

1.

How to plan your routes to avoid busy places

Whether you are a beginner or already a regular runner, these apps will come in handy for planning routes that avoid busy places on your next run.

Strava

Just put in whether you're running or cycling, how far you'd like to go and whether you're keen to avoid hills, the app will then suggest a number of routes near you, based on where other runners have been. It is a good way to see running routes you might not have explored.

Komoot

As you plan the route, it'll work out the distance of your run and give you the option to input your running speed, allowing the app to work out how long the route shall take you.

Map my run

Map my run gives runners the option to plan their own route, or the ability to search through popular running routes near you, which is even more helpful for beginners. The app gives you the option of saving your favourite routes and accessing them on the app if you get lost mid-run.

OS Maps

Another hugely popular map-building platform, OS Maps is pretty high tech when it comes to planning a running route. You'll need a subscription to get some of the features, but using the free app you can find local running routes. There are almost two million routes stored in the routes database, and many of them are free.

【1】What is special about Strava?

- A. It can be used to play music.
- B. It is pretty high technology.
- C. It can plan cycling routes.
- D. It works out the distance of your run.

【2】Which is the best choice for beginners to plan their own route?

- A. Map my run. B. Komoot.
- C. Strava. D. OS maps.

【3】What's the purpose of the text?

- A. To teach running skills.
- B. To introduce four apps about running.
- C. To share running experience.
- D. To show the popularity of running.

2.

One day, Amanda was diagnosed (诊断) with cancer of an early stage. During this time, she was admitted to a college. She planned to save money to meet the college expense and then seek medical treatment for the cancer.

Her father, Clint and her friends didn't want her to put off her treatment due to the expense. They took matters into their own hands and started a GoFundMe campaign. A longtime friend of the family was cofounder of a group named Praynksters, known for random acts of kindness. The friend decided to use their own group to help the family. The group came up with the creative idea to spread the word and invite families, friends, and strangers who wanted to help to take part in a donation activity. The event induced the enormous assistance from the local community.

Clint and Amanda were moved as the crowd passed by and the donations poured in. The event brought the family over \$13, 000 in donations to go towards her medical treatments. The generous act of kindness gave the family a comforting and optimistic feeling during a time when all hope seemed lost. Clint said that Amanda struggled with the idea of asking for help. She felt guilty and undeserving compared to others who are also struggling. She is still humbled by it all.

After several months of treatment, life for the family has started getting back to their normal routine. Once Amanda got her strength back, she returned to school and completed her bachelor's degree. The family is now inspired to volunteer in their local neighborhood and contribute to crowdfunding (众筹) efforts. They are grateful for the opportunity to give back and help others as many have helped them.

【1】Why did Amanda postpone her treatment of cancer?

- A. She didn't care about her disease.
- B. She had to take care of her family.
- C. She was in a bad economic situation.
- D. She couldn't find an effective treatment.

【2】What does the underlined word "induced" in paragraph 2 mean?

- A. Brought about. B. Made up.
- C. Gave away. D. Set about.

【3】Which of the following best describes Amanda?

- A. Shameful but caring.
- B. Kind-hearted and grateful.
- C. Curious and warm-hearted.
- D. Hard-working and humorous.

【4】What can we infer from the text?

- A. It's quite easy to cure Amanda's cancer.
- B. Praynksters is a nonprofit organization funded by Clint.
- C. Volunteering is very popular in Amanda's community.
- D. A GoFundMe campaign is actually a crowdfunding activity.

3.

Why don't we have eyes in the back of our heads? There are at least two reasons. Eyes are biologically expensive things to make and rear view (后视) eyes don't fit well into the human evolution (进化).

Even animals, such as rabbits, whose main survival advantage is rear vision, have only the side eyes. Rear vision is not so important. There are other species that have evolved this ability by moving the position of their eyes relative to the rest of their head. Many birds have their eyes positioned towards the side of their head, allowing them a very wide angle of vision and, in the case of some birds such as the woodcock, they are positioned so they can actually achieve 360-degree vision. It is also obvious that spiders, which tend to have many eyes, only have them facing forwards.