

Video Activity Worksheet
Unit 2: Overcoming Obstacles
Dick Traum and the Achilles Track Club

Video segment produced by



Predict

This video profiles Dick Traum, the founder and president of the Achilles Track Club, an organization that encourages disabled people to participate in challenging athletic events. Before you watch the video, answer the following question.

How do you think participating in athletic events help people with disabilities?

Focus

Watch the video. Find the answer to the following question.

How many members of the Achilles Track Club will run in the marathon?

Comprehension

A. Do these statements have a positive or negative meaning?

Check (✓) Positive or Negative.

Positive

Negative

- | | | |
|--|--------------------------|--------------------------|
| 1. My perception ...was one of being on the sidelines. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. It's more about starting than it is about finishing. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Achilles Club members lean on each other and push each other... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. No one really pays attention to the fact they're disabled or not. | <input type="checkbox"/> | <input type="checkbox"/> |

B. Choose the correct number.

6 9 8 40 1983

- ___ The year the Achilles Track Club started
- ___ The number of Achilles runners the first year of the club
- ___ The number of New York City Marathons Andrea DeMello has run
- ___ The number of times Greta Weitz won the New York City Marathon
- ___ The number of countries represented in the Achilles Track Club

Discussion

- Greta Waitz says that watching Achilles runners “puts our own lives in perspective.” What does she mean by this? Do you agree or disagree?
- Read the statements in Comprehension Exercise A again. Put these statements in your own words and discuss what these statements mean to you.

Writing

Seeing people overcome great obstacles can be a source of inspiration for meeting challenges in our own lives. Write about a person who serves (or has served) as an inspiration for you.

