**续写之比赛**

* 原文语言学习

乞求 v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

起跑线 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 终点线 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

绊倒 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 枪响了。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

win the day \_\_\_\_\_\_\_\_\_\_\_\_\_\_ throw one’s head back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my body tensed\_\_\_\_\_\_\_\_\_\_\_\_\_\_ give sb a push \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

wooded trail \_\_\_\_\_\_\_\_\_\_\_\_\_\_ stay close on one’s heels \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 比赛中受激励
* 来自比尔的感动

1. 一看到比尔跌跌撞撞地前行着，膝盖仍在流血，我无比动容。（on +doing 一...就...）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Despite the huge pain I could tell from his extremely pale face, Bill didn’t stop. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(正是他钢铁般的坚持和坚定的决心给了我额外的能量。强调句)

* 来自巴里的提醒、激励

 我突然想起巴里的话。

 Then Barry’s words\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.(闪过我脑袋)

 Then Barry’s words \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.(在我脑袋回响)

* 比赛中坚持和努力
* 加速
1. 快速跑 v. \_\_\_\_\_\_\_\_\_\_\_\_

 我们还可以用以下的动词表示加速跑:

2. 加速 \_\_\_\_\_\_\_\_\_\_\_\_( vt) \_\_\_\_\_\_\_\_\_\_\_\_(短语)

3. 我全速往前冲。 I dashed forward \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. 我以惊人的速度向终点冲去。 I charged towards the finish line \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. 我以闪电般的速度向终点冲去。(比喻)

 I darted toward the finish line \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 I ...\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(像箭般)

 I...\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(像正在加速的火车般)

6. I ran as fast as my legs could carry me. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 坚持与努力

1. 咬紧牙关 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(短语) 2. 拼尽全力 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(短语)

3. 鼓起勇气 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(短语) 4. 不遗余力做\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(短语)

5. My throat was dry, chest was burning, and I was \_\_\_\_\_\_\_\_\_\_\_\_ (喘气) but I didn't stop.

6. Tough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(气喘吁吁), I pushed on.(非谓语)

7. The last few miles was a blur. But \_\_\_\_\_\_\_\_\_\_\_\_(倒装)

 最后几公里我感觉一片模糊，但我一直跑着。

8. 我深吸一口气，大喊一声，往前冲去。(三连动)

 I \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. 环境+身体的阻力也没使我放弃

The scorching sun (炙热的太阳) \_\_\_\_\_\_\_\_\_ my face, and beads of sweats \_\_\_\_\_\_\_\_\_\_ my vision, I was nearly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, yet I ploughed on.

* 比赛后的如释重负
1. 我如释重负地舒了一口气。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 用无灵主语表示：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 比赛后的喜悦
1. 鼓掌 v. \_\_\_\_\_\_\_\_\_\_ n. \_\_\_\_\_\_\_\_\_\_
2. 拍肩膀\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(短语)
3. The whole team was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(非常高兴) , especially Bill.
4. The whole place \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . (爆发出掌声和欢呼声 )
5. The field \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (爆发出难以置信的欢呼)
6. Then came Bill, who slightly quivered \_\_\_\_\_\_\_\_\_\_\_\_ (高兴地), took unsteady steps

forward and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(热情地拥抱我)

* 比赛后内心反思
1. 没有想到

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ did I ever expect myself to complete the

whole race as a runner.

1. 要不是比尔我不可能完成两公里的绕湖赛并且找到我的勇气的。(虚拟语气)

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 突然意识到

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that there is always strength and confidence inside us, and as long as we persevere, maintain hope and push forward, we can finally reach them.

 One possible version:

 In a moment, he was up again and running. He yelled to me, “Watch the roots!” Struggling to keep my legs moving, I looked down and saw the tree root. I **puffed** (喘气)over it. Two hundred metres later, I scrambled up the hill, ready to see the rest of **the pack** (人群)crossing the finish line when I saw not the fifteen guys, but three. The crowd was **roaring** (欢呼), but I could hear Barry over the rest of them, yelling “Run!” I threw my head back and told my legs to go and I knew I was winning.

 I didn't know when I crossed the finish line. Barry caught me and I **collapsed**(瘫坐下). “You flew! You flew, man! Second! You passed two guys!” There was a crowd of kids around me, **patting me on the back**, **giving me high fives**(击掌). I had come in second. Bill had finished first. With that and all the high fives and the cheers of the day, the best prize that I **walked away with** (轻易赢得)was my confidence. That year I discovered I could do a lot of things if I put my energy into them.