## Lucy Nicholls – City cyclist

**11** Read the text about Lucy. Are these sentences true (✓) or false (✗)? Correct the false sentences.

1 ☐ Lucy has to cycle 500 miles every week.
2 ☐ As a London courier cyclist, Lucy hasn't had any accidents.
3 ☐ The courier company have to pay her when she's off work.
4 ☐ In winter, London courier cyclists should check the weather forecast every day.
5 ☐ Lucy has to spend a lot of money on warm clothes every week.
6 ☐ Lucy thinks she will stay in this job for a long time.

**12** Complete the questions. Use the correct form of *have to*.

1 'How many miles ***do*** cycle couriers ***have to cycle*** a day?'
'Between 60 to 100 miles.'
2 'Why _____ you _____ fearless?'
'Because it's difficult and dangerous work.'
3 'When _____ a courier _____ especially strong?'
'In winter.'
4 'What _____ couriers _____ to keep warm in winter?'
'They have to keep cycling.'
5 'Why _____ Lucy _____ a mask sometimes?'
'Because of pollution.'

8.3 Listen and check.

# Lucy Nicholls Cycle courier

**Lucy Nicholls has lived in London all her life, but it was only when she became a cycle courier that she really got to know the city and the dangers of city cycling.**

Lucy has always loved cycling, so getting a job as a cycle courier seemed a good idea. A London courier cycles between 60 to 100 miles a day so you have to be fit.

*'I knew I had to cycle a lot of miles, but I never expected to sometimes do 500 miles a week'*, says Lucy.

This job isn't just about being fit. You have to be fearless, too. You have to learn to understand the road and expect people to behave badly. Bicycle couriering is difficult and dangerous work.

*'White van drivers are the worst'*, says Lucy, *'they think they don't have to follow the rules, they go through red lights and show no respect to other road users, especially couriers.'*

Taxi drivers aren't very polite either. Lucy has had to go to hospital twice because of accidents with London 'cabbies', and there's no sick pay for couriers – you only earn when you ride.

*'Some taxi drivers think they own London. They should learn a few manners'*, says Lucy.

But it's not just the other drivers that make it a dangerous job. Pedestrians looking at their phones, huge potholes in the roads and traffic lights everywhere mean that couriers have to be on constant alert.

Then there's the winter. A courier has to be especially strong to survive the winter.

*'You have to keep cycling or you freeze'*, says Lucy, *'your toes freeze, your fingers freeze and your joints go completely stiff. And then of course there's the London rain.'*

During the winter a London cycle courier watches the weather forecast religiously, and the weather becomes their life.

*'I had to spend a whole week's earnings on a good waterproof coat, thermal gloves and a hat to keep warm'*, says Lucy.

There's also the air quality. The pollution in London sometimes reaches dangerous levels.

*'On bad days I can feel the dirt in my lungs, and I have to wear a mask.'*

So why do it?

*'Despite the traffic, the pollution, the cold and the road rage*, I love it. I totally focus on my body moving with my bike. I know I will have to get another job eventually, no one can do this job for too long, but I love it for now.'*

**rage** anger


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