

- A** Projects like these undoubtedly show the way forward. In the light of developments in many parts of the world, the key to protecting wetlands is the utilitarian argument: that they provide us with food and materials, and have the ability to reduce the risk of flooding. This is a much stronger argument than simply saying they are wonderful places with the power to entrance us.
- B** One way is by lessening the effects of climate change across the planet. They function as buffers that protect coastal areas from rising sea levels and extreme weather events, reducing the severity of impacts from hurricanes.
- C** Such findings lead to the conclusion that wetlands, while vulnerable to climate change, can also be harnessed to mitigate its impacts. The Sahel is typically thought of as a drought-prone region without any significant wetlands. In reality, it holds a series of large wetland systems and floodplains that are crucial for the survival of local communities.
- D** In 2013, this astonishing natural wonder was designated a wetland site of international importance – the world's largest. The move should reinforce efforts to safeguard a vast area from an increase in land use for agriculture and cattle ranching.
- E** One such programme, in Myanmar's Ayeyarwady Delta, is exploring integrated rice and fish production. The aim is to reduce the degradation of mangroves and mitigate food insecurity and poverty.
- F** The health of freshwater wetlands can be measured by calculating their populations of vertebrate species, and results over the years indicate that freshwater wetlands are declining faster than either the oceans or tropical forests. For example, the past 40 years have seen a 70 per cent decline in tropical wetland species.
- G** Many of these extremely useful items can only be found in wetlands, and as a result, throughout history, wetlands have played an important part in human development. In fact, they still directly support the livelihoods and well-being of millions of people.



PART 8

You are going to read five paragraphs from a magazine article about problems faced by marathon runners. For questions **47 – 56**, choose from the paragraphs (**A – E**). The paragraphs may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Which paragraph contains the following points?

Runners usually feel the need to pause in their running regime once they have managed to complete a marathon.

47	<input type="text"/>
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When preparing for a marathon, runners may have little opportunity to meet up with other people.

48	<input type="text"/>
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Advice from different sources varies considerably on certain running issues.

49	<input type="text"/>
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If runners concentrate too much on one type of training, other important aspects may get neglected.

50	<input type="text"/>
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The organisers of some marathons provide extra activities to accompany the event.

51	<input type="text"/>
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There are two advantages of one type of marathon entry.

52	<input type="text"/>
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People are put off some events by one of the requirements for entering them.

53	<input type="text"/>
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There are signs that the popularity of some marathons is declining.

54	<input type="text"/>
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It may not be possible to discover the best way to tackle some aspects of competitive running.

55	<input type="text"/>
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It is possible to put effort into training but see no improvement in running technique.

56	<input type="text"/>
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Reasons why *not* to run a marathon

A

Forget the hours spent actually racing. It's the training that demands the big time commitment, especially during the weeks when you need to run 40 miles. This is when it can get tricky to fit any kind of social life around your training routine. Also remember that running is not an excuse to scoff down anything you want; just because the experts recommend you consume more carbohydrates to fuel your running, they don't mean these should come from pizza, burgers and fries. You need to spend time planning how to power your runs with carbohydrates from whole grains like black rice and quinoa, and lean protein for extra energy and recovery.

B

In order to stand any chance of completing a marathon, runners have to achieve certain mileage goals, which of course get longer as the race approaches. But if you are too intent on reaching these above all else, you are likely to let some of the equally essential basics of training fall by the wayside, according to the editor of *Running Times* magazine. 'When we're using all our available time and energy for distance, we tend to overlook developmental tasks like improving form and strength,' he writes. 'The best case scenario is that you don't become a more able or faster runner. The worst case scenario is that ignoring your form and strength leads to an injury.'

C

After 26.2 miles (the length of a marathon) of pushing their bodies to the limit – not to mention the months of training – most people are in the mood for a bit of a break from running. But science can't actually inform them as to how they should spend those crucial couple of weeks after a big race for optimal recovery. Some experts will tell you to take one day off for every mile you ran in the race, giving you 26 days without hard running after a marathon. Others will suggest a reverse taper, which allows you to gradually build back up into competitive training. But because it is impossible for researchers to ask recovering marathon runners to go and run another one so they can study what happens, we may never know for sure how long it takes.

D

If you want to run one of the top 25 marathons in the US, you can expect to shell out well over \$100 just to book your place. It has been reported in the general media that the average cost of doing these races has gone up by 35 per cent in the past few years, three and a half times faster than inflation in the US. At some, the high fees definitely act as a deterrent to registration. Still, entrants are unfazed at the major marathons, whose registration fees pay for the grander amenities, entertainment and increasing security measures that are offered to participants and their friends and families.

E

Running a marathon for a charity is basically a win-win situation: the charity provides the runner with a coveted spot in one of the hard-to-get-into races, while at the same time he or she benefits a cause close to his or her heart in the process. But while the range of charities participating in marathons, and the donations they've raked in, had been on the rise since the late '90s, numbers then seemed to start slowing, according to a report in the *New York Times*. Places for a recent New York City Marathon, for example, were still not sold out just weeks before the race, according to the organisers, New York Road Runners. They said this was 'unprecedented' in the long history of the race.

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