

Run, Quentin, run

- 1 Quentin Valentine set a challenge in Canberra in 1982 with his brother and a friend to see who could run a minimum of 5km a day, every day, until just one man was left running. His brother ran every day for a year and his friend even ran every day for three years, but Mr Valentine kept running for



- 36 years and six days, covering the distance around the world more than three times for no other reason than to test his strength of will. “People think I’m addicted but I wasn’t, I didn’t particularly like it,” Mr Valentine said. “I had this streak going, so I thought I’ll keep doing it until I can’t.”
- 2 It wasn’t all medals and crossing finishing lines. Through thunder and hail, at 2am before a flight, and through sore muscles, Mr Valentine ran every single day. One morning, it was a blistering 49 degrees Celsius but he ran anyway. His foot swelled up so much he couldn’t fit it into his shoe the next day. Instead of taking a day off, Mr Valentine cut holes into the sides of the shoe to widen them and used improvised shoelaces to fasten them to his foot.
 - 3 While many runners spend hundreds of dollars a year on the latest wearable technology to track everything from sleep and steps, to energy used and heart rate, Mr Valentine didn’t use technology. “I always time my races with a watch but that’s it,” he said. He wears shorts and T-shirt, but no belt with water bottle or special running outfit. For all the distant trails he’s run on, the 68-year-old’s favourite place to pound the pavement is the back streets of Essendon, Victoria. “In the end it was just to get the thing done. I didn’t want to spend a lot of time thinking about where I was running,” he said.
 - 4 One morning, Mr Valentine started getting a knee pain that was too intense to walk through, let alone run through. Then, barely a few metres from his house, he hobbled home unable to run. “I thought I’d wait and see how it felt in the afternoon,” he said. But it was no better, so Mr Valentine decided at the age of almost 70, it was time for the challenge to end. Once the knee heals though, it’s time to start exercising again. “I think I’ll just do something regular to keep my fitness levels up. No extreme challenges.”

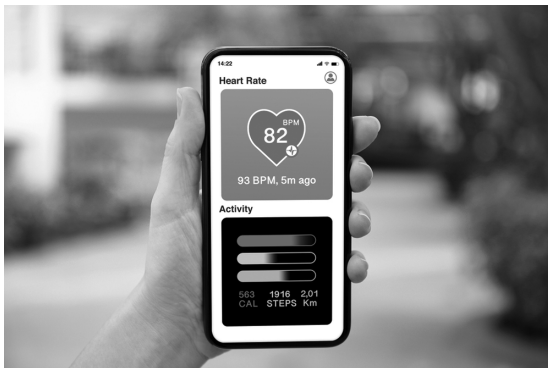
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- 1p 13 Waarom begon Quentin Valentine met hardlopen? (alinea 1)
- A om de wereld rond te rennen
 - B om een weddenschap te winnen
 - C om van een verslaving af te komen
- 1p 14 Waarvan worden voorbeelden gegeven in alinea 2?
- A van extreme omstandigheden die Quentin heeft meegemaakt
 - B van verkeersongelukken die Quentin overkomen zijn
 - C van wedstrijden die Quentin heeft gelopen
- 1p 15 Wat gebruikt Quentin als hij gaat hardlopen volgens alinea 3?

A



B



C



- 1p 16 Waarom stopte Quentin met hardlopen? (alinea 4)
- A Hij kreeg last van zijn knie.
 - B Hij vond zichzelf te oud worden.
 - C Hij wilde een andere sport gaan proberen.