

## LISTENING: Running

*You will hear two neighbours, a woman (Natasha) and a man (Colin) talking about running.*

*Decide if each sentence is true or false, and correct the false ones.*

- 1) Natasha has decided to take a day off work to go running.
- 2) Colin found running to work was bad for his health.
- 3) Natasha would prefer to go running outside the city.
- 4) Natasha would like to wear her sports clothes at work.
- 5) Natasha will run in the big race because she hopes to win it.
- 6) Colin and Natasha will prepare for the big race together.



**ANSWER KEY:**

1 F (She is going to work running) / 2 T / 3 T / 4 F (She gets changed at work) / 5 F (because it's fun) / 6 F (One runs in the park and the other runs to the office)

**SOURCE:** Cambridge PET 7 (Test 1, Part 4; CD 1, Track 4), CUP.

**SCRIPT:**

**Colin:** Hi Natasha. I see you're going out for a run. You're lucky you don't have to go to work today.

**Natasha:** Hello Colin. I *am* going to the office, but I've started running to work instead of taking the bus. It means I can keep fit and save some money.

**Colin:** I tried running to work for a while, but I didn't like breathing in all the traffic pollution and I kept getting coughs. I soon went back to using public transport. I keep fit at the gym.

**Natasha:** Well, I've found a route that avoids most of the main roads.

**Colin:** But it's still almost 5 kilometers and it must be dangerous.

**Natasha:** That's why I choose quiet streets. If I could, I'd run in the country. That would be lovely, but it would mean leaving it till the weekends. Running gives me a wonderful feeling of freedom. It's just what I need before sitting down in the office every day.

**Colin:** But surely you don't wear your tracksuit and trainers at work???

**Natasha:** Oh, I keep a suit at the office and change when I arrive. I think it's important to look professional so I don't mind at all.

**Colin:** Anyway, since you're so fit, are you going to join in the big race next month?

**Natasha:** I'd like to. What's the distance?

**Colin:** 20 kilometers. Anyone can enter and there are prizes for different age groups.

**Natasha:** Even if I come last, it will still be good fun. Running on your own can sometimes get quite lonely. Are you going to take part?

**Colin:** Oh yes, I've sent in my application form already. I'll get one for you...but I'm not going to train by running to work. I'll run round the park a few times when I get home in the evenings. That's safer!

**Natasha:** OK. Anyway, I must go now or I'll be late. Bye!