

Mr. Tu's Excellent Examples

Module 11 Triathlete



Applying Lesson 11.1

1. A bicyclist rides for two hours each day to train for a race. What customary unit of measure is appropriate for stating the approximate distance traveled in those two hours?
2. If that same cyclist wanted to use a metric unit of measure to describe the distance traveled, what metric unit would be reasonable to use?
3. Athletes training for a competition record their weight at the end of each week. What customary unit of measurement would they use? What metric unit of measurement would they use?

Applying Lesson 11.2

1. A runner is being timed in the 40-yard dash. Express the distance of that sprint in feet.

2. A coach has 15 athletes on her squad. She instructs the trainer to have at least two quarts of water available for each athlete at practice. The trainer fills two five-gallon containers with water. Did the trainer comply with the coach’s request?

1. The race officials for a cycling race want every cyclist to receive 400 milliliters of water at the halfway point of the race. If there are 40 cyclists, how many liters of water will be needed to provide each cyclist with 400 milliliters?

2. Roger Bannister was the first distance runner to run a mile in less than four minutes in official competition. This means he ran the mile in fewer than what number of seconds?

Applying Lesson 11.3

1. The fastest runner in the Men's Category of the 2006 Boston Marathon ran the 26 mile, 385 yard race in 2 hours, 7 minutes. The race began at 12:02 p.m. What time did he cross the finish line?

2. The women runners began the 2006 Boston Marathon at 11:31 a.m. The winner crossed the finish line at 1:54 p.m. How long did it take the winner to complete the race?

3. The closing ceremony of the 2004 Olympic Games was held on August 29, 2004. The closing ceremony was held 16 days after the opening ceremony. What was the date of the opening ceremony?

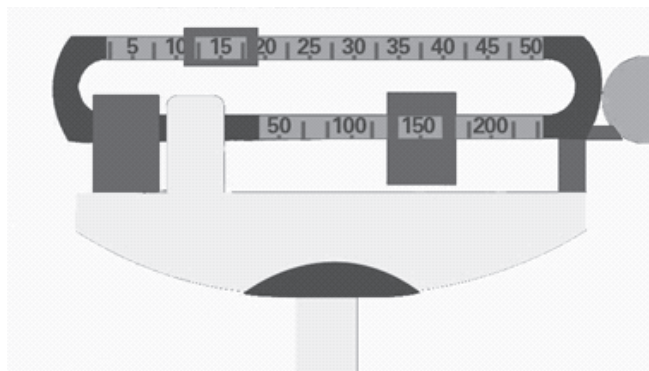
Applying Lesson 11.4

1. The frame height of a bike is measured from the center of the crank to the top of the frame. To determine the seat height, you must add the length of the crank, the frame height, and the height of the seat above the frame. What is the seat height of a bike with a one-foot, three-inch frame, a six-inch crank length, and a seat adjusted to be eight inches above the frame?

2. A runner is preparing for a 5k race (five kilometers). The runner is doing interval training in preparation for the race by running twelve 400-meter runs each day and resting between each run. Will the race length be greater than the total distance covered each day in the interval training?

Applying Lesson 11.5

1. A high school wrestler wants to qualify to wrestle in the 155-160 pound weight class. The scale below shows his weight. Does he qualify? Explain why or why not?



2. A university student is training for the Olympics. She wants to wrestle in the 66 kg (kilogram) weight class. She currently weighs 63,400 g. Is her weight above or below the weight limit? How many kilograms is her current weight above or below the limit?