



## 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.