

NORTHSTAR 3

LISTENING & SPEAKING

FOURTH EDITION

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A TEST OF Endurance

1 FOCUS ON THE TOPIC

1. Look at the photo and read the title of the unit. Where is this man? What is this sport? What do you think this unit will be about?
2. *Endurance* is the ability to do something difficult or stressful over a long period of time. What kinds of sports require endurance?
3. Would you like to try an endurance sport yourself? Why or why not?

2 FOCUS ON LISTENING

LISTENING ONE ULTRARUNNER JAY BATCHEN

VOCABULARY

1 Read and listen to the article about ultramarathons. Notice the boldfaced words.

EXTREME RUNNING ULTRAMARATHONS

A **marathon** is a running race with a 26-mile **course**. An ultramarathon is a race longer than 26 miles, often 50 to 100 miles. There are two **formats** for ultramarathons: Some races have several short **stages** with breaks overnight. Other races go all day and night, with no stops until the runners finish.

The Racecourse

Ultramarathons take place all over the world, through many types of **terrain**. There are races through rainforests, from one city to another, over mountains and rivers, and across dry desert sand. Every ultramarathon is **unique** because each course is different.

Overnight

Many ultramarathons take several days to finish. Runners must eat and sleep on the course. In some races, food and supplies are carried in a car and the runners sleep in hotels. In other races, runners carry everything they need in backpacks, and they sleep outside in **tents**.

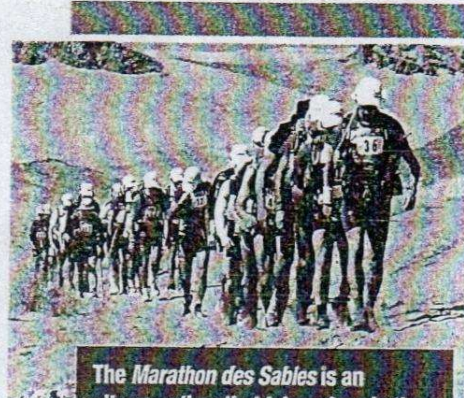
Running Safely

To stay healthy during an ultramarathon, runners must follow safety rules. For example, runners must drink their daily **ration** of water, even if they don't feel thirsty.

Crossing the Finish Line

What is in it for the runners?¹ Many runners say they **get into** ultramarathons because they feel that normal marathons are not challenging enough. They enjoy the **experience** of crossing the finish line and completing an extremely difficult event.

¹ "What is in it for the runners?" means "What are the advantages for the runners to run in the ultramarathons?"



The *Marathon des Sables* is an ultramarathon that takes place in the Sahara Desert in Morocco. The runners race across the desert, where temperatures can reach 125 degrees Fahrenheit (52 degrees Celsius) during the day and 38 degrees Fahrenheit (3 degrees Celsius) at night.



Complete the definitions. Write the correct letter.

- | | |
|--|---|
| <u>g</u> 1. A marathon is _____. | a. the only one of its kind |
| _____ 2. A course is _____. | b. a piece of cloth supported by poles and rope that is used for sleeping outside |
| _____ 3. The format of something is _____. | c. a specific amount of something that you are allowed to have |
| _____ 4. A stage is _____. | d. a step in a longer process |
| _____ 5. Terrain is _____. | e. a type of land |
| _____ 6. Something that is unique is _____. | f. to become interested in |
| _____ 7. A tent is _____. | g. a 26-mile race |
| _____ 8. A ration is _____. | h. something that happens to you that affects the way you think or feel |
| _____ 9. To get into something is _____. | i. the path of a race |
| _____ 10. An experience is _____. | j. the way its parts are arranged |

GO TO MyEnglishLab FOR MORE VOCABULARY PRACTICE.



PREVIEW

In this podcast, Jay Batchen talks about his experience as an ultramarathon runner.


🎧 Listen to an excerpt from the interview. Why do you think Jay runs in the marathon?
Complete the sentence.

He runs in the marathon because _____.

MAIN IDEAS

-  Listen to the whole interview. Look again at your prediction from the Preview section. How did your prediction help you understand the interview?
-  All of the statements contain some FALSE information. Cross out the parts that are untrue and write corrections. Some statements can be corrected in more than one way.
- Jay Batchen is a ~~sports reporter~~.
an endurance runner
or
Tim
Jay Batchen is a sports reporter.
 - Jay Batchen ran in the Marathon des Sables in 1999.
 - During the 1999 race, Jay married his wife, Lisa.
 - The Marathon des Sables has one stage.
 - Runners have to carry water with them.
 - Runners sleep outside under the stars.
 - Jay feels that the race was a terrible experience.

DETAILS

-  Listen again. Complete each statement. Circle the correct answer.
- In 1999, Jay Batchen was _____ the race for a TV cable channel called the Discovery Channel.
 - doing research about
 - filming
 - reporting on
 - Jay Batchen's future wife, Lisa, _____ the race in 1999.
 - watched
 - didn't finish
 - won

3. The racecourse _____ every year, but it is always about 150 miles long.
 - a. changes
 - b. gets more difficult
 - c. moves to a different country

4. The first three stages are all about _____.
 - a. 10 miles long
 - b. 20 miles long
 - c. 26 miles long

5. The fourth stage is _____.
 - a. 20 miles
 - b. 50 miles
 - c. a full marathon

6. The fifth stage is _____.
 - a. 20 miles long
 - b. 50 miles long
 - c. a full marathon

7. Runners get _____ at checkpoints every few miles.
 - a. a serving of food
 - b. a ration of water
 - c. medical help

8. Runners sleep in tents that are _____.
 - a. small and light
 - b. crowded and uncomfortable
 - c. warm and quiet

(continued on next page)

9. Jay Batchen says that he experienced _____ during the race.
- a. heat, cold, and sandstorms
 - b. hunger and thirst
 - c. injuries to his feet
10. Jay Batchen calls the race a “life experience” because he _____.
- a. almost didn't finish the race
 - b. shared the experience with other runners
 - c. ran faster than the other runners

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MAKE INFERENCES

INFERRING MEANING FROM CONTEXT

An inference is a guess about something that is not directly stated. To make an inference, use information that you understand from what you hear.

A speaker may express an idea indirectly. The listener can infer the meaning based on the context. *Context* is the words that come just before and after a statement that help you understand its meaning.

🎧 Read and listen to the example. Notice the underlined information.

Example

- JAY:** I filmed the event in 1999, which is actually the year my wife, Lisa Smith-Batchen, won the event. And that's how I ended up in Morocco and ended up learning about the event myself.
- INTERVIEWER:** So did you know Lisa before that event, or you met her there?
- JAY:** Met her there.
- INTERVIEWER:** (laughing) OK, so you ended up marrying the winner of the race that you were filming.
- JAY:** Yep.
- INTERVIEWER:** Oh, very good.

When the interviewer laughs as he says, “OK, so you ended up marrying the winner of the race that you were filming,” he is indirectly saying that Jay met his wife in an unusual way. The interviewer doesn't say these words directly. The listener has to infer the meaning.



Listen to the excerpts. Then read each question and choose the inferred meaning. Circle the correct answer.

Excerpt One

What does the interviewer mean when he says, "If you're able to stay standing at that point, I guess"?

- a. Can you stand up by the end of the race?
- b. You must be really tired by the end of the race.
- c. I'm sure you want to stay standing after the race.

Excerpt Two

What does the interviewer mean when he says, "Well, you know, Jay, it doesn't sound like a whole lot of fun . . . "?

- a. Most people say they didn't have fun.
- b. I understand why you enjoyed the race.
- c. It seems to me that it was a very difficult experience.



Work with a partner. Talk about the information that helped you find the answers.

EXPRESS OPINIONS

Work in a small group. Discuss the questions.

1. What's your opinion of Jay Batchen and the other runners in the Marathon des Sables? Do you admire them or do you think they are crazy? Explain.
2. What do you think is more important in an endurance race: physical strength or emotional strength? Or are they equally important? Explain.

GO TO MyEnglishLab TO GIVE YOUR OPINION ABOUT ANOTHER QUESTION.

LISTENING TWO SPORTS PSYCHOLOGY

VOCABULARY



1 Read the conversation. Notice the boldfaced words.

REPORTER: What **goal** do you hope to **achieve** in an ultramarathon?

RUNNER: I just do my best. It's hard to have the **motivation** to keep going. I know my **opponents** feel the same way, but we like the **challenge** of trying to do something really difficult.

2 Match the words with the definitions. Write the correct letter.

- | | |
|-------------------|---|
| ___ 1. goal | a. something that tests your skill or ability |
| ___ 2. achieve | b. to succeed in getting a good result |
| ___ 3. motivation | c. someone who tries to defeat you in a competition |
| ___ 4. opponent | d. something you plan to do in the future |
| ___ 5. challenge | e. the desire to do something |

COMPREHENSION

1 Listen to an excerpt from a sports psychology class lecture about the motivation of endurance athletes. Complete each statement. Circle the correct answer.


1. Endurance athletes are often ____.
- a. very healthy
 - b. high achievers
 - c. professional athletes

2. They focus on achieving personal goals, not _____.
 - a. finishing the event
 - b. supporting other athletes
 - c. winning the race

3. They choose goals that _____.
 - a. are easy to achieve
 - b. they have achieved before
 - c. are a difficult challenge

4. They usually feel the other athletes are _____.
 - a. friends who they can talk to
 - b. opponents they want to beat
 - c. partners in the experience

5. Endurance athletes are also motivated by _____.
 - a. the strong emotions they feel while racing
 - b. the prizes they win at the end of a race
 - c. the exercise they get while racing

 Work with a partner. Compare answers.

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LISTENING SKILL



Listen to an excerpt from the psychology lecture. What will the professor discuss next? What words does the speaker use to signal that information?

SIGNAL WORDS

Signal words tell the listener what to expect next. In a lecture, the speaker uses signal words to help the listener understand what the next idea will be.

Read and listen to the example. Notice the signal words.

Example

PROFESSOR: Well, looking at the research, **there are a couple of points** that seem especially important.

The signal words tell the listener what to expect: The speaker will talk about two important points about an athlete's motivation for getting into extreme sports.



Listen to the excerpts. What signal words does the speaker use? Circle the correct answer.

- To introduce point #1: the personality of endurance athletes
 - This first*
 - One of these*
 - The most important*
 - This one*
- To introduce a contrast: focus on winning the race versus focus on personal goals
 - Otherwise*
 - However*
 - Sometimes*
 - Instead*
- To introduce point #2: the relationship between athletes
 - Another*
 - The next*
 - One more*
 - Finally*

4. To introduce a result: the effects of the emotional high
 - a. *As a result*
 - b. *Because of this*
 - c. *Consequently*
 - d. *So*

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CONNECT THE LISTENINGS

STEP 1: Organize

🎧 Listen to an excerpt from Listening One and read the excerpts from Listening Two. Then write examples from Listening One that support the ideas in Listening Two.

LISTENING ONE: Ultrarunner Jay Batchen	LISTENING TWO: Sports Psychology
1. What are some of the challenges that Jay Batchen faced?	"As a group these people tend to be high achievers. . . . They like difficult challenges and they aren't happy with goals that are easy to achieve."
2. What are Jay Batchen's personal goals?	"And when setting goals, most endurance athletes don't focus on winning the race. Instead, they have personal goals, like maybe just finishing the race is enough, or finishing with a better time than before."
3. How does Jay Batchen feel about the other athletes in his race?	"In general, endurance athletes don't see the other athletes in a race as opponents or people they're trying to beat. Instead, they see them as partners—partners in this unique adventure, doing something that no one else is doing."

STEP 2: Synthesize

Work with a partner. Do you think the professor of sports psychology would agree with the statements? Discuss your answers. Use examples from Step 1: Organize to support your opinion.

1. Running in the Marathon des Sables was a difficult challenge for Jay Batchen.
2. Jay Batchen was motivated by his relationship with other athletes during the race.
3. Jay Batchen was motivated by the personal goal of winning the race.

GO TO MyEnglishLab TO CHECK WHAT YOU LEARNED.