

Meb Keflezighi  
long distance running legend, author, philanthropist

1. Where was Meb Keflezighi born?

- A. Sudan
- B. Eritrea
- C. Italy
- D. United States

Answer: \_\_\_\_\_

2. What motivated Meb Keflezighi to start running in seventh grade?

- A. His father's influence
- B. A desire to join the track team
- C. A PE teacher's incentive for good grades
- D. A friend's challenge

Answer: \_\_\_\_\_

3. How many times a week did Meb Keflezighi run during his marathon training?

- A. 7 times
- B. 10 times
- C. 12 times
- D. 14 times

Answer: \_\_\_\_\_

4. Which event did Meb Keflezighi win a silver medal in?

- A. 2000 Olympics
- B. 2004 Olympics
- C. 2008 Olympics
- D. 2012 Olympics

Answer: \_\_\_\_\_

5. In what year did Meb Keflezighi win the Boston Marathon?

- A) 2012
- B) 2013
- C) 2014
- D) 2015

Answer: \_\_\_\_\_

6. Which piece of advice did Meb Keflezighi's father give him that influenced his life?

- A. "Run to win."
- B. "Tell me who your friends are, and I'll tell you who you are."
- C. "Never give up."
- D. "Work hard, and success will follow."

Answer: \_\_\_\_\_

7. What significant adversity did Meb Keflezighi face during the 2012 London Olympics marathon?

- A. A stress fracture
- B. Extreme heat
- C. Fatigue at the halfway mark
- D. Severe dehydration

Answer: \_\_\_\_\_

**\*\*Written Response Questions\*\***

8. Describe a moment during a race when Meb Keflezighi found it particularly challenging and how he overcame that adversity.

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9. Explain how Meb Keflezighi balances the physical and mental aspects of running during races.

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10. What advice does Meb Keflezighi give to beginner runners?

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