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.

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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

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