

A Real Runner 一个真正的赛跑者 - 11 月 11 日

Hello Listener friends, here we meet again.

We are your friends Mark and Wen-jie.

And you are listening to English World.

你收听的是，英语世界。我们是你的朋友马可和文洁。

Week after week we offer you a new English lesson.

每周我们都带给你新的一课英语教学。

We love to receive your letters and emails.

我们很希望能够收到你的来信和电邮。

Send us your questions.

写下你的问题寄给我们。

Give us your suggestions.

告诉我们你的建议。

We love to help you.

我们很乐意帮助你。

Today, we are going to talk about "Running".

今天，我们来谈的主题是，跑步 running。

Wen-Jie, I saw you running into the studio right before recording.

You did, huh? 马可看到我刚刚跑着进了录音室。

You were running fast.

我可是用快跑。Well, That's because I was late. 那是因为我迟到了。

No wonder. Do you always run to places?

You've guessed it. I do. 我常常急匆匆的跑这儿跑那儿的。

Grammar Snapshot 语法知多少

Run, r-u-n, is a verb.

(Run 是动词，跑步的意思)

We say, run, ran, run

(Run 的过去式是 ran, 过去分词是 run)

The action of "run" is the word running, r-u-n-n-i-n-g with a double n in the middle.

(Run 的进行式，是 running, 有两个 n)

The word run can also be used as a noun.

(Run 也可以作名词使用)

Talking about running, Mark, I know you run, too.

Well, most everyone can run.

多半人都能跑。

Some people run fast. Some run slow.

有的人跑得快，有的人跑得慢。Are you fast or slow?

I am a slow runner.

他说，他跑得速度很慢。

I am sure you have seen animals run.

你一定曾经看过不同的动物跑，对吧？

Cats and Dogs can run fast.

猫和狗都蛮能跑。 But Horses are faster. 马跑得更快。
That's right. A galloping horse can reach very high speeds.
一头奔跑的马，可以以高速前进。
But the Cheetah is faster. A Cheetah can go 100 kilometers per hour.
但是 cheetah 豹比马更快。豹每小时可以跑 100 公里。 That's amazing.
How about Ostriches, (Oh yeah, Ostriches.) 那鸵鸟又如何？ I heard that
they run really fast, too.
Compared with all these animals,
如果要跟这些动物来比，
Humans can not quite catch up with them while running.
人类在跑的速度上，可比不上这些动物呢！
Plus, many people run slowly.
更别提，许多人跑得速度很慢。
They jog or run for exercise.
他们以慢跑，跑步来健身运动。

Running Distances 跑步距离知多少

Sprints (Sprints 短距离快跑)
Middle Distances (Middle Distances 中距离跑步)
Long Distances (Long Distances 长距离跑步)
Marathon (Marathon 马拉松)

Coming up next, we bring you today's "Everyday Dialogue".

接下来，我们带给你今天的「每日会话」。

Two friends are chatting with each other.

两位朋友在聊天。

One of them is planning on running a marathon race.

其中一位计划要跑马拉松。

A: I heard that you are a runner.

B: Well, I try to keep up with my training.

A: Oh, I love running. Just got a new pair of Nikes and a new sports outfit yesterday.

B: Cool. How far do you run everyday?

A: A couple of miles. Depends on how I feel. How about you?

B: I do 10 to 15 miles a day, plus some strength training.

A: Wow! You are a serious runner.

B: I have to. The Marathon race is coming up.

现在我来为你解释这两位对话。

I heard that you are a runner.

我听说你是个很会跑步的人。

Well, I try to keep up with my training.

嗯，我试着保持我的训练计划。

Oh, I love running. Just got a new pair of Nikes and a new sports outfit yesterday.

哦，我很爱跑步。昨天才刚刚买了一双耐克球鞋，和新款的运动衣。

Cool. How far do you run everyday?

那很酷。你每天跑多长的距离呢？

A couple of miles. Depends on how I feel. How about you?

大概一两英里路。依着我当天感觉如何来跑。你呢？

I do 10 to 15 miles a day, plus some strength training.

我每天跑 10 到 15 英里，外加做一些举重训练。

Wow! You are a serious runner.

哇！你是一个很认真的运动员。

I have to. The Marathon race is coming up.

我必须很认真。马拉松比赛快要举办了。

Wen-Jie, Serious running does take a lot of discipline.

认真跑步，可是要很有纪律的。

Do Warm-ups and stretches .

要作跑步前的热身运动。

Wear a good pair of fitting shoes.

要穿合脚的球鞋。

Eat a balanced diet.

要有均衡的饮食。

And get good rest.

有好的休息睡眠。

And most important, run a lot.

最重要的，是要多跑。

OK. Let's review the Everyday Dialogue once again.

我们来复习，每日会话。

A: I heard that you are a runner.

B: Well, I try to keep up with my training.

A: Oh, I love running. Just got a new pair of Nikes and a new sports outfit yesterday.

B: Cool. How far do you run everyday?

A: A couple of miles. Depends on how I feel. How about you?

B: I do 10 to 15 miles a day, plus some strength training.

A: Wow! You are a serious runner.

B: I have to. The Marathon race is coming up.

Running has many benefits.

跑步有很多的好处。

It helps us stay in shape.

可以帮助我们有好身材。

And stay healthy.

让我们保持身体健康。

Running improves our emotional state.

跑步也促进我们情绪的健康。

For professional athletes, they run in order to get the prize.

而对体育运动员来说，他们跑，还更是为了要赢得奖赏。
We also have a race to run.
我们同样也有比赛要跑。
It's the Life Race.
也就是生命赛程。
What kind of attitude do you have in this race?
你是以怎样的心态来跑这个赛程呢？

Verse of the Week 每周金句

Therefore I do not run like a man running aimlessly;
所以我奔跑、不像无定向的。

I do not fight like a man beating the air.
我斗拳、不像打空气的。

I Corinthians 9:26 哥林多前书

Paul, who wrote this verse, knew well what it takes to run life's race.
写下以上经文的保罗，知道跑生命路需要怎样的。
It takes courage.
需要我们有勇气，
It needs determination.
有决心，
It requires training.
也要有训练。
And the most important thing is this,
但最重要的，是：
It needs a goal and direction.
我们需要有生命的目标和方向。
Jesus Christ has set up the race for us.
耶稣基督已经为我们设立了生命赛程。
And there are goals set before us.
也立下了标竿在我们前头。
We should run to win the prize.
我们要为了得奖赏这样的跑。
Which God has prepared for us to win.
就是神所为我们预备要得的奖赏。

Well listener friends, do you like to run?
听友，你喜欢跑步吗？
Have you joined in this Christian race of life?
你是否投入了这个信心的生命赛程呢？
Jesus Christ is our coach.
耶稣基督是我们的教练
And we are your fellow runners.
我们是和你同跑的伙伴
Write to us, Mark and Wen-Jie.
写信来给马可和文洁

Today's lesson is #389.

今天这课，是编号 389

You can review our lessons in the website.

你可以上网来复习我们播过的课程。

We look forward to seeing you again next time in English World.

我们期待下回在英语世界和你再次相见。

May God Bless You.

神祝福你。

Wen-Jie, do you have hurts and pains from running so fast earlier?

Well, I think I pulled a muscle in my leg.

No worry, I know of a wonderful treatment for you.

Oh?

It's called "ice bath".

No, thanks.