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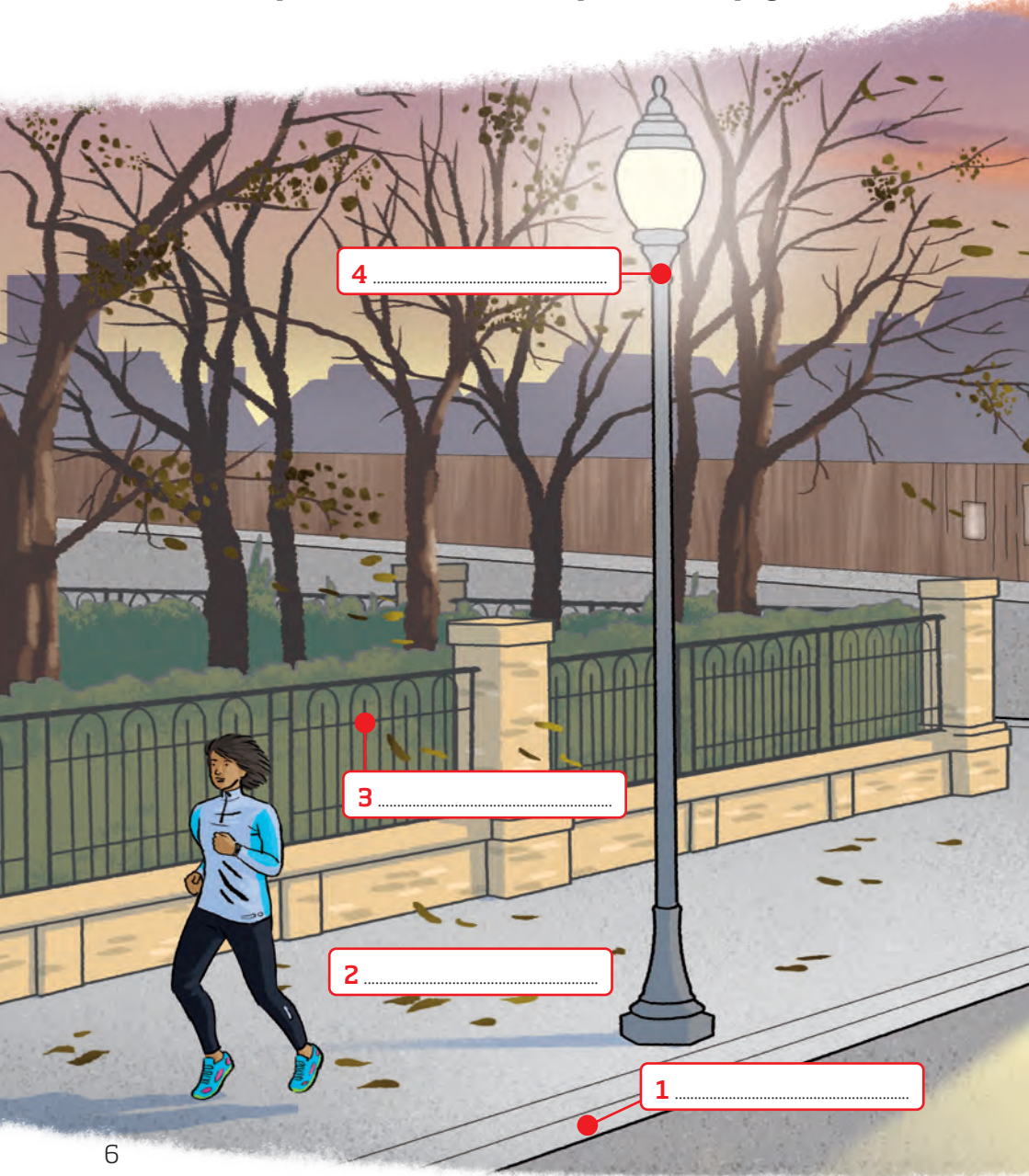
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Hello, I'm Zadie.
I love winning races, but this time
I have to win a very important one.
Look through the book and guess
what it is.



Before Reading

1 Look at the picture and answer the questions on pages 8 and 9.









3 This is what happened.

It was seven o'clock on a dark autumn evening. October was coming to an end and Halloween• and Guy Fawkes Night• were fast approaching. The air was cold and you could already see a touch of frost• on the parked cars. Most people were sitting comfortably at home having dinner or watching TV (or doing both at the same time). Others were out in their back gardens. These people couldn't wait for the last day of the month or the fifth of November. They were busy exploding bangers• or firing rockets• up into the night sky. The rockets screamed and burst into blue, red and green stars.

Two other people were out that evening.

They were jogging along the pavements under the yellow streetlamps. One of them was in front, running smoothly•. The other one was struggling• behind. And she wasn't very happy.

19:05

Holly stopped. She put her hands on her waist[•], bent over, and started coughing[•]. Zadie heard her running partner and ran back to join her.

‘Are you OK?’ asked Zadie.

Holly looked up and tried to smile. It was difficult! She was gasping[•] for breath.

‘Zadie, how come you’re such a... (cough, cough)... such a great runner? I mean... (cough, cough)... I feel terrible. I’m so hot and tired.

But look at you... (cough, cough)... you aren’t even sweating[•]!’

‘Well, you know me. I love running!’ said Zadie with a big smile. She found smiling easy!

‘It’s no good. I can’t go on,’ said Holly.



'You can't stop yet!' said Zadie. 'We've only done a couple of kilometres. How are you going to win the marathon on Saturday?'

'I'm not going to win the marathon,' said Holly. 'You are.'

'No way'! Zadie laughed.

She checked her watch.

'Come on, why don't we run for another half hour?'

'I'm sorry, Zadie, I can't. I've felt awful all day. I want to go home and get into a lovely hot bath.'

'Well, do you want me to jog back home with you?' asked Zadie.

Holly smiled guiltily.

'I think I'll give my dad a call. He'll pick me up and give me a lift home.'

And with that, Holly pulled out her mobile.



‘There he is!’ said Holly.

A big, shiny, dark-blue car approached and parked next to them at the side of the road. The electric window rolled down.

‘Hi, girls,’ said Mr Wells.

‘Hi Dad. Thanks for coming to get me.’

‘That’s all right,’ Holly’s father replied. ‘It’s a cold night for running. Would you like a lift home, too, Zadie?’

‘No thanks,’ said Zadie. ‘I want to do a bit more running.’

‘Well, don’t leave it too late. It’s already quarter past seven.’

‘See you tomorrow, Zadie,’ said Holly, getting into the passenger seat.

‘Do you want to go for a run before school?’ asked Zadie.

Holly laughed.

‘No way!’

The car door slammed shut, Holly’s father gave a wave, and they drove away along the road. Zadie bent down and tied up her laces. She looked both ways along the road.

For a moment she was undecided. She was only about 20 minutes from home, but that wasn’t enough exercise. She decided to take the long route home. And to run fast.

So Zadie got into the starting position for a 100 metre race. Then she said:

‘Ready...

Steady...

Go!’

And she raced off towards the park.





20:10

Westbourne Park was quiet and empty under the starlit sky. Even the fireworks were silent here. It seemed that everybody was in their homes except for one single girl. The only things Zadie could hear were the sound of her breathing, the beating of her heart, and the noise of her trainers on the hard pavement. She was running beside the park. And as she ran, she was counting the iron railings of the park fence.

‘210... 220... 230...’

This was when she felt happiest. This was when she felt free.

She was running easily, she was running quickly. She was moving like a perfect machine, like an arrow flying through the air...

She felt light and fit and strong. She had no worries, no aches or pains. She wasn’t thinking about school or homework or a silly argument she had with Jack that afternoon. In fact, she only had one thought in her head.

‘240... 250... 260...’

She couldn’t wait for the race. And she knew she could win.

Zadie was running towards the corner of the park. Then she had to cross the road, turn left, and head back towards the town centre. She was only about 10 minutes away from her house. Maybe she could run even faster!

Then behind her she heard an angry sound. It was the roar of a car. The car was going fast – a lot faster than her – and it was coming in her direction.

This is how it started.

It was a morning near the beginning of the autumn term. It was the beginning of the worst time of the year. The summer holidays were over. The days were growing shorter and the nights were growing longer. All the light and joy and warmth of the world was disappearing and now there was nothing left to look forward to except the end of term and Christmas. Zadie met Holly on her way to school.

'Have you seen this?' asked Holly.

Holly held up her mobile. Zadie read:





‘Hey, there’s going to be a marathon here in Westbourne!’ Zadie said excitedly.

She read more of the webpage.

‘It’s open to all ages!’

Zadie loved racing against other runners, no matter how old or how fast they were. She read to the bottom of the page.

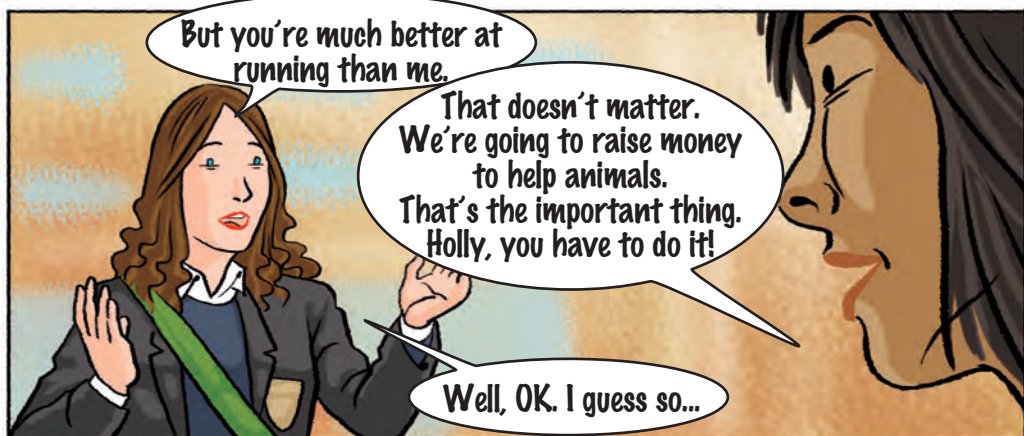
‘And it’s raising money for the animal rescue centre!’

Zadie’s dog Scamp, like Holly’s dog Eco, both came from animal rescue centres. Zadie and Holly knew how important they were for saving animals and finding them homes.

‘Wow, Holly! This is perfect!’

‘So do you plan to do it, Zadie?’

‘Are you kidding? It’ll be brilliant!’ she said, smiling.



So Holly and Zadie started training.
They ran around the school field at lunchtimes.



They ran together after school.



They even went running in the mornings.
And Scamp had to come, too.



After Reading

Vocabulary

1 Combine words from the two groups to make common expressions.

a brain b school c car d broken e speed f great	1 shape 2 gate 3 engine 4 damage 5 limit 6 legs
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2 Complete the sentences with expressions from Exercise 1.

- a** First Zadie heard a and then she saw its headlights. The car was going faster than the
- b** 'I saw Zadie in hospital. She hasn't got but she's got two
- c** All Zadie's schoolmates were waiting at the They thought she looked in

3 When can you use these phrases? Match.

- | | |
|--|--|
| <ul style="list-style-type: none">a <input type="checkbox"/> No way!b <input type="checkbox"/> Are you kidding?c <input type="checkbox"/> I guess so.d <input type="checkbox"/> No worries.e <input type="checkbox"/> That's weird.f <input type="checkbox"/> Sure. | <ul style="list-style-type: none">1 You think something is OK.2 You think something is strange.3 You want to say 'yes'.4 You want to say a definite 'no'.5 You think somebody is joking.6 You more or less agree with somebody. |
|--|--|