

Transcription:

This is the real English Conversations podcast, where you'll find the lessons and advice you need to be able to confidently use your English in the real world. Hi, everybody, it's Curtis Davies, I'm here with Amy Whitney, we're from real English conversations.com. We've got a great conversation today about some memories that we've had that everybody can relate to. It's bike riding and we've got some great stories for you. They're really interesting.

Curtis: So, Amy, when did you start riding a bike? When you were a little girl, a teenager. Tell me about it.

Amy: I think that for me, I probably started riding my bike when I was really young. I don't remember exactly when I started riding my bike. So I was probably four or five years old because I think that's when our memories start to happen. But really, I've had a bike for as long as I can remember. I spent a lot of time up at my grandparent's house when my parents were working. I would be with grandma and grandpa and I remember that they used to have this bike down in the storage area downstairs.

Amy: They called it the dungeon, but they had the the bike that was down there. And it was actually one of those bikes with the banana seat, you know, like the long bike.

Curtis: Classic.

Amy: So, I think this was probably my first bike that I ever rode on. But, you know what the problem is with where my grandparents live? They live on the top of a hill and a pretty steep hill.

Amy: So for me, I could really only ride in the driveway and up onto the road carefully, obviously looking for cars and come back into the driveway again. But I think that my parents bought me a regular bike, not a mountain bike or anything, but just a regular bike that maybe a six or seven-year-old old kid would have.

Amy: And that was my first bike that I really remember.

Curtis: For me, it was BMX all the way. My older brothers were BMX bike riders and they were always fixing these cool looking bikes in the garage. And I was really influenced by that. And of course, you know, being the youngest, you look up to your older brothers and see what they do. It's like, I got to get a BMX like, this is cool. My brothers can fix it for me if there are problems with it.

Curtis: But I really started to, to get into riding BMX bikes and two of my really good friends across the street in the next block, they started to get BMX bikes, too. So this is

like a group thing that we started to do as friends together and talking about steep hills. There was one that was right across the street on the other side that was a super steep hill. And we thought BMX bikes are fast. Let's go see if we can we can race each other down the hill and go as fast as we could.

Curtis: It's kind of scary because we didn't wear helmets or any of the safety gear. That is kind of mandatory.

Amy: Yeah, yeah, exactly. And I remember when, I don't know, really when I think back, I think, wow, times were really different. What I did, the freedom that I had when I was eight years old or nine years old, my parents used to let me ride wherever I want. I think half the time they had no idea where I was. There were no cell-phones. I just said: "hey, I'm going for a bike ride with Leslie", for example.

Amy: And we were gone. And yeah, we used to go down. There was a hill, I guess, in Kelowna, we kind of had like this one area, and then there was a hill that went down to the next area. And we used to ride down Springfield Hill. And I also think I didn't have a helmet at that time. And I've ridden down that hill as an adult. It's fast, like you're going down the hill and there's a car beside you and you're almost going the same speed as the car.

Amy: So, you know, this kid, this eight-year-old kid without a helmet flying down the hill, that was me.

Amy: But, yeah, I had a really, a lot of different memories related to riding my bike, and it kind of turned into a way of transportation, I guess. You know, when you're young like that, you can't really you can't drive, obviously. But when you have a bike, you can get from point A to point B, pretty quickly, to meet up with your friends, to go over to their house, for example, so I used my bike a lot when I was a kid.

Curtis: For me, flying down hills and all sorts of things like that, doing tricks on my bike, was what I was all about instead of more of the transportation thing.

Curtis: And the hill that I rode down with my friends, had a part in the middle, where we actually constructed a jump, like a little dirt hill in the middle of this small little tree circle, and we were the ones that made it. So I'm sure all the kids in the neighborhood benefited from it, too. But instead of racing down the hill, it went into who could, who could fly down the hill and get the most air out of this jump?

Amy: Yeah.

Curtis: So, what felt like 500 feet of air when you're flying over this job, is probably only a foot or so or less.

Curtis: But when you're a kid, you're like flying through the air with your handlebars. Yeah, it's a blast.

Amy: It's yeah. It's, it's interesting because I mean, as long as it's exciting and it's fun and most of the time it's harmless, I'm sure we've all fallen off our bike and hurt ourselves.

Amy: But most of the time it's OK. We, we ride our bike, we don't have any problem and it's just a lot of fun.

Amy: So, what about moving into adulthood and bike riding? Did you continue to ride your bike or did you leave it for a while? How how did that go?

Curtis: Well, I continued until I was like a teenager around the time, just pre-teenager, 12, 13, I guess 13 being a teenager.

Curtis: Yeah. It really got into more of the trick kind of stuff, not going over jumps, but like doing weird funny tricks with your bike. And I learned how to do this at a summer camp from a BMX trick-team. They were in town for a week or two and you could go in and watch these guys perform and you could also learn a bunch of tricks and stuff. But after doing that, I kind of lost interest and got into music and that took over.

Curtis: But obviously, when I moved to Kelowna and we got a couple of bikes, that's where the adult bike riding really started up again. So it's just with our mountain bikes.

Amy: OK, I remember a couple of times where we have some pretty cool memories with our bike, one of them was in Crawford Bay and one of them was in Whistler. They were both really good.

Amy: The one in Crawford Bay, this is an area where my parents live and it's a really, really small town, kind of in the middle of nowhere. And we went to this area when I was a kid and actually Curtis and I went on this bike ride.

Amy: The, it's a loop where you leave my parents' place and you go down the hill past the store. Usually you stop at the store because there's really nothing else to do in the town so you have to buy something.

Amy: And then after that, you ride up the hill on the way back and you're exhausted by the time you get back. So my parents were quite smart. They knew that there was nothing to do and there was absolutely no danger in this town. So they would always suggest that I would go for a bike ride with whoever we were on vacation with.

Amy: For example, my cousin, I have one memory with my cousin Collin. We rode down. We are going to play soccer at the school. There was a field there. We were kicking the ball around for maybe half an hour.

Amy: And then we got bored and we came, of course, rode our bikes down to the school.

Amy: And then we were going to continue down to the store and then ride back up the hill and go back home.

Amy: And this one time we were finished playing soccer and we left the, the soccer field, and this bear, like a bear, came flying across the road into the soccer field, ran around the field twice and went out the other side.

Curtis: A bear.

Amy: A bear.

Curtis: Oh, my.

Amy: Like, what a Canadian moment

Curtis: That's a very Canadian moment.

Amy: Nah, Nah, to be fair, this, this area, the Crawford Bay, it has a population of about 200 people. It has a lot of trees. It's pretty much like you're in the middle of the forest. So they have a lot of wildlife.

Amy: But, yeah, that was one of the weird bike riding memories that I have.

Curtis: would be pedaling as fast as I could to get out of there.

Amy: We were kind of shocked. We were like, did that just happen? You know? But I mean, it was OK. We left the field. We weren't really in danger. We were on the other side of a fence just sitting on a bench, chilling out. And, yeah, that happened. But after that, we rode down to the store, which we figured was the opposite direction of where the bear went and probably got some ice cream or something.

Curtis: I am glad that we didn't see any bears in Whistler, when we were on Whistler.

Curtis: Whistler is beautiful for the scenery and that's why I really appreciated riding on some of the really nice trails there. They're really comfortable trails, flat trails through a beautiful park.

Curtis: And it was just really spectacular. We went on on really good days. Really nice, sunny, beautiful days as well. So we had a bike rack on top of our car. We'd leave Kelowna with our, our two bikes and we knew that there were some trails that we could ride on there. And that first experience is still memorable for me.

Amy: Yeah, definitely.

Amy: And I think it's interesting that your memory of those flat trails, you know, Whistler is a mountain, right?

Curtis: Well, right in the middle of the town they were kind of flat, right.

Amy: No, Curtis forgot about all the uphill challenges that we had, but the region where we're from, it's always had hills and mountains and uphill and downhill. But I think one of the best parts about bike riding is whatever goes up must come down.

Amy: And after that hard work of going uphill, you always have that reward of coming back down.

Amy: And one more thing to mention about Whistler, which is kind of interesting. Whistler has a, I mean, they're an outdoor recreation area. They have in the winter. They have skiing and snowboarding and different training for like every type of winter sport you can imagine.

Amy: And in the summertime, they have a huge community that does downhill bike riding.

Amy: And I've never really done downhill bike riding.

Amy: I think that it's pretty dangerous. But, you know. Yeah, it's cool to watch, though. Do you remember seeing the downhill bike riders?

Curtis: Yeah. How fast and, and crazy they were. It was just incredible. I looked at it and thought, ooh, they're pretty brave. I don't think I'd be able to do something like that, but it was impressive to watch, and especially when they were qualifying for a competition and getting right into the competition itself, it was just amazing to watch and see that, like right in person.

Amy: Yeah, exactly. Right at the base of, I guess, where the finish line was and in Whistler, they have a really cool area where you can sit outside and people watch and in this case, watch the downhill bike riders coming down the path.

Amy: But yeah, so I don't know nowadays we don't really ride our bike. We actually don't even have bikes anymore. Do you miss riding your bike?

Curtis: I do, because it's a good form of exercise and it gets you out into the open and you're breathing in fresh air and stuff.

Curtis: I do. I do miss it, yeah for sure. And unfortunately, I think somebody stole my bike in Canada, unfortunately. But

Amy: yeah,

Curtis: Maybe we can rent some bikes some time here or somewhere else in Mexico and go exploring. That's one of my favorite things about bike riding.

Amy: Yeah. I think the biggest challenge here and one of the reasons why we decided not to bring our bikes with us is really the roads aren't very nice to ride on. We have cobblestone roads and the sidewalks are not designed to smoothly ride across the sidewalks like they are in Canada. And also, I mean, pedestrians and cyclists do not have the right of way. So it's a little bit more dangerous. And I think we would have to have our bikes and go to some area that's less busy and crowded or less crowded in order to enjoy this sort of activity.

Amy: Well, that was a really interesting conversation that we just had. And I know that we used quite a few expressions while we were speaking. And there were some really specific words related to what we were talking about.