Norwich Free Academy
English Department

English Learner
Intermediate
Summer Reading

Student Name:__________________________
Chapter One

Something's Not Right

Something's not right here, Lance Armstrong thought. He was leaning over the sink in the bathroom.

What is that in the back of my throat? He choked and coughed and looked down at the sink. It was splashed with thick clots of blood.

Clots: noun- a semi-solid mass of blood
He coughed again and stared. More blood in the sink.

*What is going on?* Lance asked himself. *I can't believe this blood is coming from my body.*

The year was 1996, and for months now, Lance hadn't been feeling well. But unlike any tough young athlete, he didn't like to give in to pain. And Lance wasn't just any young athlete. He was a champion bike racer.

Lance Armstrong had raced and won some of the toughest races in the sport of cycling. A few years earlier he had been the world cycling champion. Some people said that one day Lance would win the hardest bike race in the world, the *Tour de France* — a race in France that covers 2000 miles and takes 21 days to complete. Many say that the *Tour de France* is the hardest event in sports.

Lance was a great athlete. He often raced more than 150 miles in a day, pushing himself faster and faster through wind and rain. Races like this are full of pain for a cyclist, but a champion must ignore the pain and pretend it isn't even there.

"You deny all the aches and pains because you have to, if you want to finish the race," Lance said.

When Lance wasn't racing, he was training. He rode his bike for six or seven hours a day. He pedaled up and down steep hills. He rode hundreds of miles under the burning sun or in the freezing rain.

"Everything hurts," Lance said about bike racing. "Your body hurts every single day. Your back and neck hurt from leaning forward over the bike. Your butt hurts from all the hours in the saddle. And of course, your legs hurt.

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**Page 6**

*Give in: lose*

**Page 7**

*Ignore: verb- to not listen to or to not watch*

*Pretend: verb- to make believe; to appear falsely*

**Aches: noun- pains**

*Pedaled: verb- spin the wheels to ride a bike*

*Steep: adjective- a sharp angle*

*Saddle: noun- seat on bike*
"But you can't be a champion bike racer if you make a fuss every time your body hurts. You do not give in to pain," said Lance.

So Lance didn't think too much about it when he didn't feel so great in 1996. But looking back, there were a lot of signs that something wasn't right.

During the racing season, he often didn't feel well. Sometimes he was even too tired to pump his fists after he won a race. Another time, he dropped out of a race with a sore throat and pain in his back. He didn't ride as well as he normally did. He had to sleep a lot.

_I just have the flu_, he told himself. Lance didn't want to admit that anything was wrong, because everything else in his life was going great.

He had just signed a deal with a new cycling team. He was getting paid millions of dollars.

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_Fuss:_ verb- complain

_Fist:_ noun- a closed hand

_Signed a deal:_ expression- sign a contract to say you will work for someone
He had moved into his dream home next to a lake in Austin, Texas. He had a swimming pool and his own boat for speeding around on the lake. He was dating a beautiful woman.

"I'm the happiest man in the world," Lance had said at his 25th birthday party.

But now Lance was looking down at the blood in the sink, and he felt scared. He picked up the phone and called Dr. Rick Parker, his good friend and neighbor. Lance asked Rick to come over. "I'm coughing up blood," said Lance.

A few days later, Lance found himself in another doctor's office. He had just been through a day of tests. His life was about to change forever.

"This is serious," said the doctor. "It looks like cancer."

I'm 25, thought Lance. How could I have cancer?

The doctor kept talking, and the news got worse. Tests showed that the cancer had already spread to Lance's lungs.

I have cancer, and it's in my lungs? thought Lance.

Lance thought back on how sick he had been feeling. He thought about the headaches, the sore throats, the pain in his back. He thought about how tired he had been. He thought about the blood in the sink. He knew the doctor must be right.

For a moment, Lance was afraid. He put his head down on the doctor's desk. But soon, his courage returned.

"What do I have to do?" he asked the doctor. "Let's get on with it. Let's kill this stuff. Whatever it takes, let's do it."

Lance was a fighter, and he wanted to beat his cancer.

**Spread:** verb- moved to other places by getting bigger

**Courage:** adjective- brave; a person who is not scared of difficult challenges
1. What evidence does the author include to show that “something wasn’t right”?

2. Describe how Lance felt when he learned that he had cancer.

3. What adjectives best describe Lance? Support your opinion(s) with evidence.

4. What are your initial (first) thoughts about the book? You can discuss the title, the character, or your prior experience with the context of the book.
**Topic: Perseverance**

What are examples from the chapter that relate to the topic of perseverance?

*Write direct quotations ("...") or paraphrase (write information in your own words). Cite (write the page number) your evidence. Explain your evidence.*

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Chapter Two

Learning to Fight

If Lance was going to beat his cancer, he needed to be a fighter. Luckily, fighting came easy to Lance. From the day he was born, his mother, Linda, had been teaching him how to fight.

To look at Linda, you might not think she was tough. She was a tiny woman. She weighed just about 100 pounds. But looks don't always tell you everything.

Lance's mother Linda with Lance's son Luke, watching Lance ride in the Tour de France in 2005
“Son, you never quit,” Lance’s mother told him. He would hear that lesson over and over again when he was growing up. And Linda knew what she was talking about. The odds had always been against her. She had grown up in Dallas, Texas, and her family had been poor. For many years, when she was little, her father was away in the army.

Growing up was tough, but Linda made the best of everything. She always found a way to turn a problem into something great.

When Linda was 13 years old, she wanted to be a school cheerleader, but her mother couldn’t pay for the uniform. So Linda decided to get a job at Kentucky Fried Chicken — KFC now — but you were supposed to be 15 years old to work there.

“Close enough,” said Linda. “Besides, I felt like I was 15, and I knew I could do the job just as well as anybody else.”

Somehow, the manager at KFC didn’t notice how young Linda was. She got the job on the spot, and, soon after that, she had the money that she needed for her cheerleading uniform. Before long, Linda was captain of the cheerleaders’ drill team.

When Linda was still in high school, she got pregnant. Linda knew right away that she wanted to keep her baby. Nobody was going to talk her out of it.

Soon, people began to talk about Linda behind her back. “Did you hear? The homecoming princess is having a baby!” Linda’s friends stopped speaking to her. But that didn’t change Linda’s mind.

For months, she didn’t tell her mother about the baby. She knew her mother wouldn’t be happy, but finally she had to say something.
“Mom, I'm gonna have a baby.”
Linda's heart was pounding.

At first, Linda's mother just stared.
“No,” she said. “It can't be true.”

“I am.”

“No.”

“I am, Mom. There's nothing you can do about it!”

Linda's mother was shocked and angry. Soon after that, Linda married her baby's father, and they moved into a little one-bedroom apartment. The baby's name was Lance.

Lance was a big baby. When he was born, he weighed almost ten pounds. The nurses were shocked that such a big baby could come out of such a tiny young woman.

From the moment Lance was born, Linda loved him more than anything in the world. She was so proud of her son.

Before long, Linda and her husband split up. Lance's father just wasn't ready to settle down and care for a young child. He never spent any time with his son, and one day, he walked out of Lance's life for good. Linda and Lance learned to get along without him.

Linda had to work at many different jobs. She had to pay rent for her apartment and support her son. She worked at KFC and at a grocery store. She had a job sorting mail at the post office. Somehow, she also found time to finish her classes at high school so that she could graduate.

Linda's family helped take care of Lance. Her younger brother sometimes baby-sat for Lance when Linda was working. Sometimes, Linda's sister and mother watched him. Linda's father was home from the army, and he stepped up to help as well.
Linda didn’t have much money, but she found little ways to make a fuss over her son. She spent hours reading to him, even when he was probably too young to understand what she was saying. “One day, you’ll be able to read to me,” she said to him.

Sometimes Linda took Lance out for a cold Slurpee. It was a cheap treat, but the ice-cold drink made Lance feel like a little prince.

Linda was so good to Lance that he never really missed having a father. Linda got married and divorced a few more times, and one of these men even adopted Lance. But Linda’s husbands never seemed like fathers to Lance. He was glad that it was mostly just Lance and Linda.
Chapter Two: “Learning to Fight”
Write complete sentences.

1. What **evidence** does the author include to **prove** that Linda is a “fighter”?

2. What other **adjectives** best **describe** Linda? Support your **opinion(s)** with **evidence**.

3. **Compare (write what is the same)** Lance’s personality with Linda’s personality.

4. **Describe** Lance’s relationship with his mother.

5. **Explain why** the lessons that Linda taught Lance are important life lessons.

**EXTRA**: What life lessons would you **recommend** that a parent teach his or her child/children?
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Chapter Three

The Need for Speed

"Mrs. Armstrong," said the woman who lived across the street. "I nearly ran over your son on his bike this morning. He was racing down the street as if he owned it."
It seemed as if this woman was always upset about something that Lance had done. “Your son was jumping over my rosebushes again,” she might say. Or, “I’ve told your son not to climb my tree!”

Of course Linda wasn’t thrilled that Lance was doing things to upset the neighbors. She and Lance had moved to a new town near Dallas called Plano. Linda was now making enough money to be able to buy a small house. She had married a man named Terry Armstrong, and he wanted to adopt Lance and be a real father to him. Linda wanted everything to go smoothly in their new home.

But Linda knew that her son was a ball of fire. He would get into fights with boys who were twice his size. And he was always coming up with new ways to have fun.

“As a boy, Lance had so much energy that he seemed to give off sparks,” Linda said. She knew that there was no point in trying to slow him down.

Instead she made sure that Lance stayed busy. She wanted to tire him out with sports.

At school, Lance tried playing football. Texas is a football-crazy state and Lance wanted to fit in. There was only one problem. “I was no good,” said Lance.

Lance also tried playing baseball in Little League, but he wasn’t much good at that either.

In fifth grade, Lance tried another sport — running. He signed up as a long-distance racer.

The night before a race he told his mother, “I’m going to be a champ.” And he was right. He won.
Next, Lance tried swimming. At first, it didn’t go well.

“It was embarrassing,” Lance said. “On the first day of swim practice, I was so bad that I was put with the seven-year-olds. I looked around and saw the younger sister of one of my friends.”

But Lance didn’t give up. He jumped into the water and tried his best. Soon he moved up to swim with the better swimmers.

Lance worked hard. He went to workouts at the pool from 5:30 to 7:00 every morning. Then he went back for another two-hour practice after school. He rode his bike to practice, ten miles each way. One year later, he won fourth place in a swimming race at the state competition.

From there, it was a short step to a sport called the triathlon. A triathlon combines swimming, cycling, and running.

Cycling: noun - bike riding
Lance signed up for his first triathlon when he was 13 years old, and he won the race.

Lance signed up for another triathlon. In this one, he raced against kids from all across the state of Texas. Again, Lance won.

"I liked the feeling," he said.

Lance entered as many triathlons as he could. Even though he was competing as an amateur, he was winning about $20,000 a year in prize money.

Lance also entered bike races. At age 16, he was racing and winning against men who were twice his age.

Even though he was 16 years old and making a lot of money on his own, Lance's mother was still teaching him to be a fighter.

During one big triathlon, she got worried when Lance didn't finish with the leaders. She went to find him on the course. He hadn't eaten enough and his body was out of energy. He simply couldn't run any more.

"All right," she said. "But you can't quit. Even if you have to walk to the finish line."

Lance did as she told him. He did have to walk to the end of the race, but he didn't quit.

Lance's mother also helped him in other ways.

Signed up: expression- enter an agreement to do something

Competing: verb- to go against another person or team

Amateur: noun- new to the sport/game
Going to races was expensive, and Lance needed money to help him with the costs. Linda showed him how to contact companies and ask them to sponsor him in his races. The companies would pay Lance to wear their name or logo on his uniform.

“If you’re going to get anywhere, you’re going to have to do it yourself because nobody is going to do it for you,” Linda told him. Soon Lance had found a long list of sponsors.

Through all his success in sports, Lance kept his wild streak. He rode his bike too fast on city streets. He zoomed around cars and raced through red lights. Once, he got hit by an SUV when he rode through a red light. He went to the hospital with cuts and bruises and a banged-up knee. He was lucky he didn’t break his neck. But Lance didn’t let the crash slow him down. Six days later, he raced in a triathlon and came in third place.

Wild streak: expression- crazy behavior
Zoomed: verb- to move fast
Bruises: noun- blue/purple/black spots on the skin from an injury
Banged-up: expression- injured, hurt
Chapter Three: "The Need for Speed"

Write complete sentences.

1. Why do you think the author chose the title, "The Need for Speed"?

2. Describe Lance as a child. List and cite (write page numbers) evidence to prove your opinion.

   As a child, Lance...

   Evidence

3. What were Lance’s neighbors’ opinions of him?

4. What sports did Lance play? What were his strengths and weaknesses as an athlete?

5. Linda told Lance that "[i]f you’re going to get anywhere, you’re going to have to do it yourself because nobody is going to do it for you" (28). Connect this statement with the title, “Whatever it Takes”.

   The title, “Whatever it Takes” means... → When Linda says —, she means... → This relates to the title because...
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Lance was now a senior in high school, and he was enjoying life. His wallet was stuffed with prize money from bike races and triathlons. He had a fast car that he paid for with this money. He got a lot of speeding tickets when he screamed around town in his hot car, but he didn’t care. He was having fun.

Lance was also training harder and harder on his bike. When he went camping with friends, he didn’t drive home with the guys; he rode home more than 60 miles on his bike. The training was paying off. Lance was making a name for himself in cycling races.

Things were going great, but Lance knew that it would soon be time for a change. He just didn’t fit in a small town like Plano any longer. Many of the kids at his high school thought he was weird. Nobody else cared about cycling. Plano was a football town, not a cycling town.

Lance wore cycling gear, including tight-fitting shorts. “If I were you, I’d be embarrassed to wear those shorts,” the kids told him.

Near the end of his senior year, Lance got a chance to leave Plano for a while.

Stuffed with: expression- full

Prize: noun- an award for winning

Screamed: verb- to yell

Paying off: expression- hard work led to good results

Making a name for himself: expression- becoming famous
He was asked to go to Colorado to train with the junior U.S. national cycling team. Of course, Lance said yes. He trained with the team and then went to Moscow, Russia, to race in the junior world cycling championships.

But the bike race in Moscow was like a slap in the face for Lance.

"I had no idea what I was doing," he said later. Lance raced ahead of the other riders too early and then had nothing left for the finish. He burned out and lost.

Even though Lance lost badly, everyone noticed how strong he was. "He's the best young rider I've seen in years," said the coach of the Russian team. Now Lance was making a mark on the other side of the world, too.

Lance went back to Plano and graduated from high school.

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Like a slap in the face: expression- an insult

Burned out: expression- got tired

Noticed: verb- learned, saw, heard, realized

Making a mark: expression- becoming famous, many people know who he is
After graduation, he got a phone call from the coach of the U.S. national cycling team.

“How would you like to race in Europe?” the coach asked.

It was time for Lance to leave home and go out into the world.

The big-shot boy from Texas arrived in Europe. He thought he knew everything. He was ready to show people there what he was made of. He pumped his fists. He mouthed off at the other riders, and he made a lot of enemies. The newspapers in Spain gave him a nickname. They called him the Toro de Texas, the Texas Bull.

Lance had no respect for anyone. “He was kind of rude. No, not kind of rude. He was completely rude,” said Lance’s coach, Chris.

“You’re my new coach,” said Lance.

“What are you going to teach me?” Lance seemed to think that he already knew everything. But he still had a lot to learn.

Lance joined a professional team as well as the U.S. national team. His coaches tried to show him a better way of racing. “Hang back,” his coaches would say. “Be smart. Don’t use up all your energy too soon. Wait to make your move.”

But Lance didn’t listen. He was a know-it-all, and he didn’t know how to control himself. He seemed to need to be out in front the first chance he got.

“What is he doing?” the coaches yelled. They watched as Lance ran out of steam, then faded to the back of the pack before the end of the race.

Lance rode for the United States at the Olympic Games in Spain, but he didn’t do well.
After the Olympics, he turned pro and things got even worse. In his first race after turning pro, he finished in last place.

Lance was beginning to lose faith in himself. He thought about quitting, but he heard his mother's voice in his head saying, Son, you never quit. So Lance kept riding. In his next race, he finished in second place. Little by little, he learned more about being a pro bike racer who could control himself.

He was also learning how to get along with people in Europe. He learned to speak a little Italian and Spanish. He picked up some French words, too. At first, he missed the Mexican food and margaritas he had enjoyed back home. But soon he began to like the fine food and wines of Europe. He even began to study art there.

By the time Lance was 21, he had made a name for himself as a cycling pro. He won a million-dollar prize for winning three big races in the same year in the United States.

A short while later, Lance went to Norway to race in the world championships. It was a rainy day and a tough race. Bikes slipped and fell on the wet roads. Riders crashed into each other. Twice, Lance fell off his bike, but each time, he got back on and kept racing.

The words of his coach were ringing in his ears. The only thing you have to do is wait. Just wait. Go too soon and you'll waste your chance to win.

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Faith: noun - belief

Get along: expression - have a good relationship

Picked up: expression - learned

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Slipped: verb - to move, slide, and lose place

Ringing in his ears: expression - to hear something that is not there

Waste your chance: expression - lose an opportunity, chance
This time, Lance listened. After several years as a pro, he knew how to control his power. As he rode to the finish line, he knew that he had won. He blew kisses to the crowd and pumped his fists in the air. He was the world champion.

For the next few years, Lance kept racing. He had his ups and downs. But everyone could see that he was an outstanding athlete. One day he might even be a great rider, they said.

But Lance was about to hit a big bump on the road to fame and glory, and nobody saw it coming.
Chapter Four: “Lance Turns Pro”

1. Why did people in Plano think Lance was strange?

2. Why did Lance race poorly in Moscow? What should he have done differently?

3. What details explain why Spanish newspapers nicknamed Lance Toro de Texas?

4. What racing strategy did Lance learn from his coach?
5. Write a paragraph about the change in Lance from the beginning to the end of the chapter. Use adjectives and evidence to prove the contrast (difference). Explain what changed him from when he arrived in Europe to when he left.

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<tr>
<td>Lance changed when...</td>
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<td>At the end of the chapter, Lance...</td>
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Chapter Five

Fighting for His Life

I have cancer. I have cancer. It was a cold, hard fact. In one moment, at the age of 25, Lance’s life had changed forever.

The fear of dying filled his mind.

Suddenly, all his other fears and worries seemed silly.

WHO CARES ABOUT WINNING RACES AND MAKING MONEY WHEN YOU HAVE A KILLER DISEASE? he thought.

LANCE CANN'T BEAR to tell his mother about the cancer, so he asked a friend to call Linda and break the news.

"I'll be right there," said his mom.

She hopped on the next plane from Dallas to Austin, the city in Texas where Lance now lived when he wasn't racing in Europe.

As soon as she arrived, she wrapped her arms around her son. As always, Linda was right there by Lance's side.

"This isn't going to beat us," Linda said.
Lance began his cancer treatment right away. There was no time to lose.

Lance had cancer of the testicle, the male organ of reproduction. The first step in fighting the disease was to remove the testicle that was cancerous.

Soon after this operation, Lance got some news from his doctor that made him feel even worse.

"Lance, the cancer has spread to your brain."

"What are my chances?"

The doctor thought Lance had a 20 percent chance of surviving, but he didn't want to give Lance this terrible news so he made it sound a little better. "You have a 50 percent chance of beating this," said the doctor.

Lance read everything he could about cancer. Before he was sick, he had never been a big reader, but now he couldn't stop reading. He wanted to know everything there was to know about his disease.

He started out reading articles that his friends found on the Internet. Before long, he was even reading difficult medical books.

Lance decided to go to another state for treatment. A doctor in Indiana, Dr. Einhorn, was the top expert on the kind of cancer that Lance had. Lance wanted only the best people on his medical team.

In Indiana, the doctors cut open Lance's skull and removed the cancer that was growing on his brain.
When Lance woke up, the doctors asked him to say his name.

"I'm Lance Armstrong," he said, "and I can kick your ass on a bike any day." Lance was still a fighter.

Another part of Lance's treatment was something called chemotherapy. In chemotherapy — or "chemo" for short — drugs and medicines are injected into a person's bloodstream to attack the cancer from inside the body. The drugs were pumped through needles into Lance's veins.

"Hit me with everything you got," he told the doctors. "Whatever you give to other people, give me double. I want to make sure we get all of the cancer. Let's kill this damn thing."

The drugs were so strong that they made Lance extremely sick.
The drugs didn’t just attack the cancer. They also attacked his blood, his skin, and his teeth and gums. He lay in bed for weeks while the drugs dripped into his veins. Day after day, Lance curled up in pain. He vomited. It felt like his blood was on fire and he was being burned from the inside out. His hair and eyebrows fell out.

This chemo might kill me before the cancer does, Lance thought to himself.

Lance’s nurse, LaTrice Henry, helped him through this awful time. LaTrice talked to him when he was down. She helped him believe that he was going to get better. She’s an angel on this earth, Lance thought.

The chemo wasn’t the only low point. Another low point came on the day he learned that his pro racing team was dumping him. They were kicking him off the team because he was too sick to race.

Gums: noun- pink skin around teeth
Awful: adjective- very bad
Dumping him: expression- stop a relationship with someone
Kicking him off: expression- to remove someone
Another terrible low was the day Lance found out that his team wasn’t going to pay his medical bills. Now he had no health insurance.

Right away, Lance sold his fancy race car. Fast cars didn’t matter any more, and he would need the money to pay his doctors. He got ready to sell his house — his dream house — as well as his art collection and his land.

Lance was very worried about money. He had agreements with sponsors like Nike. Nike paid him for wearing the Nike name or logo — the famous “swoosh” — on his uniform. Lance was afraid that Nike and the other companies would dump him like his team had done.

“Don’t worry about us,” the people at Nike said. “We’re with you.” This kind of support meant everything to Lance during his sickest days.

Lance had a deal with another company, Oakley, to wear their sunglasses. When the head of the company found out that Lance had no health insurance, he signed Lance up for Oakley’s health plan. The health plan would pay the doctors, and Lance wouldn’t have to sell his dream house, after all.

* * * * *

Sometimes Lance talked to his cancer.

“Just let me live,” he said. “I’ll do anything. I’ll be a garbage man. Just let me live.”

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Didn’t matter any more: expression- is not important anymore

Dream house: expression- a house that is perfect for that person

Dump him: expression- not support him
Other times, he got angry at the cancer.

"You picked the wrong guy," he said. "When you looked around for a body to live in, you made a big mistake when you picked mine."

Lance did a lot of thinking about his cancer. He began to think that cancer was a kind of blessing. Coming face to face with death showed him just how much he wanted to live.

"I'm glad about this," he told his coach, Chris. "I like it like this. I like the odds stacked against me. They always have been stacked against me, and I don't know any other way. It's just one more thing I'm going to overcome."

Cancer and chemotherapy almost killed Lance, but he wasn't ready to die. "I love my life," he said to his mother.

Three months after finding out about the cancer, Lance finished chemo and went back home to Austin. Now he had to wait and see if the cancer would come back.

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Blessing: noun- a good thing to happen to someone

Odds stacked against me: expression- to have many problems or difficulties

Overcome: verb- to solve/conquer a difficult problem
Chapter 5: “Fighting for His Life”

Write complete sentences.

1. Explain why the doctor lied to Lance. Discuss what you would do if you were the doctor.

2. List the negative things that happened to Lance during and after his chemotherapy.

3. List the support that Lance had during and after his chemotherapy.

4. Content Vocabulary: Personification

Personification means to give non-human things human qualities.

Example: The sun smiled. → The sun does not smile. Humans smile. → This means that the sun was bright.

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<th>Human Quality</th>
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<td>look</td>
<td>&quot;Great waves looked over others coming in&quot; -Robert Frost</td>
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<tr>
<td>rain</td>
<td>kiss</td>
<td>&quot;Let the rain kiss you&quot; -Langston Hughes</td>
</tr>
<tr>
<td>clouds</td>
<td>mean</td>
<td>&quot;The sky is low, the clouds are mean&quot; -Emily Dickenson</td>
</tr>
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A. What non-human thing is personified by Lance in Chapter Five?

B. Why do you think Lance personified this?

C. Write your own sentence using personification.
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Chapter Six

Life After Cancer

One night, Lance woke up suddenly, covered in sweat. What is that pain in my chest? he thought.

The next day, Lance went to see his doctor in Austin. He asked the doctor for a test. “I want to be sure the cancer hasn’t come back,” Lance said.

“You’re all clear,” said the doctor after the test.

Lance let out a long breath. He was safe for now.

But every day, Lance lived with the fear that his cancer might come back. Nobody knew for sure what would happen. He just had to wait and see.

“The chemo either works or it doesn’t,” said his doctor. “If it works, you’ll live a normal life. If it doesn’t work and the cancer comes back, you will probably be dead three or four months later.” Lance wouldn’t know if the chemo had worked until at least a year had passed after his treatment was completed.

It was hard not knowing. What’s it going to be? Am I going to live or die? he wondered.

Each month, Lance went to Indiana for check-ups with his doctor.

All clear: expression- there are no problems

Check-ups: noun- doctor appointment
Each month, he waited to hear those terrible words: "The cancer's back." But the words never came. The doctors told him that he was all clear. All he could do was wait for the next check-up.

Lance felt lost. How could he get on with his life when he still didn't know if the cancer was gone for good?

Still, he had to try, so Lance decided to go back to cycling.

He began to take training rides on the roads around Austin. His body was weak from the chemotherapy, so he started out slowly. But he was soon taking four-hour rides. Sometimes he covered 100 miles in a day. He could feel his body getting stronger.

At the same time, Lance looked around for a new team. His last team said that they would take him back and pay him a small salary. But Lance was still angry about how they had dumped him.

"I'd rather never race again than to race for that team," Lance said.

Lance hoped that another team would take him, but for a long time it didn't look good. Nobody could believe that a man who had cancer would ever be a great racer.

"It's a joke to think that Lance could ever ride as a pro again," said one team.

Finally, a new team decided to take a chance on Lance. The team was sponsored by the people who deliver the mail in the United States: the U.S. Postal Service. Lance was a pro cyclist again!

Lance was getting stronger and stronger. He was working out in the gym and taking long rides on his bike. He went on some long hill rides with the Postal team. The other riders liked what they saw. "Man, you're killing everybody and you had cancer," said one guy.
In his first professional race after fighting cancer, Lance rode pretty well. He came in 14th place. It was enough to impress the other riders and the newspaper writers. But Lance wasn’t happy. He was used to being a winner.

Everyone was watching Lance as he started his next race. Would he get stronger? Would he ever be as good as he used to be?

The second day of the race was cold, wet, and windy. Lance shocked everyone. In the pouring rain, he pulled over on the side of the road.

"I quit," he told his teammates. "I’m not racing any more. I’m going home."

This is not how I want to spend the rest of my life, freezing and soaked in the rain, he thought. After fighting cancer, he just couldn’t get excited about cycling again.
Back at home, Lance didn’t even look at his bike. “I was a bum,” he said later. “I drank beer and pigged out on Mexican food.”

But Lance’s coaches and friends weren’t ready to let him stop riding.

“You can’t go out like this,” they said. “You will look back on this and be sorry. You are going out as a quitter.” They talked him into one more race.

Lance went with his coach, Chris, and an old teammate, Bob, to train for the race. They did the training near a small town in North Carolina called Boone. Once, Lance had won a big race in Boone.

Lance and Bob rode day after day on the mountain roads. Lance was enjoying the training rides. He was having fun on his bike again.

As he trained, Lance remembered how the crowds had cheered for him when he rode to victory.

Bum: noun- person who is lazy
Pigged out: expression- ate a lot
Talked him into: expression- convinced
Victory: noun- a success; to win
He remembered how the fans used to paint his name on the roads to fire him up. Go Armstrong or Go Lance they wrote in big letters.

One day, Lance and Bob rode for a hundred miles through the rain. They finished the ride with a long, steep climb up a mountain road. Feeling strong, Lance pulled away from Bob and pedaled up the hill.

"Go! Go! Go!" yelled Chris.

Suddenly, Lance saw something on the road. His name was still there. The paint had faded, but he could still read it. "Go Lance," it said. The words made Lance even stronger. He lifted his butt off his bike seat and pedaled even harder.

As he powered up the mountain road, Lance saw his life clearly at last. He knew that he wasn't ready to give up bike racing. He wanted to race, and he wanted to win. It's time to get on with your life, he told himself.

A year after his chemo ended, Lance got the thumbs-up from his doctors. The cancer was gone.

---

Fans: noun- people who support a person or team
Fire him up: expression- to get excited or motivated
Powered up: expression- to work hard; to use a lot of energy
Get on with your life: expression- to move on after solving a problem or difficulty; start new
Got the thumbs-up: expression- "You are okay," or, "There are no problems."
Chapter Six: “Life After Cancer”

Write complete sentences.

1. What does the author mean by saying that “Lance felt lost” (54)?

2. Lance’s team says they will take him back. What does Lance think? Infer: What does this show you about Lance?

3. What is the main idea of the last paragraph on page 55 (Lance was... said one guy.)?

4. Lance says, “This is not how I want to spend my life, freezing and soaked in the rain” (57). Explain if you think Lance says this because he did not win the race or because he doesn’t want to spend his life cycling after he almost died?

5. What motivates Lance to “get on with [his] life”?

6. Imagine someone asked you to describe Lance Armstrong.

Write a paragraph using at least three adjectives to describe Lance. Use evidence to support your opinions.
7. Read the graph. **Complete** the sentence. Use **future tense verbs**.

While the death rate ______________________, deaths from cancer _______________________.


**Topic: Perseverance**

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Chapter Seven

A Big Goal

Lance was ready to make a real cycling comeback, and he was also ready to settle down and get married.

After his chemo, Lance had met a beautiful young woman. Her name was Kristin Richard, but everyone called her Kik. Kik was smart, hardworking, and tough. Nobody pushed her around. Lance knew that he had met his match.

One month after his training rides in Boone, Lance and Kik got married. They had a great time at their wedding. They were happy and in love.

“We didn’t want the party to end,” Lance said later.

After the wedding, Lance stayed focused on his comeback. He even took his bike on his honeymoon.

Lance was training hard because he had a new goal. He wanted to win the biggest bike race in the world — the Tour de France. The Tour de France is the hardest event in cycling. It lasts for three weeks, and during that time, the riders cover about 2000 miles. Day after day, they ride along the roads of France, pedaling up and down steep mountains, riding in wind, rain, and burning hot sun.

Comeback: noun- a return to good things; fame, strength, power

Met his match: expression- to meet a person who is good for you for many reasons

Honeymoon: noun- a vacation for a newly married couple

Goal: noun- what a person wants to do or accomplish
Many people think that the Tour is the hardest sports event of all, even harder than running in a marathon. A marathon is a long race that covers 26 miles. Some people say that riding in the Tour de France is like running 20 marathons in 20 days.

During the Tour, riders often crash their bikes. Some break legs or arms or ribs. Others just can’t handle how hard the race is. The Tour is so tough that many riders who start the race drop out before the end. Riders have even died trying to win the Tour.

Lance had ridden in the Tour three times before, but he had never finished the race. In 1993, he was the youngest rider ever to win a stage in the Tour. Each day’s race is called a stage. Lance had finished a stage in first place, but then, a few days later, he had to drop out of the race. That’s how tough the Tour can be.

Was it a crazy idea for Lance to set his mind on winning the Tour? He couldn’t even finish the race before he had cancer. Could he really win the race as a cancer survivor? If he did, it would be the greatest comeback in the history of sports.

Lance had a few things on his side. His coaches knew that he was one of the most gifted athletes that anyone had ever seen.

When Lance was a teenager, doctors had tested his lungs and heart. They discovered that his heart was about one third larger than the hearts of most men. This meant that he had the power to pump more blood through his body, and he could go on riding when other riders had to stop.
When Lance was resting, his heart beat about 32 times per minute. If you found out that your heart was beating that slowly, you'd probably want to get to the hospital as fast as you could. Most people's hearts beat 60 to 80 times per minute. Lance's heart beats slowly because it is so powerful.

Doctors also noticed something about the bones in Lance's legs. The bones in his thighs are just a little longer than normal for a man of his size. This allows him to pedal a bike just a little better than other cyclists.

There was something else that might help Lance win the Tour. He was a lot thinner than he had been before he had cancer. Before cancer, Lance had looked like a football player, with a thick neck and a big chest. Now he was skinny because chemotherapy had destroyed a lot of his muscles. He had lost about 20 pounds. Lance wouldn't have to carry those 20 extra pounds up the mountain roads of France.

But Lance's body alone wouldn't win the Tour de France.

"I have seen better athletes than Lance that never go anywhere," said Lance's coach, Chris. Talent alone isn't enough to make somebody a winner. If Lance was going to win the Tour, he had to have the will to win.

But if anybody could do it, Lance could.
Lance told his cancer doctor about his goal. "Do you think I can win the Tour?" he asked the doctor.

"I not only think you can win," said the doctor. "I expect you to win."

Lance went to Europe with Kik and trained like he had never trained before. "I rode, and I rode, and I rode," he said later. "I rode like I had never ridden, pushing my body up every hill I could find."

Nothing would stop him. "If it was snowy and freezing, I didn't care," Lance said.

Sometimes his coach would tell him to skip a training ride because it was too cold, but Lance didn't listen.

"To win the Tour, I had to be willing to ride when no one else would ride," he said.
Lance tested himself all the time. He would try to beat the records on the steepest climbs in Europe. If another guy had pedaled up a hill in 32 minutes, Lance would train and train until he could do it in 31 minutes. "You're crazy," said his teammates. But Lance knew that he had to do all this if he wanted to win.

Lance practiced on the mountain roads that would be part of the Tour. Nobody else did that. Lance rode the steepest parts of the race. Then he turned around, went down to the bottom of the mountain, and rode up again.

"After the cancer, Lance got a second chance," said his coach, Chris. "It was that simple. All of a sudden he saw everything that he could have lost. When he came back, he just went into a different zone."
Chapter Seven: "A Big Goal"

Write complete sentences.

1. What is the main idea of the first paragraph on page 64 (Many people...in 20 days.)?

2. What is the main idea of the last paragraph on page 65 (When Lance...had to stop.)?

3. What details on pages 65-67 support the main idea for question two (your answer to question two)?

4. Explain which is more important: natural ability or hard work? Use evidence from the story and real life.

5. Compare and contrast Lance after cancer, in Chapter 7, to Lance before cancer. Use adjectives and evidence to complete the table.

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Chapter Eight

The Comeback

The U.S. Postal team was just a long shot. Lance was still only known as the guy who survived cancer. Nobody thought that a cancer survivor could be strong enough to beat the other great racers in the Tour.

But one important man had his eye on Lance. This man, Miguel Indurain, had been one of the biggest stars in the history of cycling. Before he quit racing, he had won the Tour de France five times. Somebody asked Indurain who might win the Tour.

“Armstrong,” he said.

For the riders, the Tour is three weeks of pain. But for racing fans, the Tour is a three-week party. The Tour is one of the most popular sports events in Europe. Every year, about 15 million people come out to watch the race. Huge crowds stand by the sides of the road and cheer as the riders zoom by.

In 1999, Lance Armstrong and his team arrived in France. Lance was ready to try to win the Tour; and his team was ready to help him.

In Europe, people didn’t believe that Lance could really win. The newspapers were backing other teams with superstar riders.

Backing: expression- supporting

Long shot: expression- almost impossible

Had his eye on: expression- was watching someone closely
Sometimes, the crowds get a little wild and crazy. People camp out for days to get a good spot for watching the riders go by. Some people dress up in strange outfits. Some people drink too much. In the mornings, crowds hang out around the team buses, hoping to get a look at their favorite riders.

In 1999, the first day of the Tour was a short race called a time trial. There would still be another three weeks of racing after this. But the first day of racing was important.

"That's when you see who has good legs," the riders say.

That day, the riders left the starting line one by one, pedaling as hard as they could. The rider with the fastest time would win the stage.

When Lance started, the time to beat was eight minutes and seven seconds. As he raced across the finish line, he checked the clock. He couldn't believe what he saw.
That can't be right, he thought. His
time was eight minutes and two seconds.
He had beaten the best time by five seconds.

Nobody rode faster that day. Lance
Armstrong was the leader of the Tour
de France.

At the finish line, his team hugged
him and slapped his back. Kik called
Lance on the phone and cried tears of joy.
"Damn, honey, you did it!" she said.

After the time trial, Lance put on the
yellow jersey. The leader of the Tour
always rides in this special shirt so that
everyone will be able to spot him in the
pack of riders. Wearing the yellow jersey
is one of the great honors in the sport
of cycling.

At the end of the day, Lance saw
the leaders of the team that had dumped
him when he was sick. Lance was so
happy to show them that they had made a
terrible mistake. He looked at them as he
walked by.

"That was for you," he said.

Lance was thrilled to have won the
first day of racing. But he still had 2000
miles to go. Anything could happen, so
he had to keep his focus.

Hundreds of riders race in the Tour.
They zoom along the roads of France in a
giant pack. The riders have a French
word for this pack. It's called the peloton.

The peloton can be a dangerous place.
Sometimes the pack is moving at 50 miles
per hour. The bikes are jammed close
together with only an inch between the
riders. If one rider slips, he can send the
whole peloton crashing to the ground.

---

Honey: noun- nickname for someone you like
Spot him: expression- see him
Pack: noun- group

Thrilled: verb- very happy
Keep his focus: expression- pay attention
Jammed: verb- put close together
A lot of riders get hurt in these crashes. Their shirts and shorts get ripped, and their skin gets scraped off. They get deep cuts and broken bones. Riders often have to drop out of the race after a crash.

But if a rider can keep going, he will. Sometimes the riders don’t want to stop riding long enough for the doctor to check them out. They get back on their bikes and race to catch up with the peloton. The race doctor pulls up next to the rider in a car. The doctor leans out of the car window and checks on the rider while he is racing.

Riders need a lot of energy to be able to ride so far and so fast. Each team has someone who cooks all the food that the riders need. This chef will prepare a huge breakfast that will take the riders through the long days of racing — cereal, eggs, pasta, fruit, yogurt, toast, energy bars, then more cereal.

These riders in the Tour de France are climbing a steep mountain road in the peloton.

---

Drop out: verb- quit
Catch up: verb- was behind but moved forward to get next to
Pulls up: verb- drive a car next to another one
Leans: verb- to move forward; not stand up straight
Lance's team ate 25 boxes of cereal each week. It took three strong guys to carry all their food into the dining room each morning.

The riders have to eat during the race, too. They chew energy bars or sandwiches as they ride. Members of their support team wait by the side of the road to give them bags of food.

The guys often don't even stop to pee. Stopping to go behind a tree would waste too much time. Instead, they move to the side of the pack, open their shorts, and just keep racing.

Lance and his team raced around France with the other riders. Little by little, Lance pulled ahead of the strongest riders in the race.

Back in Indiana, Lance's chemo nurse, LaTrice, turned on the TV in the cancer ward. Together, the nurses and cancer patients watched Lance ride in his yellow jersey. They cheered as he powered up the steepest mountains in Europe on his bike.

"He did it! He did it!" they yelled.

After three weeks of racing, Lance was the fastest man in the pack. He had won the Tour de France.
Chapter Eight: “The Comeback”
Write complete sentences.

1. Read the infographic (images that give readers information; ex: chart, table, graph) to answer questions.

http://bicyclishub.blogspot.com/2013/06/infographic-100-years-of-tour-de-france.html

A. What is the main idea of the infographic?

B. How many days was the Tour de France in 1903?

C. In 2013, the number of days was (please circle) shorter / longer than in 1903.

D. What do you notice about the distance from 1903 to 2013?

E. What do you notice about the number of rest days from 1903 to 2013?

F. Do you think the Tour de France is easier, the same, or harder in 2013 than it was in 1903? Use evidence to support your opinion.
2. What is the main idea of the last paragraph on page 73 (For the riders...riders zoom by.)?

3. What details in the first paragraph on page 75 support your answer for question two (Sometimes...favorite riders)?

4. What does the yellow jersey symbolize (represent)?

5. Explain why cyclists need both physical and mental strength to race in the Tour de France.

5. Imagine that you are interviewed about the Tour de France. What details from Chapter 8 would you use to explain what you know about the race?
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Chapter Nine

Tours and Children

When Lance was getting ready for the Tour in 1999, he was also getting ready for something else. “I wanted to have a child,” Lance said. Cancer had made it hard to plan for the future. He didn’t know if he would live. But now Lance was moving on with his life. Kik was ready for a family, too.

Lance and Kik needed the help of doctors to have a child. The doctors had known that Lance’s chemo would make it impossible for him to have children, so before the treatment, doctors had taken some of Lance’s sperm and frozen it. Now that Lance and Kik were ready to have a child, the doctors could use the frozen sperm to help Kik become pregnant.

The operation was a success. Kik got pregnant. Soon after Lance won the Tour in 1999, he and Kik had a beautiful baby boy named Luke. A few years later, Lance and Kik had twin girls named Grace and Isabelle.
Lance was thrilled to be a father. He wanted to be the dad that he had never had.

As Lance and Kik began their family, Lance looked ahead to the next Tour de France. He wanted to win again. And he did.


In 2003, Lance won the Tour again and joined a very special group of riders. In the history of the Tour, only four men had won the race five times. Now Lance was the fifth man to do it. Even more special, Lance had won it five times in a row. Only one other man, Miguel Indurain, had done that. Lance was now one of the very greatest riders in the history of the Tour.

In a row: expression- when things happen again with no interruption
Every time he won the Tour, Lance gave cycling fans some great thrills. There was the time he fell from his bike as he climbed a steep mountain road. There were fans all along the sides of the road. He had been powering up the hill when the handlebars of his bike got stuck on a bag belonging to one of the fans. Down went Lance, hitting the ground hard and knocking another rider off his bike. Lance was in shock.

*I've crashed!* he thought as the other riders rode away from him. *Well, the Tour's over.*

But then another thought popped into his head. *Get up,* the voice said. *Get up. Get up!* Lance knew this voice. It was the voice that had helped him stay strong when he had cancer.

---

Handlebars: noun- what you hold on to on a bike

Popped into his head: expression- to have a new idea or thought
Lance stood up and started screaming. “I screamed every cuss word I knew,” he said later. “I screamed because I thought I had lost the race.”

He jumped back on the bike and raced after the other riders. Soon he had caught up with them. But that wasn’t good enough. Lance dug down deep and pedaled harder. Soon he had left the group behind. They just couldn’t keep up with him. Lance was out on his own. He powered to the finish line and won the stage!

Fans still talk about that day. It is known as one of the great moments in the history of the Tour de France. Many cycling fans loved Lance for all the thrills he brought to the Tour. But not everybody loved him.

Cuss: a bad word; swear

Dug down deep: expression- worked hard; got energy

Keep up: expression- to stay next to
Some people just couldn’t believe that any rider could be that good. They really didn’t think that a guy who had once almost died from cancer could win. Some people thought that Lance must have been using drugs to help him win the Tour.

It’s a sad fact that some riders do use drugs. The sport is cracking down on these cheaters. Riders have to take a lot of drug tests. If there is any sign of illegal drugs, the riders get suspended. This means that they aren’t allowed to race for months or years. And everybody knows that they are cheaters.

Lance was tested more than a hundred times during the Tour de France, and he never failed a drug test. Any time that Lance wore the yellow jersey in the Tour, he got tested for drugs. As soon as he got off his bike at the finish line, doctors took some of his blood for testing.

Lance also got tested at other times during the year. The drug testers showed up at his house but never told Lance when they were coming to test him. They even showed up on the morning that Lance and Kik’s twins were born. Lance had to get tested before he could take Kik to the hospital to give birth to the babies. Lance always passed these tests, too.

Lance got angry that some people thought that he was a drug user. In a TV ad that he made for Nike, cameras showed Lance on his training rides. “Everybody wants to know what I’m on,” he said in the ad. “What am I on? I’m on my bike, busting my ass for six hours a day. What are you on?”

---

Cracking down: expression- being very strict; follow the rules carefully

Cheaters: noun- people who do not follow the rules

Illegal: adjective- not allowed

Jersey: noun- a shirt for athletes

Showed up: expression- arrived

Ad: noun- advertisement

Busting my ass: expression- working hard
His coach got angry about the drug rumors, too. "It's unfair," he said. "People always ask that one question — how can he do this without drugs? Lance has a different trick, and I have watched him do it for years. He just works harder than anyone else alive."

Another one of Lance's coaches got angry about the rumors, too. "Who hits more practice balls every day than any other golfer? Guess what? It's Tiger Woods. Well, Lance trains more than the other bike riders. He doesn't just wake up in July and say 'I hope I am ready for the Tour.' He knows he is ready because he has whipped himself all year long."

The talk about drugs made Lance train harder and ride faster. In 2004, Lance won the Tour again. He had now done something that no other rider had ever done. He had won the Tour six times in a row.
Chapter Nine: "Tours and Children"
Write complete sentences.

1. Explain the quotation: "Lance was thrilled to be a father. He wanted to be the dad that he had never had" (85).

2. Identify why people thought that Lance was using drugs.

3. Describe how Lance and Lance’s coach reacted when people thought that Lance was using drugs.

4. Complete the statement and explain:

Lance Armstrong (please circle) did / did not use performance enhancing drugs.

I think this because...
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Chapter Ten

Lance Moves On

In 2005, Lance was ready for a change. He told newspaper writers and TV reporters that he was going to retire from cycling after one more try at the Tour de France.

"Why?" asked the newspaper writers.

“You're at the top of your game. Why do you want to give it all up?”

“With any sport, I love to watch the guy go out on top,” he answered. “I would love to try and do that.”

If Lance won in 2005, it would be another new record — seven wins in a row.

“This will be the last Tour, win or lose,” he said. “But I fully intend to win.”

One of the reasons Lance wanted to retire was to spend more time with his three kids. Sadly, Lance and Kik had split up and gotten a divorce. Kik and the kids didn't travel with Lance to Europe any more. So training for the Tour de France in Europe kept him away from his children for many months each year. “My children change so fast now,” he said. “I don’t want to miss that.”

In 2005, Lance rode the Tour for the last time. And he won again.

Page 95

Top of your game: expression- being the best at what you do

Go out on top: expression- leave when you are doing well

Intend: verb- to have a plan in mind
At the end of the race, he hugged his mother and his girlfriend, rock-star Sheryl Crow. In front of the cheering crowds, he stood up on the winner's podium with his three children. He held a golden trophy above his head and waved and smiled.

The fans and the riders knew that they were seeing something very special. "I don't think we'll see anything like Lance again in our lifetime," said one cyclist.

When the race was over, people asked Lance what he was going to do next.

"I'm going to relax with Sheryl and the kids for a while. I'm going to go swimming and drink some beer," he said.

But Lance isn't the kind of guy to sit around for long. He had important work to do for his cancer group, the Lance Armstrong Foundation.

Podium: noun- where winners stand after a competition
Trophy: noun- a prize for winners
Back when Lance was getting over his chemo treatments, he decided to do something to help other people fighting cancer. He decided to start a foundation that would raise money to help find a cure for cancer. It would also help teach people with cancer how to be strong and fight the illness. The foundation has a motto: Live strong.

"My main role in life wasn't to be a cyclist," said Lance. "I'm a cancer survivor first and an athlete second.

"I will always carry the lesson of cancer with me. I believe I have to make something better out of my life and to help my fellow human beings who are dealing with cancer.

"I want to tell people to fight like hell."

just like I did," he said.

Over the years, Lance's foundation has raised millions of dollars for the fight against cancer. Lance's sponsors like Nike and Oakley have donated money to the foundation. Every year, Lance has held a bike race in Austin to raise money.

Lance and Nike came up with another way to raise money. Nike made yellow bands that people could wear on their wrists. The bands were yellow to match Lance's Tour de France shirts. The bands are sold for a dollar each, and they are worn by people all over the world. The yellow wristbands have raised more than 50 million dollars for Lance's foundation.

Now that Lance was walking away from cycling, he would have more time to give to the foundation.
A few months after the end of the Tour, Lance got on his bike again. This time it was for the Tour of Hope. Lance led a group of cyclists on a bike tour across the United States. The riders were people who had cancer as well as cancer doctors and nurses.

"Cancer does not have to be a death sentence. It can be a path to a second life, a better life," Lance said. By riding across the United States, Lance's Tour of Hope was showing the world that people with cancer can still aim high and live strong.

"I wouldn't have learned all I did if I hadn't had cancer. I wouldn't have won even one Tour de France if I hadn't had cancer. I won because of what cancer taught me," Lance said.

Cancer still plays a big role in Lance's life.

"Cancer will always be a part of who I am, and I will always be speaking out and working towards a cure," Lance says.

Every year, Lance throws a party on October 2nd. It's not a party to celebrate his birthday or to celebrate beating cancer. It's a party to celebrate the day he found out that he had cancer.

"Why would you want to celebrate that?" people ask. For Lance, the answer is easy. Getting cancer made him a better person and made him learn how to live strong.

"If you asked me to choose between winning the Tour de France and cancer, I would choose cancer," he says. "I would rather be a cancer survivor than a winner of the Tour, because of what it has done for me as a human being."

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**Page 100**

Death sentence: expression- you will die

Path: noun- a way or direction people go

Aim high: expression- have difficult goals, hope for the best

**Page 101**

Speaking out: expression- talking about with many people

Working towards: expression- to work for something; hope to get something
Across the world, people with cancer see Lance Armstrong as their hero. When they are tired and feel that they can’t go on, they think of Lance and they keep fighting. And that is more important to him than winning the hardest race in the world seven years in a row.

Lance poses with cancer survivors and people who support cancer research at the Ride for the Roses, a 40-mile ride to raise money for cancer research.

Go on: expression- keep moving, living, going forward
Chapter Ten: “Lance Moves On”
Write complete sentences.

1. **Determine** why Lance was ready to retire.

2. **Explain** the *motto* of Lance’s foundation, *Live Strong*.

3. Lance said, “My main role in life wasn’t to be a cyclist. I’m a cancer survivor first and an athlete second” (89). Lance also has a role as a father. What lessons that he learned from cycling and cancer could Lance teach his children?

4. Lance said, “Cancer does not have to be a death sentence. It can be a path to a second life, a better life” (100).
   
   A. How did having cancer create a better life for Lance?
   
   B. What did cancer teach Lance?

5. **Write a paragraph** to how your opinions about Lance are the same or different from Chapter One to Chapter Ten.
   
   *At first I thought, ... because ...*  
   *Now, I think ... because ...*
Topic: Perseverance

What are examples from the chapter that relate to the topic of perseverance?

Write **direct quotations** ("...") or **paraphrase** (write information *in your own words*). **Cite** (write the page number) your evidence. **Explain** your evidence.

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1. Explain and Prove

Why did the author choose the title, *Whatever it Takes*? Use your notes to write examples (with page numbers) of perseverance from the reading to prove your opinion.
2. Define and Describe

"People with cancer see Lance Armstrong as their hero. When they are tired and feel that they can't go on, they think of Lance and they keep fighting" (103).

- What is your definition of a hero?
- Do you think Lance is a hero?

Who is your hero? Explain.
Bibliography

Selected Sources


About the Author

Helen Sillett was born in England and lived in the Netherlands and Canada before moving to California as a teenager. She has taught history and literature classes to college students, and reading and writing classes to young adults. She is a writer and editor and has been a member of the Start-to-Finish team for several years.

Helen lives with her husband and their daughter in Los Angeles.