Presenter: Now that concludes the interview with Bob Smith! I hope you listeners absorbed all the words he said. I’ll see you tomorrow, at nine o’clock in the morning.

Presenter: Welcome to CBA Radio. Today we will be interviewing the well-known marathon runner, Bob Smith, who conquered the Sahara Desert despite many challenges. First question. How did you prepare?

Bob Smith: Hello. I prepared for the marathon by running in extremely scorching heat. I knew the desert would be hotter. It was harder than anything I’d done in my life. Running long distance every day in the extreme heat, was not an easy thing. Especially the part at night when my legs started to ache. The routine was repeated for three years, and endurance helped me succeed.

Presenter: It even sounds hard. Any challenges?

Bob Smith: Yes, and in fact, a lot. There was a time when I broke my right leg while training, and I thought I was hopeless, that everyone else would be running, at least a little bit. However, it recovered quicker that anyone thought. Then, I could train harder, making up for the days of running I missed out on. There were many more, but I’ll tell you the one that happened during the marathon. I wasn’t used to the arid weather. I only trained in hot, humid weather. As a result, I needed twice as much water as when I trained. Despite that, I still aspired and finished it.

Presenter: Wow, that’s inspiring, so there must be some memorable moments throughout the process of training, right?

Bob Smith: Of course there was. Actually, not during the process of training, but it was when I crossed the finish line. I felt the colossal river of satisfaction flowing through inside me. The three years of training was, in that one moment, worth it. As my foot crossed the thick, red line, people near me where cheering. I was contented. It was just a small, tiny line that I crossed, that was extremely significant to me. I was so happy that I can’t describe it now.

Presenter: Must be a very significant moment to you! Finally, is there any advice you’d give for aspiring adventurers like you?

Bob Smith: I would say that endurance, patience, and mental strength is undisputedly the key for doing something like I did. Those words may sound extremely simple, however, in reality, it is extremely hard. Sometimes, like when I broke my leg, I wanted to give up, but, delighted by the fact that I recovered very quickly, I felt the urge to keep trying, and I did. Your mindset is the most important. Even if anything bad happens, you need to have the same mindset, thinking, ‘I can do this’. This worked well for me, and hopefully it works well for you too.

Presenter: Now that concludes the interview with Bob Smith! I hope you listeners absorbed all the words he said. I’ll see you tomorrow, at nine o’clock in the morning.