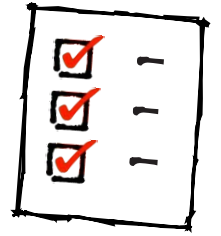


Name:

Day Two

Running in Tallahassee

Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- Tallahassee is a big city in Florida
- where the sport of running is very popular
- Tallahassee is circled by state parks
- With the warm Florida climate
- He wanted to inspire more 11- to 13-year-olds to run

- Tallahassee tal | uh | **HA** | see
- popular **POP** | yuh | ler
- climate **KLY** | mut
- cross country **KROSS KUN** | tree
- Mizereck mih | **ZAIR** | ik
- championship **CHAM** | pee | yun | ship



Decoding practice:

We break words into syllables between double consonants in the middle of words.

- Underline the double consonants
- Draw a line between the double consonants
- Put a short vowel sign \checkmark over the first vowel
- Say the word with your partner

The first one is done for you.

runnng

Tallahassee

grassy

gritty

college

middle

challenged

support



Day Two

// one minute

Running in Tallahassee

Part 2: Last read

WPM _____

Tallahassee is a big city in Florida where the sport of running is very popular. People run both track and cross country. In cross country, runners race outside on grassy paths and trails. Tallahassee is circled by state parks with miles of running trails. There are rolling hills and flat areas, too. With the warm Florida climate, you can run all year long.

Tallahassee has middle school cross country teams. There are good coaches. There are talented runners, both girls and boys. Runners compete against other city schools. Many go on to run cross country and track in high school. Some even compete in college.

One father had a dream. Joe Mizereck wanted to start a city middle school championship. He wanted to inspire more 11- to 13-year-olds to run. Joe’s son, Matt, is a star runner. Matt began the sport in middle school. He became known for his gritty style. With strong races, Matt won a college scholarship. Joe said, “As a parent of a runner, I know how running can change a young person’s life.”

Joe made phone calls. He knocked on doors. He raised money and found support from other parents. He challenged others to help. Then Joe’s dream came true! Tallahassee held the first middle school championship. It was a huge success. The first year, 350 runners took part. Now there is even a Florida state championship. Middle school running is taking off.

Part 3: Comprehension and discussion

Would you like to be on a running team? Explain your answer.

Would your partner like to run cross country? Yes No

Write down your partner’s ideas about running.