

A. Look at the pictures and the heading. What do you know or can you guess about a triathlon? Would you like to try it? Why / Why not?

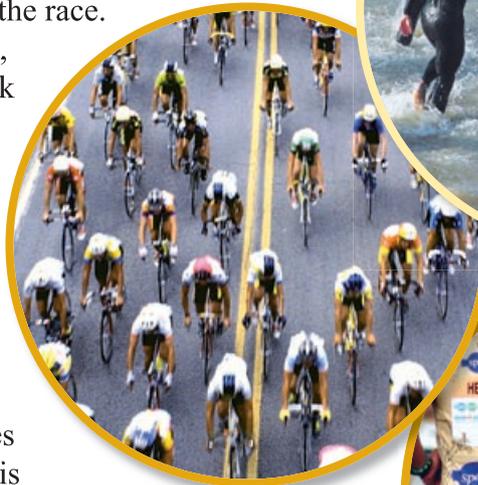
Triathlon

A triathlon is a very popular sport all over the world. Some people think that a triathlon is very difficult and is only for sports freaks but this is not true.

A triathlon race includes running, cycling and swimming. The 'triathletes' as they are called try to finish the race in the fastest time. They usually start with swimming, then cycling and finally running. The swimming event often takes place in a lake or the sea and the cycling and running on the road.

Triathletes train very hard before the race. They swim at least three times a week, they ride their bikes for an hour a week and run once or twice a week. Also, triathletes do other exercises to be strong.

Triathlons take place in different parts of the world. A very famous triathlon is for example, the *Escape from Alcatraz Triathlon* in San Francisco. The triathletes swim 1.5 miles, then ride their bikes for 18 miles over hills and finally a difficult run, this includes 400 steps up a cliff! This race is really hard. Other famous triathlons are the *Noosa Festival* in Queensland, Australia and *Ironman* Hawaii. Interested in trying a triathlon? Well, check your local paper for triathlon events happening near you.



B. Read the text again and write T for True or F for False.

1. Only very fit athletes can take part in triathlons.
2. The triathletes usually run first, then swim, then bike.
3. Triathletes go swimming at least three times a week.
4. There are triathlon races in lots of different places.
5. In the *Escape from Alcatraz Triathlon*, athletes have to run up steps.

Vocabulary:



lake



hill



steps



cliff