

Jamie McDonald ran 5,000 miles across Canada dressed as a superhero. Why would anybody do anything so crazy? Find out by watching this video.

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.



Preparation: matching

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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| 1..... feeling off-key | a. a running race which is just over 26 miles (42.195 kilometres) |
| 2..... a feat | b. a team of people that provide you with support |
| 3..... to be mugged | c. something that is difficult which needs a lot of skill, strength and courage to do it |
| 4..... to donate | d. not feeling right |
| 5..... a marathon | e. a problem that delays something for a while |
| 6..... a support crew | f. to be attacked by a person and have something stolen |
| 7..... a hiccup | g. the immune system cannot fight any infections |
| 8..... immune deficiency | h. to give money or something to a person or organisation |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

1. Where was Jamie when he was being interviewed live?

a. Vancouver	b. Montreal	c. Ottawa
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2. How many marathons did Jamie run across Canada?

a. 200	b. over 200	c. under 200
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3. The journey across Canada took ...

a. less than 300 days	b. 300 days	c. more than 300 days
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4. When was Jamie beaten up and mugged?

a. on Christmas Day	b. on New Year's Day	c. on New Year's Eve
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5. Jamie ran across Canada dressed as ...
- a. The Hulk b. The Flash c. The Green Lantern
6. How many years did Jamie spend in hospital?
- a. 3 years b. 6 years c. 9 years
7. How much money has Jamie raised for children's charities so far?
- a. £1,200 b. £120,000 c. £12,000
8. People can donate money at www.jamiemcdonald.org and follow the journey on ...
- a. Twitter b. Facebook c. Whatsapp

Discussion ...

What do you think about Jamie McDonald's run across Canada?

I think that ...

I don't think I could ...

Could you ...?

If you want to find out more about him you can watch the short documentary ...

Vocabulary Box Write any new words you have learnt in this lesson.