

My New Running Shoes

I have new running shoes. They are blue and white. I like them very much. I got them from the store yesterday. The store was big and had many shoes. I tried on many pairs, but these were the best.

Today, I wear my new running shoes. They are very comfortable. I go to the park to run. The park is near my house. It is sunny and

warm. Many people are at the park. Some people walk, some people run, and some people ride bikes.

I start to run. My new shoes feel good. They are light and make me run fast. I run on the path. The path is long and has trees on both sides. Birds sing in the trees. I feel happy.

I run for thirty minutes. I see a bench and sit down. I drink some water. My new running shoes are great. They help me run better. I like running in the park. It is fun and good for my health. I will run again tomorrow.



1. bench (noun) - a long seat for two or more people
2. comfortable (adjective) - feeling good and relaxed
3. health (noun) - the state of being well and not sick
4. pairs (noun) - two things that go together
5. path (noun) - a small road or way to walk or run
6. sides (noun) - the left or right parts of something
7. sunny (adjective) - bright because of the sun
8. tried on (verb) - put on clothes to see if they fit

Quiz

1. What color are the new running shoes?

- A) Blue and white
- B) Green and white
- C) Red and white

2. Where did the person get the new shoes?

- A) From a friend
- B) From a park
- C) From a store

3. When did the person get the new shoes?

- A) Last week
- B) Today
- C) Yesterday

4. What did the person do today with the new shoes?

- A) Went to a party
- B) Went to school
- C) Went to the park to run

5. How do the shoes feel?

- A) Comfortable
- B) Heavy
- C) Uncomfortable

6. Who is at the park?

- A) Many people
- B) No people
- C) Only children

7. What activities do people do at the park?

- A) Drive cars
- B) Swim and skate
- C) Walk, run, and ride bikes

8. What does the person do after running for thirty minutes?

- A) Goes home
- B) Sits on a bench and drinks water
- C) Talks to friends

9. How do the new running shoes help the person?

- A) They help run better
- B) They make running slower
- C) They make walking difficult

10. What will the person do again tomorrow?

- A) Buy new shoes
- B) Ride a bike
- C) Run in the park