

EVOLVE LEVEL 2, Audioscript for Unit 3 Quiz B

Jim: Hi I'm Jim and I often run races. I usually run marathons that are 26.2 miles. I can run one in about three hours. I now like doing 'ultrarunning'. It's a very long run – longer than a marathon. It's a fantastic sport. There is a race next month, and I am training for it now.

Every day I run a few extra miles. Now I can run 35 miles! I am using a special app on my smartphone. It records all my information: my distance, my speed and the route.

Ultrarunning is difficult because we run in the city and in the country. We run in parks and in sports fields, but we don't go in tennis or baseball courts! We run all day and we run all night. I have a special light that I wear when I run at night. All the runners have one.

I am running and recording this radio show, but I am also eating and drinking because it's lunchtime! In ultrarunning, you can never stop running! You know, I love it but I never win any races.

Is there a running group in your town? Do you run races or marathons? Or are you running in this race? Come and run with me!