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Keino Kipchoge Keino is a modest man , and it takes prodding to get the great Kenyan runner to recall how he felt on Oct , 20 , 1968 when he won his first gold medal , in the 1,500 meters in Mexico City. The day hadn ' t started out well , Keino was suffering from stomach pains that later turned out to be a severe gallbladder infection. His doctors advised against running ; he ignored them. During the race , Keino was so focused on competing against American ace Jim Ryun that , in retrospect , “ Without watching a video, I wouldn ' t know what happened at the finish. ” He does remember what happened next. “ I ran an honor lap. I ran it to celebrate and to let my body recover. I felt overcome by the excitement. ” It was not the only memorable event in his life that day. Back home, his wife, Phyllis, gave birth to their third daughter, named Milka Olympia Chelagat in celebration of her father ' s victory. Keino went on to win a silver medal in the 5,000 meters in Mexico City and a gold and a silver four years later in Munich. He then became Kenya ' s Olympic running coach from 1976 to 1986, furthering his nation ' s dominance in distance events. Kenyan runners have captured 32 Olympic track medals since 1964 and won the last six consecutive Boston Marathons. This summer, Keino will be in Atlanta as chief of the 120-athlete Kenyan delegation, which could include his son Martin, 23, a former NCAA 5,000-meter

champion at the 1,500 meters. But Keino's athletic accomplishments are not the only reason he is a hero in the town of Eldoret in northwestern Kenya. Thirty years ago, Keino and his wife who now have seven children of their own began taking orphans into their home. Their house became so crowded that they raised funds to build a dormitory and a dining hall on a nearby farm Keino owns. Income to support the facility comes from the farm, his sports shop and fees he has received from the Kenyan government over the years. Today, 73 children and young adults aged 2 to 22 live on the farm. "I think I have been lucky," Keino says. "Now what is important is how I use what I have to help others." Lesson 1 Kip Keino 克普乔格凯诺是一个很谦虚的人，要使这位伟大的肯尼亚长跑运动员回想起他在1968年10月20日那一天的感受不是一件很容易的事情（当天他）在墨西哥城参加1500米长跑比赛中赢得了一生中的第一枚金牌。那天天未亮，凯诺忍受着剧烈的胃痛，后来证实他患了严重的胆囊炎。（鉴于这种特殊情况）他的保健医生们都反对他参加长跑，然而他却不予理会。在赛跑中，凯诺集中精力，全力以赴与美国长跑能手吉木姆润恩竞赛，后来他回忆说，“如果没有看实况录像，我都不知道比赛的最后时刻发生了什么事情。”但他确实记得下面的事情，“为了庆祝胜利并恢复体力，我光荣地跑了一圈，兴奋得精疲力竭。”那天，这不是唯一值得他纪念的事情，回到家，妻子菲利生了一个女儿，为了纪念他的胜利，就给她取名为米尔卡奥林匹克克拉哥特。接着，凯诺在墨西哥城举行的5000米长跑比赛中赢得一枚银牌，而四年后在慕尼黑的比赛中又赢得一枚金牌和一枚银牌。1976到1986年

，他成为肯尼亚奥运长跑教练，使得肯尼亚继续在长跑比赛中保持绝对的优势地位。自1964年以来，肯尼亚长跑运动员已经获得32枚奥运田径奖牌，而且在波士顿马拉松比赛中赢得了六连冠。今年夏天，凯诺将以120名肯尼亚运动员代表团团长的身份去亚特兰大，代表团中包括他的儿子马丁。马丁，23岁，亚利桑那州大学的全美大学生运动会5000米前冠军，有希望在1500米长跑比赛中获胜。但是，凯诺的运动成就不是他成为肯尼亚西北方埃尔多雷特市镇英雄的唯一理由。30年前，凯诺和他的妻子开始收养孤儿，现在她已经是七个孩子的母亲。他们的房子变得如此拥挤，以致它们在凯诺自己的农场附近集资建造了宿舍和餐厅。维持这些设施的经费来自他的农场、体育用品商店以及多年从肯尼亚政府获得的酬金。今天，仍有2到22岁不同年龄段的73个孩子和年轻的成年人继续生活在农场。“我想我是幸运的”，凯诺这样说道，“现在重要的是如何用我所拥有的去帮助其他人。”

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