

Cómo vive y se prepara un Ultra Trail Núria Picas. You will watch a clip about Núria Picas, winner of the Ultra Trail World Tour, as she prepares to run. **Before viewing, carefully read the statements below and underline key words.** As you watch, circle the appropriate response, true (T) or false (F), according to the information given in the video.

<https://www.youtube.com/watch?v=-UH0zSN9G5A>

1. Núria says she has traveled exclusively in Spain.	T	F
2. She prefers to travel with friends and her trainer, but has also traveled alone.	T	F
3. According to Núria's trainer, Pau Bartoló, Núria has a physical disadvantage as a runner.	T	F
4. For Núria running shoes are the most important thing.	T	F
5. Núria prepares her own energy cakes.	T	F
6. While running Núria needs to carry a light backpack with light and cell phone.	T	F
7. Núria was confident that she would win the race at Templiers.	T	F
8. This is the first time she's competed in Templiers.	T	F
9. Núria feels that running next to talented runners is inspiring.	T	F
10. Núria comments that it's been an exceptionally tough season for her.	T	F
BONUS ☺ In English, name TWO characteristics Núria's trainer mentions that make her a good runner.		