

# RUNNING SPEED

Read the text and write the correct form of the root word on the left.

Elite (1) \_\_\_\_\_ like the Jamaican Usain Bolt have regularly been clocked running at nearly 45 kilometers per hour. Such speed would have seemed (2) \_\_\_\_\_ no so long ago. Scientists now suggest that humans move (3) \_\_\_\_\_ faster than even that, perhaps as fast as 65 kilometers per hour.

For years, it was assumed that simple muscle power determined human speed, but recent research suggests otherwise. The most important (4) \_\_\_\_\_ factor appears to be how quickly the muscles can contract and thus (5) \_\_\_\_\_ the time a runner's foot is in contact with the ground.

Is our athletic ability inherited? Researcher Alan Williams has (6) \_\_\_\_\_ twenty-three inherited factors that influence sporting performance, such as the (7) \_\_\_\_\_ use of oxygen, and strength. As world populations rises, predicts Williams, the (8) \_\_\_\_\_ of there being someone with the right genes for these twenty-three (9) \_\_\_\_\_ will increase noticeably and thus faster runners are likely to emerge in future.

COMPETE

BELIEVE

CONSIDER

LIMIT

MINIMUM

IDENTITY

EFFICIENCY

POSSIBLE

CHARACTER

