played golf once a month for the last few years.”*

There is no "to" between "go" and the sport. I go swimming, NOT I go to swimming.

Do you swim?/Yes, I love to go swimming!

He runs every day. Do you go running?

I usually ski in Candanchu but I sometimes go snowboarding in Ezcaray.

Igor ice-skates every morning before class.

Note: These sports are **not** usually team sports.

Use ‘DO’ for sports that do not use a ball or puck

Examples:

karate/martial arts, gymnastics, yoga

I do yoga every day.

Helene has been doing karate for 5 years.

My sister did gymnastics when she was a kid.

<https://www.kaplaninternational.com/blog/how-to-talk-about-sports-in-english>



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Friday 5th May
@20:00 Molineux Lounge

