



AUDIO 1

Word Bank

AUDIO 2

handle bars	torn muscle	remote areas	rough tracks	finishing line
village road	speeding up slopes	weightlifting	adjusting	mountainside
planning stages	soft grass	broke down	riding position	regular speed
helmet	supermarket	classroom		



Speaker 1

This was my first bike ride across really difficult ground. When you ride at speed on (1) _____, it's hard to find an easy (2) _____, and as a result you get an unpleasant stiffness in your back. You can stand up on the bike, and that sometimes helps. But it didn't with me. On the contrary, I found myself flying over the (3) _____ a couple of times, landing on (4) _____, luckily. If the bike had been damaged I'd have stopped then and there, but it was OK. I carried on to the end but the slight pain in my back didn't get any better.



Speaker 2

We cycled through towns and also through (5) _____, and everything was fine until I came to a hilly bit. I knew I had an advantage here, because I'm good at (6) _____. No aching muscles for me! But at some point during the climb I noticed one of the wheels needed (7) _____. I'd been told before the start that there'd be a whole team, so even if your bike (8) _____ they'd be there to help you immediately. Well, they certainly weren't capable of running things properly because I had to wait far too long, and so was one of the last competitors to reach the (9) _____.



Speaker 3

I'd been involved in all the (10) _____ of the race, and so it seemed a good idea to take part. However, halfway through, I realized my best option was to turn back. I hadn't done enough training. In a race like that, you need to keep a (11) _____, even when you are going up what looks like a (12) _____. If you are not fit enough, your leg muscles may seem to refuse to keep on pedaling hard! I saw other riders speeding past me — I couldn't believe it. Anyway, I thought, this is silly, I may end up with a (13) _____, so that was that.



Speaker 4

Well, I think I was just plain unlucky. I came up this (14) _____ and there were all these cars moving slowly uphill. There had been an accident or something. Anyway, it was impossible to overtake them, on such a narrow path, so they slowed me down. I'm content with what I've achieved, although I didn't win any of the prizes.



Speaker 5

I have lots of cycling experience, but I knew this was going to be a long race, and your muscles can get very tired and strained. But I was ready for the challenge, after months of (15) _____ to increase my strength. In fact, I could almost say I overdid it, because I developed an elbow problem a couple of months before the race.