

# Cycling Mom

**Interviewer:** What can you tell us about yourself?

**Yael:** My name is Yael Goren and I was born on Kibbutz Merhavia, near Afula. I am married and I have one son. Everyone in my family loves sports. I like horse-back riding and volleyball, but I like cycling the most.

**What can you tell us about yourself?**

1. Where was Yael born?
2. Everyone in Yael's family enjoys ....
  - a. cycling
  - b. doing sports

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**Interviewer:** I know you have been in some cycling competitions. Do you like to compete?

**Yael:** I love competing because I love to win! I have been competing in cycling races for four years. In 2004 I competed in the Volvo Challenge Cup, a mountain bike race held in Israel every year. I won first place. I also competed in the Israel Speed Trials Championships, a road bike race. I won second place in that race in 2003 and first place in 2004.

**Do you like to compete?**

3. Which competitions was Yael in?
4. Why does Yael like competing?

**Interviewer:** How do you train?

**Yael:** I train in many different ways. I go running and I do aerobics. I also exercise at the gym. I go cycling for two to four hours a day, five times a week. I can ride about 100 kilometers in four hours.

I also eat healthy food. I eat protein – meat, chicken and eggs – because protein gives me energy. Carbohydrates – pasta, potatoes and rice – are important so I eat them too. I also drink lots of water. I stay away from fat.

**How do you train?**

5. Name at least two activities that Yael does.
6. Protein and carbohydrates are foods that are ....
  - a. full of fat
  - b. healthy

**Interviewer: Do you have a daily schedule?**

**Yael:** Yes. I get up at five o'clock almost every morning. I go cycling early, before work. On Sundays and Tuesdays I don't go cycling in the morning – I do aerobics. My husband looks after the baby. Then I get ready for work. I work from eight to two. Monday, Wednesday and Thursday afternoons I go running. When I don't run in the afternoon, I go cycling in the evening.

**Do you have a daily schedule?**

7. Why does Yael go cycling early in the morning?
8. When Yael finishes training in the morning, she ....

**Interviewer: Don't you ever get tired?**

**Yael:** Sometimes, but I usually enjoy doing sports. It gives me energy and makes me feel good.

**Don't you ever get tired?**

9. Why do you think the interviewer asks Yael this question?
10. When Yael does sports she feels ....
  - a. tired
  - b. good