

New Words

challenge - *v.* to test the ability, skill, or strength of (someone or something)

charity - *n.* a organization that helps people in need

fitness - *n.* the condition of being physically fit and healthy

goal - *n.* something that you are trying to do or achieve

habit - *n.* something that a person does often in a regular and repeated way

marathon - *n.* a running race that is about 26 miles (42 kilometers) long

medal - *n.* a piece of metal often in the form of a coin with designs and words in honor of a special event, a person, or an achievement

race - *n.* a competition between people, animals or vehicles to see which one is fastest

special - *adj.* different from what is normal or usual

train - *v.* to try to make yourself stronger, faster, or better at doing something before competing in an event or competition