

## Be A Runner 跑步选手 — 2012 年 7 月 24 日

Hello once again listener friends. So glad that you've joined us today. We are your hosts, I am Mark.

And I am Guo Wen-Jie. We are here to help you with your English learning.

That's right. And we hope that your English learning is improving everyday.

希望你的英语学习天天有进步。

We need to hear from you, so don't hesitate to write us or ask us question.

盼望能有你的回应，欢迎来信或提问。

And don't forget to visit our website where you can learn many more things.

也欢迎你来我们的网站复习和做进深度学习。

Shall we begin?

Yes. Let's start.

### The Way We Talk 日常口语怎么说

Our key word for today is: Running.

今天的关键词是，running 跑步。

As we all know, there are many different kinds of running.

跑步有很多种。

If it is a slow run, we call it jogging.

慢跑就是 jogging.

We usually see people on the street running. They are called joggers.

我们通常看到街道上有人慢跑运动。慢跑者就叫 Joggers。

On the other hand, there are serious runners. They enter races. We call them racers.

另一方面，也有真正从事跑步的 runners，他们参与竞赛，所以也叫 racers。

For athletes who run shorter distance, we call them sprinters.

跑短跑的运动员，我们称他们是短跑选手 sprinters。

Of course, there are athletes who are cross-country or distance runners,

跑越野赛或长距离的，是 distance runners。

And some runners who run marathon. We call them "marathoners".

还有跑马拉松的跑者 marathoners。

You often hear this in the race: They're off and running.

一句常听到的用语是：They're off and running.

That means: The race has started and going well.

意思是说，比赛开始了，进行的不错。

There you have it: joggers, racers, sprinters, distance runners, and marathoners.

You know, speaking of runners, there are a couple of real runners around here that we know, right?

Right. I know Courtney had run races before.

我们认识几位对跑步认真的人，像 Courtney 参与过竞赛。

And our friend Jerod is a serious runner, too.

另外，Jerod 也是对跑步很认真的。

I know that he has entered to run a half-marathon.

So I heard. 听说他要参加半马拉松的竞赛。

You don't want to miss the next segment. Wen-Jie is going to interview Jerod.

So, stay tuned.

接下来，我要来访问 Jerod 请留意收听哦！

## A Day In The Life Of 美人生活大小事

Interview: "Jerod Clark on his half-marathon race training" - Jerod

I: I didn't know you love running.

J: \* I didn't used to love running, but now I'm hooked.

以前并不爱跑步，但现在爱上了跑步。

\* starting when I was 30, I started gaining weight. So, my friend challenged me to run and I am loving it now.

三十岁后开始变胖，朋友挑战我来跑半马拉松。

\* This is my 5th time running this 13.1 miles half-marathon. It's in Chicago, called Rock and Roll Half Marathon Race. While runners run, there will be bands playing on the streets.

这是我第五回跑 13.1 英里的半马拉松。地点在芝加哥城，叫摇滚半马拉松赛。

I: What is your goal in entering this race?

你希望成就什么目标？

J: \* To finish the race

跑完全程

\* To run within 2 hours, which is a milestone for people who train for it.

目标，在两小时内跑完

I: How do you train for the event?

你怎么从事训练的？

( Do you have a coach? A team of people to train with? )

J: \* No. I train by myself. I have a training plan. First run shorter 3 miles few times a week, then increase the distance as the race is closer. Few weeks to the race, run up to 10 miles.

自己单独训练，有计划表。先每周跑短程(3 英里)几回，然后增加里程数，一直到比赛前几星期，能够跑到 10 英里。

I: What does running mean to you?

跑步对你而言有怎样的意义？

J: \* I didn't consider myself a runner before. But I was bitten by the running bug now. (very excited about running) It helps me stay in shape and the race is fun.

我爱上了跑步。它使我保持身材，也充满乐趣。

\* Through running, I reach goals I set for myself. I see that I stick to doing something, and that I try to stay healthy, have a long life.

通过跑步，我达到我定的目标，我学习坚忍到底，也使自己保持健康。

I: It's like a character-building. 建立品格

J: The race will be in a few months. I am looking forward to it, and am starting to do longer run now.

I: Hope you reach your goal.

### **Words to Live By 圣经良言**

Hebrews 12:1-2 希伯来书

“Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程。

Let us fix our eyes on Jesus, the author and perfecter of our faith...”

仰望为我们信心创始成终的耶稣。

Listener friend, Life is a lot like a race, and we are all running in it.

听友，生命就像是一个跑步赛程。我们都在其中跑。

We try to run well by keeping ourselves fit spiritually.

我们要在灵性上保持健壮来跑。

And we look up to Jesus who is our example in life.

我们仰望耶稣，因他是我们生命的榜样。

Remember, There are many people cheering us on in this life race.

请记得，在生命路上有许多人在为我们加油打气。

And by faith and endurance, we can finish the race well.

凭著信心和坚忍，我们能够好好完成这个赛程。

Keep that in mind, It's time for us to say goodbye.

今天节目就到此，要和你说再见了。

Until next time in English World, I am Mark.

And I am Guo Wen-Jie.

Take care and (God Bless You!)