



Notice how the causative verb patterns reveal different relationships in the following passage:

In high school, my gym teacher made us run a mile on the treadmill every day. I found it so boring, I sometimes got my parents to write a note excusing me from class. But one day, a substitute teacher had us run through the park instead. It was so much fun, I decided to join the cross-country track team. At first, the coach didn't believe I was serious, but she let me join anyway. Running has helped me relieve stress, feel healthy, and meet new friends.