

Vertical Marathon

A cura di Michela Riggio

Disciplina	Inglese
Ordine e classe	SSPG - III ^a
Competenze	Leggere e comprendere testi Ascoltare
Scopo della prova	Certificare la competenza
Punteggio	Si veda la tabella "Skill/Marks" per il calcolo del "Total Marks". Il livello globale di competenza linguistica corrisponde alla somma dei risultati in ciascuna abilità.
Durata	2 ore

Skills Test

Name _____

Surname _____

Class _____

Date _____

#	Skill	Marks
A)	Before reading	/ 8
B)	Reading and comprehension	/ 26
C)	Listening	/ 39

	Total Marks	/ 73
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Skill Level	Mark Range	Check
Scarce	0 .. 43	
Base	44 .. 54	
Medium	55 .. 65	
High	66 .. 73	

A) Are they sports mad?

- Look at the pictures below and label them by choosing among the words in the rectangle!

marathon - jogging - sprint - cross-country race

sack race - high heel shoes running - trail (mountain) running



- What do all these sports have in common?
- A they are practiced indoors
 - B they involve running
 - C they are done just by men
 - D they use special equipment

(/ 8)

Read the text carefully and do the activities!

B) Only the sky is the limit!

A sport with a difference. Can you say what it is?



Ben Wilson is a British marathon runner. He trains in London, but he doesn't run in the London Marathon. He often trains in New York, but he doesn't run in the New York Marathon. He is a marathon runner, but he never runs more than 300 meters when he trains. It is difficult for him to find a good place to train in Britain. He runs up stairs in his house 300 times a day.

Ben Wilson is a vertical marathon runner! Every year more and more athletes run up the 1430 steps and 86 floors of the new York's Empire State Building - one of the tallest building in the USA. That's only about 300 meters in distance, but you must be very, very fit to do it. The fastest time is about 10 minutes and the oldest person to do it was 85 years old!

Vertical Running is an original new sports discipline that is becoming more and more popular across the globe. People run up the world's tallest skyscrapers and towers in Australia, Japan, China, Canada, the USA..... only in a few minutes.

Scientists conducted a research on these extraordinary athletic performances. Their data have generated Vertical Fitness, health and wellness projects involving stair climbing to benefit less active people. So, if you are on a diet, just run up the stairs and you will loose weight. Don't forget to train for the next running championship challenge and have a look at the opportunities for this year:

February 8 **USA**

NEW YORK - Empire State Building Run-Up

March 1 **GREAT BRITAIN**

LONDON - Tower 42 Vertical Rush

April 21 **SWITZERLAND**

BASEL - Tower Running Basel

May 27 **GERMANY**

BERLIN - Berlin Skyrun

June 10 **TAIWAN**

TAIPEI - 2011 Taipei 101 International Run Up Race

September 23 **ITALY**

MILAN - Vertical Sprint Regione Lombardia

October 28 **VIETNAM**

HO CHI MINH CITY - Bitexo Vertical Run

November 18 **SINGAPORE**

SINGAPORE - Swissotel Vertical Marathon

November 30 **BRAZIL**

SAN PAOLO - Corrida Vertical



- Are the statements true (T) or false (F)?

	T / F
It is very easy for Ben to find a place to train in Britain.	
He runs up his stairs at home 2100 times a week.	
Athletes must train hard to get fit for the competitions	
The slowest time recently recorded was 10 minutes.	
Stairs running can be dangerous for non runners.	

(/ 5)

- Match each word with the suitable definitions!

stairs	strong and in good physical health
fit	a series of steps inside a building to go from one level to another
skyscrapers	good state condition
research	a detailed study to find more information
wellness	an extremely tall building

(/ 5)

● **Answer the questionnaire!**

(1) Name two cities where Ben trains.

(2) How far does he run?

(3) How does he train?

(4) Do lots of people do the same sport as Ben?

(5) Which countries do the athletes run for the year 2012 in?

(6) Which are the advantages of running up stairs?

(7) What did scientists do?

(8) What do you do to keep fit? Play basketball, do gymnastics, go swimming or....run up stairs?

C) Watch the video report and do the activities!

- Fill in the blanks!

idea	running	top	gym shoes	long	people	weekend	money
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It's away to the.....and for these people taking the lift just won't do. If.....up buildings is your.....of fun, then is to buy fund raises for you. Around 160.....put on their.....this.....to raise.....for the medical aid organisation medicines sans frontiers by running to the top of the Jumeirah Emirates towers.

high	hotel	morning	difficult	hot	floors	walking	noisy
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Battling a.....and humid.....the stairwell of the.....tower was unusually.....with the pat of shoes and shouts of encouragement.

The emirates tower is 260 meters....., that's 52....., 1334 steps. Some people are running, some people are.....like me and to be honest it's pretty.....

After 35 you are counting the floors, it's pretty hot in the staircase.

(/ 16)

- Circle the correct word in each sentence!

1. After 35 you are counting the **doors/floors/steps**, it's pretty hot in the staircase.
2. We **did/made/do** it!
3. We've just been to the **bottom/middle/top** of the emirates towers and I wished he carried me but I carried him.
4. I'm from Poland. My hobby is vertical running. Today is very **difficult/funny/easy** because the stair is very high, maybe I come back next year.

(/ 4)

- Choose the most suitable alternative!

Let's compete to raise some money for charity!



- Organisers say they managed to raise 115,000 dirhams, which they say will go towards providing medical equipment for **humanitarian** / **natural** disasters around the world.
- The charity has a supply warehouse in Jebel Ali, which was utilised in the interventions during the aftermath of the recent **earthquake** / **hurricane** in Haiti.
- This money will be allocated to our **actions** / **operations** in the field.
- You know that we intervene in 65 **regions** / **countries** worldwide.
- Some of these are in the **Far** / **Middle** East.
- So if you think you can take on a **tower** / **skyscraper**, you may want to give this again next year.
- Just remember to put in enough training **beforehand** / **afterwards** and that means not taking the lift.

(/ 7)

- **Write a short interview between a reporter and one of the participants to the competition !**

The reporter asks about :

- ✓ age (How....?)
- ✓ provenience (Where....?)
- ✓ beginning (When...? Why...?)
- ✓ a comment on the experience

reporter:	?
participant:	
reporter:	?
participant:	
reporter:	?
participant:	

(/ 12)