

Name:

## Day One

# Mary Cain: She Did It!

### Part 1: Silent read

➔ Mary Cain broke a very old record. Find out how she did it. Read silently.

Mary Cain was running in the Olympic Trials in the 800-meter race. This was a big meet full of world-class runners. Mary had just turned 16 and was in tenth grade. She was happy just to be running! She ran fast, but other athletes were faster. Mary did not make the finals.

Mary was used to winning. On her high school team, she was a star who almost always took first place. She was also a hard worker who loved a challenge. She loved setting new records. The high school 800-meter record had held for 30 years. Could Mary break it?

One year later, Mary got to try again. She was 17 and in eleventh grade. Again, she was running at a big meet with world-class athletes. The top runners went out hard. Mary was at the back of the pack. Then, with half a lap left in the race, she seemed to jump forward. One by one, she passed the other runners and flew across the finish line. She came in fifth.

After the race, Mary's coach spoke softly in her ear. A smile lit up Mary's face. She cried, "Yes!" Full of joy, she tapped the track with her fist. She had broken the high school 800-meter record.

Mary did an interview with *NBC* just after the race. The interviewer asked her about the new record. Mary was still smiling. "I knew I could do it," she said. "I knew I could!"



## Day One

// one minute

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### Part 2: First timed read

WPM \_\_\_\_\_

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### Part 3: Comprehension and discussion

What did Mary do?

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How old was Mary when she broke the 800-meter record?

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## Day One

# Mary Cain: She Did It!

### Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

Mary Cain was running in the Olympic Trials / in the 800-meter race. // This was a big meet / full of world-class runners. // Mary had just turned 16 / and was in tenth grade. // She was happy just to be running! // She ran fast, / but the other athletes were faster. // Mary did not make the finals. //

Mary was used to winning. // On her high school team, / she was a star / who almost always took first place. // She was also a hard worker / who loved a challenge. // She loved setting new records. // The high school 800-meter record / had held for 30 years. // Could Mary break it? //

One year later, / Mary got to try again. // She was 17 / and in eleventh grade. // Again, / she was running at a big meet / with world-class athletes. // The top runners went out hard. // Mary was at the back of the pack. // Then, / with half a lap left in the race, / she seemed to jump forward. // One by one, / she passed the other runners / and flew across the finish line. // She came in fifth. //

After the race, / Mary's coach spoke softly in her ear. // A smile lit up Mary's face. // She cried, / "Yes!" // Full of joy, / she tapped the track with her fist. // She had broken the high school 800-meter record. //

Mary did an interview with *NBC* / just after the race. // The interviewer asked her about the new record. // Mary was still smiling. // "I knew I could do it," / she said. // "I knew I could!" //

I read the passage in phrases out loud to my partner.