



*"If you are losing faith in human nature,
go out and watch a marathon."*

KATHRINE SWITZER

ENGLISH FOR THE LONG RUN

TODAY´S WORKOUT

1 WATCH THE VIDEO

 PUEDES AJUSTAR LA VELOCIDAD DE REPRODUCCIÓN, ACCEDIENDO AL MENÚ "CONFIGURACIÓN" DE YOUTUBE

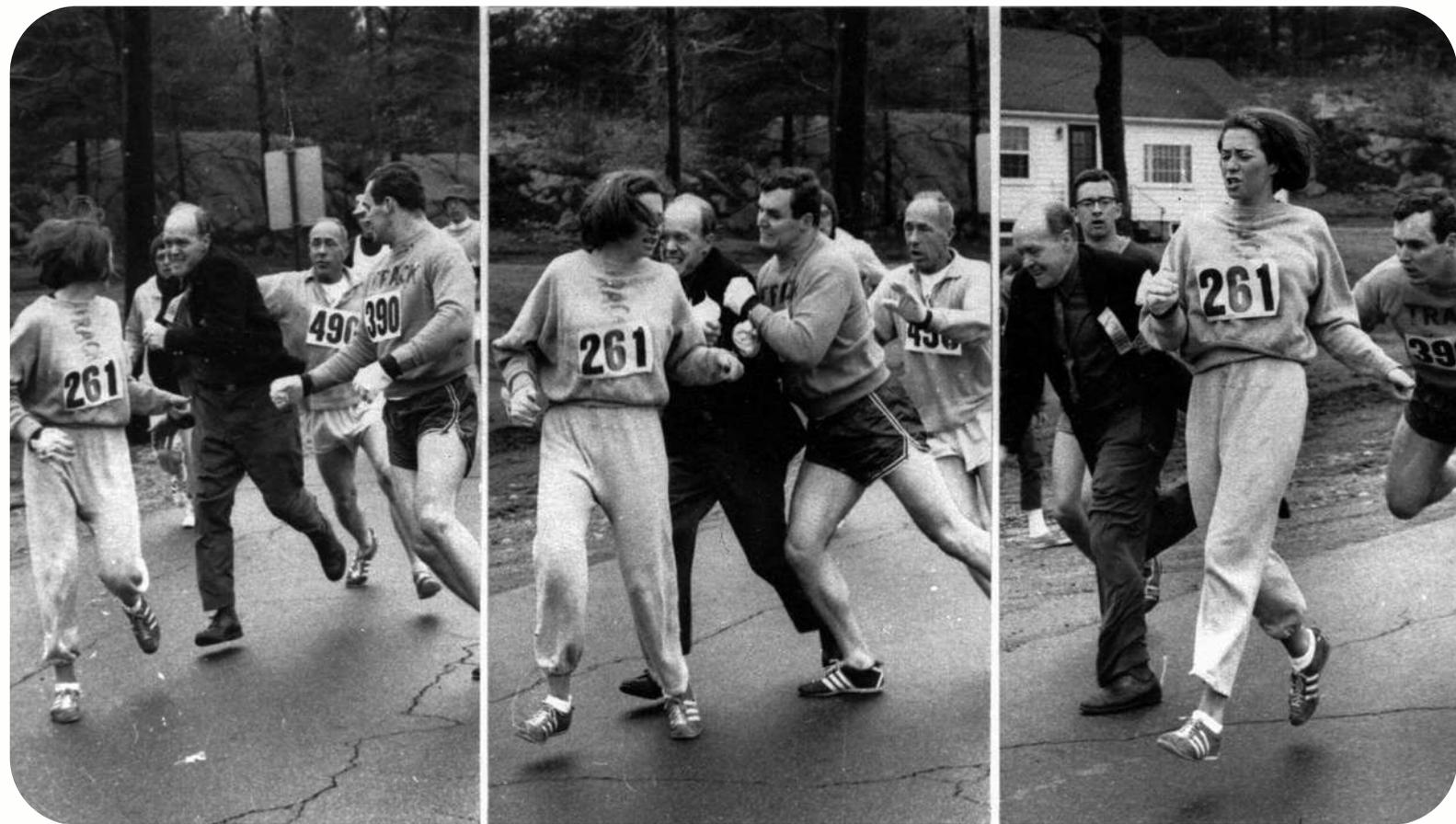


2 TRUE OR FALSE?

3 READ THE FULL TRANSCRIPT

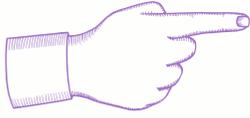
 PRACTICA TUS READING COMPREHENSION SKILLS Y APUNTA LAS PALABRAS QUE NO CONOCES EN UN CUADERNO

4 CHECK YOUR ANSWERS



**READING/LISTENING
WORKOUT**

1 WATCH THE VIDEO



CLICK HERE

2 TRUE OR FALSE?

- 1 Women were not allowed to run long distances because back in 1967 people believed that they were too fragile.
- 2 The other runners reacted aggressive when they saw a girl running.
- 3 Jock Semple was an angry journalist who tried to stop her.
- 4 Switzer finished the Boston Marathon on her hands and knees.
- 5 The 1967 Boston Marathon took place during cold weather.

**READING/LISTENING
WORKOUT**

3 READ THE FULL TRANSCRIPT

The idea of running long distance was always considered, (you know), very questionable for women because (you know) an arduous activity would mean that you're going to get big legs and grow a mustache and hair on your chest and your uterus was going to fall out.

So I filled out the entry form, I sign my name with my initials. I signed KV Switzer. When I signed it that way, obviously when the form went in, they couldn't tell it from a guy's (form).

Voz por altavoz:

“The world's most famous footrace even attracts some leggy lady KV Switzer of Syracuse.”

So there we were with my coach Arnie Briggs and my boyfriend, an all-american football player Tom Miller. **When other runners would come by they would say “oh it's a girl” and they were so excited.** And Arnie was saying “yep I've trained her”.

**READING/LISTENING
WORKOUT**

All of a sudden, the flatbed truck is in front of us and I hear the photographer saying “slow down, slow down, slow down” and they're taking pictures of us.

On this truck were the race directors. One of them was a feisty character by the name of Jock Semple.

He just stopped the bus, jumped off and ran after me. Suddenly I turned and he just grabbed me and screamed at me "get the hell out of my race and give me those numbers" and then he started clawing at me, he started trying to rip my numbers off. And I was so surprised and he had the fiercest face of any guy I'd ever seen. Out of control really.

READING/LISTENING WORKOUT

I was terrified, and all of a sudden my boyfriend big Tom gave Jock the most incredible cross body block and sent Jock flying. All this happened in front of the press truck. **The journalists got very aggressive: what are you trying to prove? Are you a suffragette? Are you a crusader? Whatever that is, you know.**

READING/LISTENING WORKOUT

I said: "What? I'm just trying to run..."

They finally left, then it got very quiet.

Snow's coming down, nobody's saying anything and I turned to Arnie and I said "Arnie, you know, I've gotten you into a lot of mess, I guess". But, I said "I don't know where you stand in this", but I said "I'm going to finish this race on my hands and my knees if I have to, because nobody believes that I can do this".

**READING/LISTENING
WORKOUT**

Suddenly I realize, if I don't finish this race then everybody's going to believe women can't do it and that they don't deserve to be here and that they're incapable. I've got to finish this race.

I finished in four hours twenty minutes.

**READING/LISTENING
WORKOUT**

That race changed my life. It wasn't until about midnight when we were driving back from Boston to Syracuse University. We stopped on the thruway to get an ice cream and some coffee and we saw the newspapers and they covered front and back of all the different editions with the pictures

I realized that now this was very very important and this was going to change my life and it was probably going to change women's sports.

**READING/LISTENING
WORKOUT**

4 CHECK YOUR ANSWERS

1 **True**

2 **False** (No, the other runners were supportive. The journalists and the race directors were aggressive.)

3 **False** (Jock Semple was a race director.)

4 **False**

5 **True** (Yes, it snowed!)

Video: First Woman to enter the Boston Marathon Kathrine Switzer/Makers.com.

Photos: courtesy Kathrine Switzer, Boston Herald

More information:

Official website: <https://kathrineswitzer.com>

Six Minute Mile podcast "First woman to register and run in the Boston Marathon"



**AWESOME
JOB!**

MARATHON WOMAN

ENGLISH FOR THE LONG RUN