

## Starting Out

### Episode 7 – A race

**Sammy:** Hi, Julia!

**Julia:** Oh! Hi, Sammy! You again.

**Sammy:** Well, I come to the park every morning. I always go jogging in the morning.

**Julia:** I come here most mornings, too. I usually ride my bike. I never go jogging.

**Sammy:** Exercise is very important. Everyone should be fit and healthy.

**Julia:** Do you do any other kinds of exercise apart from jogging?

**Sammy:** Yeah. I often, erm, go to the gym. And, occasionally run marathons.

**Julia:** Marathons?

**Sammy:** Yeah, that's why I go jogging every morning.

**Julia:** And do you ever go swimming?

**Sammy:** Swimming? Yeah, I love swimming. I usually go three or four times a week.

**Julia:** I love swimming.

**Sammy:** I love swimming. I'm a really good swimmer, actually.

**Julia:** Yes, I'm a good swimmer, too.

**Sammy:** No, I'm a really good swimmer. I was in my school team.

**Julia:** Very impressive. ... Do you fancy going swimming this afternoon?

**Sammy:** Yeah, I'd love to.

**Julia:** OK. See you at the pool! Four o'clock?

**Sammy:** OK.

**Man:** Hey, Julia!

**Julia:** Oh, hi!

**Sammy:** Let's see what a good swimmer you are! Let's have a race!

**Julia:** A race? You and me?

**A second man:** Hey, Julia!

**Julia:** Oh, hello!

**Sammy:** Yes, you and me. Are you scared?

**Julia:** Scared? Me?! Don't be silly! ... OK, then. It's a race. The first to the other side of the pool is the winner!

**Sammy:** Wow! You really are a good swimmer! How often do you go swimming?

**Julia:** I go swimming every day. Sometimes twice a day. In fact, I'm a member of the city swimming team.

**Sammy:** Oh!