



MURAKAMI



WHAT I THINK ABOUT WHEN I THINK ABOUT RUNNING

P Hello and welcome to *Great Books of Our Time*. Today, we're talking about the book, *What I Talk About When I Talk About Running* by Japanese novelist, Haruki Murakami. Here to tell us all about it is this week's reviewer, Maria Corbett. Maria, thanks for joining us today.

M My pleasure.

P So Maria, what's this book about?

M Well, it's about running, but it's also about Murakami's life. He talks about why running and writing are important to him.

P And why is running important to him? Why does he run?

M Well, it's certainly about keeping fit, but, er, it's more than just that. For Murakami, and I suppose for many runners, it's often about getting better at something. He says he doesn't really enjoy team sports, you know, playing soccer or baseball, because he's never worried about beating other people. He prefers to go for a run and achieve his own goals.

P How did he start running?

M Well, he had a jazz bar in Tokyo, but he sold it in 1982 and became a writer. At the same time, he started running, and a year later he completed a race from Athens to Marathon in Greece.

P And how often does he go running?

M In the book, he says he runs most days. He usually has one day off a week, but he does 36 miles every week.

P Phew, that's amazing! And does he do any other sports?

M Well, he does triathlons – that's swimming, cycling and running – but he likes running best. He does at least one marathon every year.

P Ah, so he spends quite a lot of time on his own when he's running. Does he get lots of ideas for his books? Does he think about work?

M Well, no, not really. He says he sometimes thinks about the weather, and he occasionally gets an idea for a book. Actually, he says he usually doesn't think about anything – he just runs. Oh, and he nearly always listens to rock music.

COMPREHENSION QUESTIONS

WHERE IS HARUKI MURAKAMI FROM?

WHAT DOES HE DO?

WHAT IS HIS BOOK ABOUT?

WHY IS RUNNING IMPORTANT TO HIM?

WHAT KIND OF SPORTS DOES HE ENJOY?

DOES HE LIKE TRIATHLONS?

WHAT KIND OF SPORTS DOESN'T HE LIKE?

COMPREHENSION QUESTIONS

WHERE DID HE HAVE A JAZZ BAR?

WHEN DID HE BECOME A WRITER?

HOW OFTEN DOES HE GO RUNNING?

DOES HE THINK ABOUT HIS WORK?

WHAT DOES HE THINK ABOUT?

WHAT DOES HE DO WHILE HE RUNS?