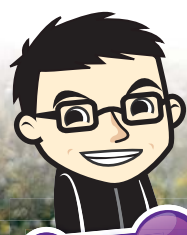




Challenge

Cover Feature

G02



Andrew



A long race

People who take part in marathons are very fit and healthy. It is a very long race so you need to be **tough physically** and **mentally**.

Hong Kong marathons have been getting more popular in recent years. The number of marathon runners in Hong Kong has gone up from just a few thousand in 2003 to at least 60,000 last year.

A marathon is a very tough race because it requires **stamina** and **determination**.

Goalkeeping!
I am the best
goalkeeper!

Goalkeeping is not
a sport. You should
say football, not
goalkeeping!



A. Stamina

Having the strength and energy to finish a task is an extremely important quality for any successful person. Marathoners not only have to finish a long race without giving up, but also need to be as **competitive** as possible during the tiring race.

Fellow marathoners overtake you once you start to take it easy in the middle of the run.



B. Determination

We need to be as determined as possible to overcome the challenges of a marathon. The key to finishing a race is to stay focused and be determined. If you can complete a marathon with ease, nothing can stop you from being successful.

The Hong Kong Amateur Athletic Association

If mummy and daddy are interested in running a marathon, this is the organisation they should ask. They are co-hosts of the Standard Chartered Hong Kong Marathon. The website www.hkaaa.com has further information about the marathon.