Chapter 4

Exercise 1

The Iron Nun

Have you heard that there is an 80-year-old woman running 42 kilometre marathons? If that’s not shocking enough, you should know that this woman runs the marathons after she has completed a 3.86 km swim and 180 km bike ride.

Believe it or not, Sister Madonna Buder has just turned 80 and still competes in Ironman triathlons. The Ironman triathlon takes even the most skilled of athletes over 8 hours and a person must finish it within 17 hours to be called an Ironman.

Sister Madonna started running at 48 years of age because a priest encouraged her to do it for her health. Later she began entering races. She ran her first marathon in her 50s. She completed her first triathlon at 52 and her first Ironman at age 55. Her best Ironman time was at age 62 when she finished in 13 hours and 16 minutes.

Sister Madonna ran the 2005 Hawaii Ironman at age 75. She finished the race in 16 hours. In 2009, she ran at 79 and became the oldest female to finish an Ironman triathlon. In fact they have created a special 80+ age category for her to compete this year. She has already signed up for more triathlons this year and will be back in BC for the 2011 Ironman Canada competition.

Altogether, Sister Madonna has competed in more than 340 triathlons, including over 40 Ironman triathlons, and countless races earning her the title “Iron Nun.” Sister Madonna has written a book about these experiences called The Grace to Race.

At first people didn’t approve of a nun being a competitive athlete. But Sister Madonna has used her racing to raise money for various causes and she dedicates each race to a specific person. In addition to her work in her church she has found time to earn two masters degrees. Nothing has stopped Sister Madonna from being the best that she can be and her advice to the rest of us is: You don’t know if you can do it or not, if you haven’t tried.

1. Sister Madonna has competed in over 40 Ironman triathlons.
2. She started running at age 48.
3. Sister Madonna has earned two masters degrees and she has written a book.
4. She has stopped people’s criticism by using her racing to raise money for various causes, and by dedicating each race to a specific person.
5. They had to create a special 80+ age category for her to compete.
6. She has said: “You don’t know if you can do it or not, if you haven’t tried.”
Exercise 2

1. Have you ever been to New Zealand?
2. Have you ever won a prize?
3. Have you ever broken an arm or a leg?
4. Have you ever fallen in love?
5. Have you ever invented anything?
6. Have you ever drunk champagne?
7. Have you ever eaten raw meat?
8. Have you ever had a dangerous job?
9. Have you ever run in a marathon?

Exercise 3

1. When did it stop raining?
2. Have you read any good books recently?
3. How many times has she been late so far this week?
4. How much coffee have you drunk so far today?
5. Has it been warmer than usual recently?
6. When did you see that movie?
7. She has already done that assignment.
8. Have you paid the rent yet?
9. We have just met our new neighbour.
10.I have not spoken to my parents yet.
11. Why did you go to the library last night?
12. How long have they known each other?
13. When did they first meet?
14. I haven’t had any colds recently.

Exercise 4

1. Christopher Columbus discovered North America.
2. George Washington was the first president of the USA.
3. Correct
4. She saw that movie yesterday.
5. Edison invented the light bulb.
6. Correct
7. Mozart composed a great deal of beautiful music in his short life.
8. Russia sold Alaska to the USA.
9. Did you do a lot of shopping when you were in New York?
10. Correct
11. When did Avril Lavigne begin her singing career?
12. Did Daniel visit his parents in Mexico City last month?

Exercise 5

1. Bell invented the telephone over 100 years ago.
2. So far no-one has discovered a cure for cancer.
3. We have eaten in this restaurant many times.
4. How many traffic tickets did you get last year?
5. We didn’t spend a lot of money on our last vacation.
6. The children have never liked playing computer games.
7. Shakespeare wrote a great many plays and poems.
8. We haven’t gone anywhere interesting lately.
9. They haven’t seen each other recently.
10. Our teacher has always encouraged us to practice speaking.

Exercise 6

An Early Riser and a Night Owl

My wife and I are complete opposites when it comes to our daily habits. You could say we live in two different time zones. I am an early-to-bed and early-to-rise kind of person. My wife, though, is fond of burning the midnight oil. She enjoys staying up very late.

When we were first married we were both on the same schedule. We took turns making breakfast, driving to work, cooking supper. We appreciated doing things together. Over time our routines began changing.

I am fond of getting up bright and early in the morning. I like getting up, having breakfast, and getting ready for my day. I am good at planning my schedule for the day. I believe in trying to do as much as possible every single day. By about 7 AM, I am considering taking on the world. But by the end of a long workday, at around 5 PM, my body and my brain are complaining about doing all the things I have asked them to do. After supper on most nights, I look forward to relaxing and going to bed. I start becoming a zombie in the evenings.

My wife is completely different. She puts off getting up until the last possible moment. She avoids doing very much, even talking until after breakfast. She complains about my chattering too much in the mornings. However, she keeps building up steam as the day progresses. By 9:00 PM, she is at her most energetic. She talks about finding new projects for us to do. She thinks
about **improving** our lives, and is just generally excited about everything. My wife avoids **going** to bed until well after midnight.

My wife and I have discussed **finding** a solution to our different life styles. We try to avoid **arguing**, but sometimes we can’t help **having** disagreements. We once saw a counsellor who recommended **changing** our routines. I didn’t mind **trying**, but my wife couldn’t stand **changing** her habits. I became worried about **getting** into an even worse situation, such as separation or divorce. We finally decided to forget about **changing** ourselves and to keep **doing** what we were doing since we were happier this way.

1. The writer’s wife is fond of **staying up late or burning the midnight oil.**
2. They avoid **arguing with each other** as much as they can.
3. The writer enjoys **getting up bright and early** in the morning.
4. He is good at **planning his schedule** in the morning.
5. When they were younger they took turns **making breakfast, driving to work, and cooking supper.**
6. His wife keeps **building up steam** as the day progresses.
7. At 9 PM his wife is at her most energetic, talking about **finding new projects and improving their lives.**
8. His wife couldn’t stand **changing her habits.**
9. After supper the writer looks forward to **relaxing and going to bed.**
10. In the morning his wife puts off **getting up until the last possible moment.**
11. What did they finally decide to do? **They finally decided to keep doing what they were doing and to forget about changing.**

**Exercise 7**

1. The teacher doesn’t mind the students using dictionaries.
2. Our teacher encourages us to practice speaking in class.
3. Sometimes I put off doing my homework.
4. My friend and I enjoy going to the computer lab.
5. We are fond of eating fast food in the cafeteria.
6. My friend and I are afraid of failing the English exam.
7. Our teacher doesn’t mind answering all our questions.
8. We miss seeing our friends these days.
9. I have often dreamed of speaking perfect English.
10. My teacher says my English will keep improving.
11. I have always worried about making a lot of mistakes.
12. My friend and I have discussed finding conversation partners.
13. Sometimes I don’t feel like speaking English.
Exercise 8

1. Do you feel like going to the movies?
2. I am looking forward to going on vacation.
3. Bill was fond of playing the saxophone.
4. Everybody felt like going out for supper.
5. Hilary believes in eating only vegetarian food.
6. He can’t put off taking his trip any longer.
7. I am sorry for coming late.
8. She is afraid of being alone in the dark.
9. They dream of being wealthy someday.
10. My friend was interested in learning to fly a plane.
11. I don’t mind cleaning up after the party.
12. I apologized for not remembering her name.

Exercise 9

1. Marilyn would like to learn Mandarin before she goes to Beijing.
2. Marilyn wants to go / to travel to China for a month, but she can’t afford to go until she saves some money.
3. Marilyn intends to go to China with her friends Lynn and Louise.
4. They are going to Beijing and Shanghai, but they also plan to visit Japan and Thailand.
5. They have chosen to visit this part of the world because it seemed to have a great many things to see, do, and learn.
6. They each decided to find out / to gather information about different things they will need to know before their trip.
7. Marilyn agreed to learn about the language. She is planning to take a course as soon as possible.
8. Louise is attempting to plan the itinerary. She hopes to see / to cover as much as possible.
9. Lynn offered to look after the finances. She wants to set up / to plan their budget.
10. They appear to have everything under control, but they don’t expect their plans to work out / to run perfectly.
11. Sometimes when it becomes too difficult to satisfy everyone, one of them threatens to call off the trip, but the others pretend not to hear.
12. They hesitate to cancel the trip because they will all be disappointed.
13. They are struggling to be ready to leave in six months’ time. They can’t wait to leave.
14. They have promised each other to make the trip a success.
Exercise 10

1. When did they begin studying English?
2. I really love to cook, but I hate to clean up afterwards.
3. Do you prefer seeing movies or plays?
4. He’s very shy. He hates to meet new people.
5. What kinds of activities do you like to do in your spare time?
6. When did she start to bite her nails?
7. Please continue doing your work.
8. He wants everyone to listen when he begins to speak.
9. He doesn’t like speaking in public very much.
10. We prefer using computers in the writing class.
11. She can’t stand making mistakes in English.
12. We love going out after school on Fridays.