Before You Go

Many people think that running is simple. They think you just open the door and off you go. But this is not true. If you plan on running long distances, then there are three important things you need to do before you go.

The first thing you need to do is wear reflective clothing. This is especially true if you are running at night. When you are wearing reflective clothing, drivers of cars can see you much more easily. They slow down and give you lots of room when they pass.

The second thing you need to do is wear proper shoes. Some people think you can run in any kind of shoe, but this is wrong. If you run in shoes that are not designed for running long distances, then you can injure your feet, your legs, and even your back. This hurts! And it also means that you have to stop running until your injuries heal. By wearing good running shoes, you can make sure that you do not get any injuries.

The third thing you need to do is drink lots of water. When you run, you sweat. When you sweat, your body loses water. If you drink lots of water, you can make sure that you do not get dehydrated. Your body will have plenty of water and you will not dry out.

Many people think that running is simple, but it is not. That is why it is important to do these three things before you go running.

1) The author wrote this passage mostly to
   A. communicate the joy of running
   B. convince the reader to buy expensive shoes
   C. give instructions about how to run safely
   D. argue for the rights of runners on the road

2) In addition to runners, who else should probably wear reflective clothing?
   A. bakers
   B. school teachers
   C. truck drivers
   D. road workers

3) In which paragraph does the author talk about running shoes?
   A. paragraph 2
4) Which shoes are probably NOT good for running long distances?

I. boots
II. slippers
III. sandals

A. I only
B. I and II only
C. II and III only
D. I, II, and III

5) In paragraph 4, the author writes, "If you drink lots of water, you can make sure that you do not get dehydrated." As used by the author, which person is dehydrated?

A. Sammie, who plays the fiddle downtown every night.
B. Rachel, who likes to jump rope and play hopscotch.
C. Peggy, who stands in the hot sun directing traffic.
D. Arnold, who sweats all day without anything to drink.

6) In your own words, explain why the passage says that running is not as simple as some people think it is.

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1) C
   Core Standard: Integration of Knowledge

To begin the passage, the author writes, "Many people think that running is simple. They think you just open the door and off you go. But this is not true." This lets us know that the author disagrees with people who think running is simple. The author continues to write, "If you plan on running long distances, then there are three important things you need to do before you go." The author then talks about these three things in the upcoming paragraphs. The author says you need to wear reflective clothing, wear proper shoes, and drink lots of water. All of these things have to do with protecting the safety of the runner. This lets us know that the author mostly wrote this passage to give instructions about how to run safely. Choice (C) is correct.

The author does not discuss the joy of running. This means choice (A) is incorrect.

Choice (B) is incorrect because although the author wants the reader to wear "proper" shoes, they do not necessarily have to be expensive. Also, this is a detail and not the main purpose.

The author does not discuss the rights of runners on the road. This makes choice (D) incorrect.

2) D
   Core Standard: Integration of Knowledge

In paragraph 2, the author writes, "The first thing you need to do is wear reflective clothing. This is especially true if you are running at night. By wearing reflective clothing, drivers of cars can see you much easier." Since road workers work around cars (often at night), and since reflective clothing helps drivers of cars can see you, then we can understand that road workers should also wear reflective clothing. This will help keep them safe from the speeding cars around them. Choice (D) is correct.

Bakers and school teachers do not work around cars and are not in danger of cars or car accidents. This means they do not need to wear reflective clothing. Therefore choices (A) and (B) are incorrect.

Although truck drivers do work around cars and are in danger of car accidents, they work inside the truck. This means other cars cannot see them or the clothes they wear. So, wearing reflective clothing would not help to keep them safe. This means choice (C) is incorrect.

3) B
   Core Standard: Key Ideas and Details

To answer this detail question correctly, we need to find where the author discusses running shoes in the passage. A good way to do this is to scan the topic sentence of each paragraph, since this sentence will likely tell us what information can be found in the rest of that paragraph. The topic
sentence of paragraph 3 reads: "The second thing you need to do is wear proper shoes." This lets us know that the details we are looking for can likely be found in paragraph 3. If we continue reading, we discover that this is indeed where the author talks about running shoes. Therefore choice (B) is correct.

In paragraph 2, the author talks about reflective clothing. Therefore choice (A) is incorrect.

In paragraph 4, the author talks about drinking enough water. Therefore choice (C) is incorrect.

In paragraph 5, the author writes the conclusion. Therefore choice (D) is incorrect.

4) D
 Core Standard: Integration of Knowledge

In paragraph 3, the author writes, "Some people think you can run in any kind of shoe, but this is wrong. If you run in shoes that are not designed for running long distances, then you can injure your feet, your legs, and even your back." From this we can understand that you cannot run long distances in normal shoes, or shoes that are not designed for running. Boots are designed for working, not running. So they are probably not good for running long distances. This supports option (I).

Slippers are designed to be worn around the house, not running. So they are probably not good for running long distances. This supports option (II).

Sandals are designed for walking or swimming, not running. So they are probably not good for running long distances. This supports option (III).

Therefore (D) is correct.

5) D
 Core Standard: Craft and Structure

dehydrated (adjective): suffering from excessive loss of water from the body.

To answer this question correctly, it helps to use context. Context is the text that comes before and after the text in question. In this case, we need to look at the text that comes before and after the word dehydrated. In paragraph 4, the author writes, "When you sweat, your body loses water. If you drink lots of water, you can make sure that you do not get dehydrated. Your body will have plenty of water and you will not dry out." Since Arnold sweats all day without anything to drink, we can understand that he fits the author's description of someone who is dehydrated. Choice (D) is correct.
Sammie, Rachel, and Peggy do not sweat, nor do they fail to drink enough water. This means choices (A), (B), and (C) are incorrect.