

Name _____

Racewalking: The Technical Side of Walking Fast

Multiple Choice Questions

1. What makes racewalking different from regular walking or running?
 - a. Racewalkers run instead of walk.
 - b. Racewalkers must maintain contact with the ground at all times.
 - c. Racewalkers are not allowed to use their arms.
 - d. Racewalkers can jump while walking.

2. Why are strict rules enforced in racewalking?
 - a. To slow down the athletes.
 - b. To make the sport more challenging.
 - c. To maintain fair competition and adherence to technique.
 - d. To discourage athletes from participating.

3. What role do the arms play in racewalking?
 - a. They are not used at all.
 - b. They help athletes maintain balance and rhythm.
 - c. They must remain stationary during the race.
 - d. They are used for pushing off the ground.

4. How is the winner determined in a racewalking competition?
 - a. By the athlete who completes the race first.
 - b. By the athlete who walks the slowest.
 - c. By the athlete who violates the most rules.
 - d. By the athlete who runs during the race.

5. Who is mentioned as a notable racewalker in the passage?
 - a. Usain Bolt
 - b. Robert Korzeniowski
 - c. Michael Phelps
 - d. Serena Williams

