

Name:

Day One

Running in Tallahassee

Part 1: Silent read

→ You will read about middle school runners in Tallahassee. How did middle schoolers get their first cross country championship? Read silently.

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.

Source: "Update on the middle school XC state championships," October 12, 2010.



Day One

// one minute

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Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

Why is running popular in Tallahassee?

What was Joe Mizereck's dream?

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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.

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. //

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