

## Quick Check

## Alberto Salazar: An American Runner

Name \_\_\_\_\_ Date \_\_\_\_\_

**Instructions:** Read each question carefully and choose the best answer.

1. Why was meeting Coach Don Benedetti so important for Alberto Salazar?
  - Ⓐ He taught Alberto how to play soccer.
  - Ⓑ He helped him get ready to move to the United States from Cuba.
  - Ⓒ He motivated Alberto to learn how to use his natural talent.
  - Ⓓ Alberto moved in with him so he could attend school in Boston.
2. **Prestigious** means \_\_\_\_\_.
  - Ⓐ to be unknown
  - Ⓑ to have a great ability
  - Ⓒ to be honored or respected
  - Ⓓ to have lost many contests
3. Why is this book an example of a biography?
  - Ⓐ It is true.
  - Ⓑ It is about a person.
  - Ⓒ It is told by a person other than the one the book is about.
  - Ⓓ All of the above
4. Alberto Salazar became depressed when \_\_\_\_\_.
  - Ⓐ he thought he might never run again
  - Ⓑ he lost the Boston Marathon
  - Ⓒ he ran out of sponsorships
  - Ⓓ his coach died
5. Why did Alberto Salazar want to go to school at the University of Oregon?
  - Ⓐ It had the best cross-country team in the United States.
  - Ⓑ It gave him the most scholarship money.
  - Ⓒ Coach Benedetti was the coach there.
  - Ⓓ He lived near the university.
6. What was unusual about Alberto Salazar?
  - Ⓐ He ran faster as he got older.
  - Ⓑ He could sprint faster than anyone.
  - Ⓒ He could run very fast over a long distance.
  - Ⓓ He could run up hills faster than anyone.

*Quick Check continued on following page*

Name \_\_\_\_\_ Date \_\_\_\_\_

7. What does it mean to be **dehydrated**?
  - Ⓐ to have run too far too quickly
  - Ⓑ to not have enough water in your body
  - Ⓒ to have injured yourself by overtraining
  - Ⓓ to become very tired from lack of food during a race
8. Why would Coach Benedetti have let Alberto Salazar train with the Greater Boston Track Club when he was so young?
  - Ⓐ He could earn more money.
  - Ⓑ He could learn from the other club members.
  - Ⓒ He could learn how to beat all the other club members.
  - Ⓓ All of the above
9. What was the main idea of the section titled "New Challenges"?
  - Ⓐ It is best to listen to your body.
  - Ⓑ By cross-training, you can avoid injuries.
  - Ⓒ By training hard, you can achieve anything.
  - Ⓓ When you are injured, it is the end of your career.
10. Why were so many sports writers shocked by the speed that Alberto Salazar ran his first marathon?
  - Ⓐ He had never run one before.
  - Ⓑ He had broken his foot a week before the race.
  - Ⓒ All his other marathons had taken much longer.
  - Ⓓ He hadn't practiced for any races.
11. **Extended Response:** Explain how the marathon got its name.
12. **Extended Response:** What advice do you think Alberto Salazar would give you if he were your trainer?

Quick Check Answer Sheet

Alberto Salazar: An American Runner

Main Comprehension Skill: Elements of a Biography

1. Ⓒ Cause and Effect
2. Ⓒ Vocabulary
3. Ⓓ Elements of a Biography
4. Ⓐ Cause and Effect
5. Ⓐ Cause and Effect
6. Ⓒ Elements of a Biography
7. Ⓑ Vocabulary
8. Ⓑ Cause and Effect
9. Ⓐ Main Idea and Details
10. Ⓐ Main Idea and Details
11. Answers should include the following idea: *It was named after a place in Greece where a soldier ran about 26 miles and then died.*
12. Answers will vary. Example:  
*I think he would tell me that if I worked hard, practiced more, and listened to my body, then I could become a good runner.*