

English Grammar—Ethiopia! (Lesson 1): I Participated in the 2024 GREAT ETHIOPIAN RUN International 10km (with SHOULD and SHOULDN'T)

Level A2-B1-B2

Hi and welcome! This is the beginning of a new series of grammar lessons in which the main star will be Ethiopia, a country that I had the privilege to visit recently.

Ethiopia is located in East Africa, in what is commonly known as the [Horn of Africa](#). Its neighbours are Sudan, South Sudan, Somalia, Djibouti and Eritrea.

The Great Ethiopian Run International 10km is a world famous sporting event that attracts a great number of participants each year. Sunday, November 17th saw approximately 50, 000 people from all walks of life swarming the streets of Addis Ababa, Ethiopia's capital city, in order to take part in what is known as 'Africa's biggest road race' and 'street party'.

I was among the runners and walkers and I greatly enjoyed the race that was founded in 2001 by legendary Haile Gebrselassie, former Ethiopian multiple world and Olympic gold medallist athlete.

Prior to the race, a lavish pasta party was organised for international participants. We were given the opportunity to hear from this long-distance star runner along with world-breaking Kenyan woman athlete, Ruth Chepngetich. Needless to say we were all star-struck!

The party was held at the Hyatt Regency hotel and it was a huge success. We were given a resounding welcome which was way beyond our expectations. Besides, we ate delicious food, danced and watched local dances that took our breath away. It was surely a taste of what was to come the following morning.

The race was organised in two waves. The first one was for fast runners who had to finish the race in under 60 minutes. The winners of these races were 19-year-old [Asayech Ayichew](#) in the female category and 17-year-old [Biniam Mehary](#) in the male category. They run a staggering 32 minutes, 13 seconds and 28 minutes, 25 seconds respectively.

The second wave was for fun runners or walkers who had to arrive at the finishing line within 2 1/2 hours. My husband and I managed to finish the race in less than 2 hours and consequently got a yellow medal.

We greatly enjoyed ourselves thanks to the music and electric atmosphere. You could see different types of people ranging from children with their parents, young couples and old people.

Surprise fun attractions were also littered along the way and just couldn't have enough of this fantastic sporting event.

Thank you Ethiopia!

MODAL VERB (SHOULD)

AFFIRMATIVE FORM (FULL FORM)					
I	You	He/She/It	We	You	They
should					

NEGATIVE FORM (FULL AND SHORT FORMS)					
I	You	He/She/It	We	You	They
should not shouldn't					

INTERROGATIVE FORM							
Should							
I	you	he	she	it	we	you	they
go?							



I thought that this would be a great opportunity to study the Modal Verb [SHOULD](#) using the Great Ethiopian Run International 10 Km as the background material.

Remember: SHOULD is the past form of the modal verb **SHALL**. In the affirmative form, **SHOULD** helps us to offer advice and give strong recommendations. We can also use **SHOULD** to express obligation and necessity. In the negative form, we mainly use **SHOULDN'T** to express prohibition and convince someone not to do something.

You can learn more about the characteristics of Modal Verbs [here](#).

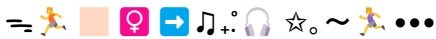


SHOULD (The Great Ethiopian Run): Affirmative Form

Examples:

- You **should** prepare well for the race.
- You **should** register yourself online in order to participate in the race.
- Each international participant **should** pay 70 pounds.
- You **should** collect your race pack at least a day before the event.
- You should hydrate and nourish yourself well the day before the race.
- Runners **should** wear comfortable shoes and socks.

- You **should** be in good health to have a successful outcome.
- During the race, you **should** walk or run at your own pace.
- You **should** be courteous to your fellow runners or walkers.
- Everyone **should** run in the allocated tracks.
- When running, you **should** drink water or other healthy fluids from time to time so as not to be dehydrated.
- If you wish to get a medal, you **should** finish before 2 1/2 hours.
- "If there's one race you **should** run in your lifetime, it's the Great Ethiopian Run 10 km". ~quote taken from ethiopianrun.org, the organisers' website.
- You **should** remember to get a medal after the race.
- You **should** celebrate your achievement after you have finished!



SHOULD NOT or SHOULDN'T (The Great Ethiopian Run): Negative Form

Examples:

- You **should not** be afraid of participating in the Great Ethiopian Run International 10 km. It's a fun event for all types of people.
- You **shouldn't** listen to naysayers who say you aren't fit to walk or run. I saw children running and finishing the race!
- You **shouldn't** forget to register yourself before the race.
- One **should not** eat heavy meals before running.
- You **shouldn't** drink alcohol or eat unhealthy food before the race.
- You **shouldn't** smoke before the race as smoking is not good for your lungs.
- Amateur runners **shouldn't** worry about running at high altitude.
- You **shouldn't** wear uncomfortable shoes.
- You **should not** wear improper attires such as a pair of jeans or tight skirts.
- You **shouldn't** carry dangerous items to the race.
- You **shouldn't** hesitate to have fun when running as long as you cross the finishing line within 2 1/2 hours. Remember, this is Africa's biggest street party!
- You **shouldn't** kick water bottles in the feet of other runners! It's not fun and at times dangerous as one can trip and fall!
- You **should not** get offended when other runners throw water at you. You are not going to melt!
- You **shouldn't** try to copy the pace or race of seasoned runners. Don't worry and do your own thing!
- You **shouldn't** take shortcuts because this is unfair for other participants!
- You **shouldn't** forget to enjoy yourself!



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