



Episode 21: Tom's Story Vocabulary List

Wonderful Words

1. **gravel** - the surface of the ground covered with little stones
2. **massive** - very big, enormous
3. **mud** - a wet and soft mixture of earth and water
4. **promontory** - also known as a headland, is a formation of land that extends out into the sea or a large lake
5. **relief** - a feeling of relaxation and reassurance
6. **ticking** - a regular short and sharp sound or to keep something continuously moving
7. **ultramarathon** - a race longer than 42km
8. **unclog** - to remove something that is stuck or collected in another thing

Excellent Expressions

1. **gear up** - change to a higher gear or prepare yourself with equipment
2. **get my mind off things** - to disconnect from certain thoughts
3. **gut feeling** - an intuition
4. **push yourself to do something** - to make a great effort to do something
5. **take a toll** - to have a negative impact on something
6. **think of the bigger picture** - to think in the long term or ultimate goal