

I seldom go cycling because I am not good at it. Last Sunday, my friend Jamie and I went cycling in Kowloon Park.

There was a slope on the cycle lane. I tripped over a rock. I hurt my face. I shouted, 'Ouch!' I felt upset because my face was bleeding.

Finally, Jamie saw what happened. He called for help and looked after me. The doctor thanked Jamie because he looked after me. I should be more careful next time.

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