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Biography 外教社 人物 传记 丛书

出版前言

曾经有人做了一项调查，拥有最多读者的书籍是传记。阅读一本优秀的人物传记，往往可以使人振作精神，奋发图强，尤其对于青少年，阅读传记更可以使他们建立起正确的人生坐标，从而开拓美好的未来。

上海外语教育出版社从美国乐勒出版集团引进的“外教社人物传记丛书”就是这样一套奉献给青少年朋友的优秀传记丛书。本丛书第一辑13册自2006年初问世以来，得到了广大青年读者的认可和好评。为满足他们了解优秀人物、获取精神财富的需求，我社今年又隆重推出该丛书第二辑13册，包括诺贝尔和平奖获得者德兰修女、曼德拉，政坛风云人物拿破仑、丘吉尔，文学巨匠马克·吐温和简·奥斯丁，天才科学家霍金，影视娱乐界巨星乔治·卢卡斯、克里斯托弗·里夫和奥普拉·温弗瑞，环法自行车赛冠军兰斯·阿姆斯特朗，以及世界历史上著名的两位女王——伊丽莎白一世和克娄巴特拉。阅读这些著名人物的传奇人生，可以帮助青少年朋友们了解西方不同时代的社会历史背景，更能激励他们树立远大理想，以积极的态度直面人生的风雨。

这套传记丛书均由专门从事青少年文学创作的美国资深作家撰写，语言生动活泼，故事性强，引人入胜。外教社特邀一批在翻译方面颇有建树的年轻学者对丛书进行翻译和注释，希望英汉对照加注这一形式能更好地帮助读者学习英语，享受阅读。

这套丛书特别适合高中生和大学一二年级的学生阅读。我们相信它必将成为青少年朋友们学习英语、探求人生真谛的好伙伴！

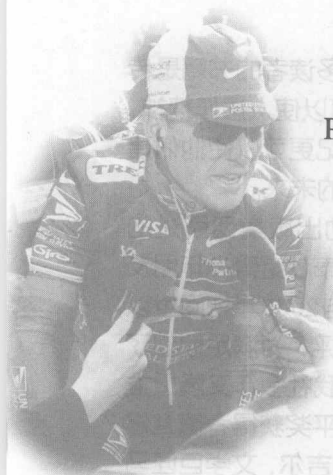
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2008年1月

LANCE ARMSTRONG

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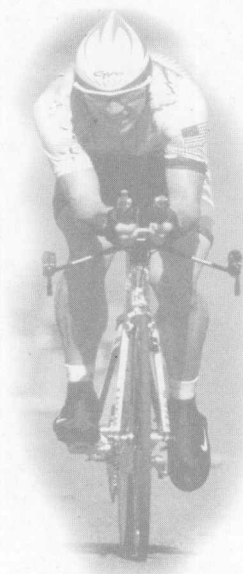
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Biography 外教社

兰斯·阿姆斯特朗

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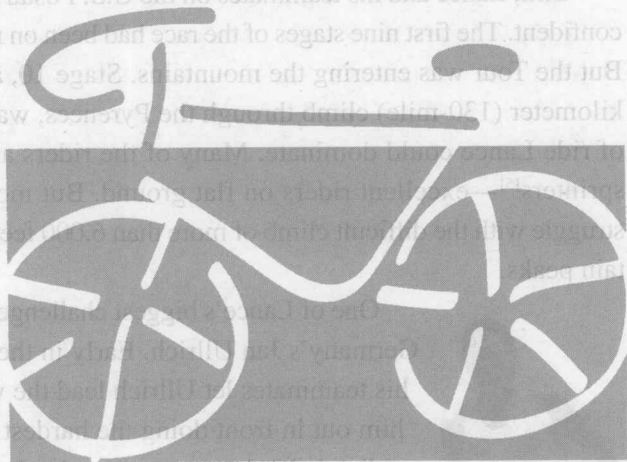
PROLOGUE

序言

A Lance Armstrong climbed on his bike the morning of July 17, 2001, he looked up at the mountain peaks of the Pyrenees⁽¹⁾ in southern France. The twenty-nine-year-old American cancer survivor had won the Tour de France⁽²⁾, cycling's greatest race, twice in a row⁽³⁾. The grueling⁽⁴⁾ race covered more than 3,200 kilometers (1,988 miles) over three weeks. If Lance was going to make it three wins in a row, he had a lot of work to do. Entering stage 10 of a twenty-stage race, Lance was in twenty-third place, more than 35 minutes behind the leader. No

Tour cyclist had ever come back to win from so far behind.

Still, Lance and his teammates on the U.S. Postal Service team were confident. The first nine stages of the race had been on mostly flat ground. But the team was entering the mountains. Stage 10, an agonizing 209-kilometer (130 miles) climb through the Pyrenees, was exactly the kind of ride Lance had dominated. Many of the riders' heads of him were stuck in the mud. Lance is on flat ground. But most of them would struggle with the south climb of the mountain over three months.



Of course, Lance's team had a strategy for the climb. Lance and his teammates had practiced the way they wanted to go on the climb. Lance didn't want to wear out his legs too early. Better to let the competition do all the work.

As he rode, Lance used a radio headset⁽⁵⁾ to talk to the team coach, Johan Bruyneel. Together, they formed a plan.

COMEBACK KID

少年归来

team coach, Johan Bruyneel. Together, they formed a plan.

PROLOGUE

前言

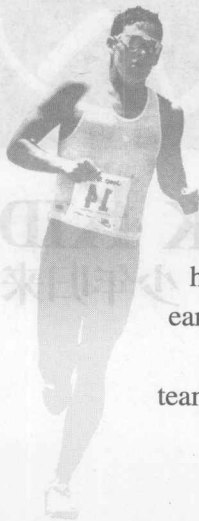
As Lance Armstrong climbed on his bike the morning of July 17, 2001, he looked up at the mountain peaks of the Pyrenees^[1] in southern France. The twenty-nine-year-old American cancer survivor had won the Tour de France^[2], cycling's greatest race, twice in a row^[3]. The grueling^[4] race covered more than 3,200 kilometers (1,988 miles) over three weeks. If Lance was going to make it three wins in a row, he had a lot of work to do. Entering stage 10 of a twenty-stage race, Lance was in twenty-third place, more than 35 minutes behind the leader. No Tour cyclist had ever come back to win from so far behind.

Still, Lance and his teammates on the U.S. Postal Service team were confident. The first nine stages of the race had been on mostly flat ground. But the Tour was entering the mountains. Stage 10, an agonizing 209-kilometer (130-mile) climb through the Pyrenees, was exactly the kind of ride Lance could dominate. Many of the riders ahead of him were sprinters^[5]—excellent riders on flat ground. But most of them would struggle with the difficult climb of more than 6,000 feet over three mountain peaks.

One of Lance's biggest challengers for the title was Germany's Jan Ullrich. Early in the stage, Lance and his teammates let Ullrich lead the way. They wanted him out in front doing the hardest work. In cycling, riding behind someone is easier than leading because the rear cyclist meets less air resistance—a strategy called drafting. The stage would take more than six hours, and Lance didn't want to wear out his legs too early. Better to let the competition do all the work.

As he rode, Lance used a radio headset^[6] to talk to the team coach, Johan Bruyneel. Together, they formed a plan.

LANCE ARMSTRONG





2001年7月17日清晨,兰斯·阿姆斯特特朗骑上自行车,抬头看了看法国南部的比利牛斯山脉的顶峰。这位29岁的美国癌症康复者曾连续两次赢得最重要的自行车赛事——环法自行车赛——的冠军。这项令人筋疲力尽的赛事历时3个星期,总行程超过3 200公里(1 988英里)。如果兰斯想连续第3次蝉联环法自行车赛的冠军,他还有很多事情要做。环法自行车赛共分20个赛段,在第10赛段,兰斯排名第23位,落后领先者35分钟。还没有哪位参加这项比赛的自行车手落后这么多还赢得了比赛。

[1] the Pyrenees

比利牛斯山脉

[2] Tour de France

环法自行车赛

(世界上历史最悠久、规模最大的自行车赛事)

[3] in a row 连续

地

[4] grueling 令人

筋疲力尽的

[5] sprinters 短距

离全速奔跑者

[6] headset (常

连送话器的)

一幅头戴式受话器

但是兰斯和他所在的美国邮政车队的队友却充满信心。环法自行车赛的前9个赛段的比赛大多在平地进行,但比赛即将进入山地赛段。在比利牛斯山脉进行的第10赛段是令选手头痛的长达209公里(130英里)的爬坡赛段,而这正是兰斯能够主宰的比赛。排在兰斯前面的很多都是冲刺型选手——他们是平地赛段的佼佼者,但面对跨越3座6 000多英尺海拔的山峰的爬坡赛段却显得很吃力。

兰斯夺冠道路上最大的竞争对手之一是德国选手扬·乌尔里希。在比赛的前段,兰斯和他的队友让乌尔里希保持领先,故意让他在前面干最苦的差事。在自行车比赛中,骑在其他选手后面的选手因为遇到的风阻更小,所以比骑在前面的选手更为轻松——这就是紧随其后战术。第10赛段历时超过6小时,兰斯可不想他的双腿过早疲劳过度。最好还是通过比赛达到消耗对手的目的。

在骑行中,兰斯通过头戴式受话器与车队教练乔汉·布鲁尼尔交谈。他们共同制定了一个计划:兰斯

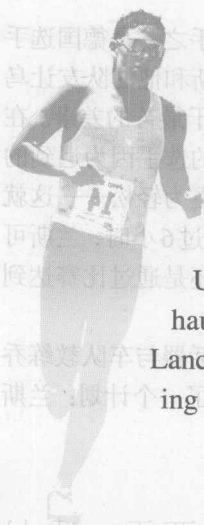
Lance would pretend to be struggling in the ride. He would look tired and beaten. Because he was a two-time champion, he knew the television cameras would be on him. If he looked worn out, Ullrich and the others might attack and push themselves too hard. Lance could ride at the back of the peloton^[1], while his rivals did even more work.

Lance did his best acting job. He hung his head. He sent his teammates to bring him extra water bottles. The act fooled everybody. TV broadcasters quickly noticed that the race's defending champion was lagging behind. "It's a long way back to see Armstrong," one announcer said. "He does not look good, and he should not be riding so far down the group; he's obviously having a horrendous^[2] day."

At the front of the peloton, Ullrich was among those who fell for the bluff^[3]. The leaders attacked hard, standing and pumping the pedals as fast as they could. They wanted to set a pace so fast that Lance would drop, or fall away from the group. If they had a chance to end his hopes of winning a third straight^[4] Tour, they were going to take it.

Still, Lance stayed in the back, waiting. He was more than 7 minutes behind Ullrich and the stage leader, Laurent Roux. But that was okay. It was all according to his plan.

Finally, at the foot of a mountain called the Alpe d'Huez, the time came to attack. Lance nodded to his teammates and stomped^[5] down on the pedals. They sailed through the peloton, eating up huge chunks of the lead Ullrich and Roux had built. As the road started to ascend into the stage's final climb, Lance sailed around a sharp turn. There, in front of him, was Ullrich. The German was struggling with the climb, exhausted from a day of leading and from his early attack. Lance's bluff had worked—he had fooled his rival into using up his strength too early.





[1] peloton (法语) 自行车比赛中的主车群

[2] horrendous 可怕的

[3] bluff 虚张声势

[4] straight 连续的

[5] stomped 重踩, 重踏

假装精疲力竭,对比赛力不从心。兰斯知道,身为两届环法自行车赛冠军,自己是摄像机追逐的焦点。如果他看起来筋疲力尽,乌尔里希和其他选手可能会冲刺,进而劳累过度。兰斯可以紧随主车群后面,而他的对手比他更加辛苦。

兰斯的演技不错。他耷拉着脑袋,并让队友提供额外的水瓶。他的表演把所有人都骗了。电视播音员们很快注意到卫冕冠军落在了后面。一位播音员说:“阿姆斯特朗远远落在后面,看起来状态不佳。他不应该离队伍这么远。很明显,对他来说,今天是非常糟糕的一天。”

在主车群的前部,乌尔里希和其他人一样被假象欺骗了。领先的选手纷纷从车座上站起来,双脚以最快的速度蹬着脚踏板,拼命冲刺起来。他们加快速度,希望兰斯会跟不上他们的速度,或被队伍甩开。他们甘冒风险,只要能打消兰斯想连续第3次夺冠的念头。

兰斯跟在队伍的后面,等待着时机。他比乌尔里希和第10赛段的第一名洛朗·鲁落后7分多钟。不过还好,一切都在兰斯计划之中。

最终,在一座名叫阿尔贝杜埃的山的山脚下,兰斯开始加速冲刺。向队友点头示意后,他开始用力踩脚踏板。他和队友穿越了主车群,大大缩短了与乌尔里希和洛朗·鲁的差距。随着道路越来越陡峭,比赛进入最后的爬坡路段,兰斯快速转过一个弯道。前面就是乌尔里希。由于一整天都骑在队伍前部,而且过早就开始冲刺,这位德国选手爬坡非常吃力。兰斯的骗局奏效了——他愚弄了对手,使其过早就消耗完了体力。

“Armstrong has maybe been playing an incredible poker game today by sitting at the back and letting everybody else do the work,” said a TV broadcaster.

As Lance sped by Ullrich, he looked back over his shoulder. He wanted to see the expression on the German’s face—wanted to know whether Ullrich was truly beaten. He got his answer quickly. Lance surged^[1] forward again to see if his rival could keep up. He couldn’t. Soon, Lance passed Roux as well and sailed to the finish line, almost a full 2 minutes ahead of Ullrich. He shook his arms in the air and hopped off the bike.

Lance was back in the race. But in the overall standings^[2], he still trailed France’s François Simon by 20 minutes. He hoped his furious attack hadn’t left him too tired for the next day. Stage 11 was another tough climb, this time a 32-kilometer (20-mile) time trial^[3]. A time trial stage is different from a regular stage. Riders don’t all leave the starting line at the same time. They start spaced 3 minutes apart. They cannot rely on their teammates and drafting. They have to do the work on their own.

Again, Lance was measuring himself against Jan Ullrich, who started before him. As Lance crossed each checkpoint, his coach told him his times. He was faster than Ullrich—a lot faster.

With about 4 kilometers (2.5 miles) to go, he was ahead of the German by 42 seconds. He pushed hard toward the finish line and crossed with a time of 1 hour, 7 minutes, 27 seconds, a full minute faster than Ullrich, who finished second. The climb pulled Lance to within 13 minutes of the lead^[4], still held by Simon.

Lance kept up the fierce pace. He cut the lead to 9:10 in stage 12, then made his big move during the 194-kilometer (120.5-mile) stage 13. He and Ullrich both rode at

LANCE ARMSTRONG





一位电视播音员说：“阿姆斯特朗今天像是打了一场精彩的扑克牌比赛。他跟在队伍后面，让其他选手替他减小空气阻力。”

当兰斯快速超过乌里希时，他扭头看了看。他看看这位德国选手脸上的表情——想确定乌里希是否真的被击败了。兰斯很快得到了答案。兰斯再次加速冲刺，想看看他的对手能否跟上。乌里希跟不上。很快，兰斯又超过了鲁，快速冲过了终点线，几乎比乌里希提前整整2分钟。兰斯向空中挥了挥手臂，一跃跳下了他的自行车。

[1] surged 猛冲

[2] standings

(根据运动队或运动员历次比赛成绩排列的名次表)

[3] time trial (汽车比赛等的)计时赛

[4] lead 领先程度

兰斯又回来了。但是他的总排名依然比法国的弗朗索瓦·西蒙落后20分钟。他希望自己没有因为今天的急速冲刺而劳累过度，无法应付第2天的比赛。第11赛段是另一个艰苦的长达32公里(20英里)的爬坡计时赛。计时赛段与常规赛段不同。计时赛中选手不是同时出发，而是每隔3分钟一名选手出发。选手无法依靠队友，也无法使用紧随前车的战术，而只能依靠自己。

兰斯依然把竞争对手锁定为比他提前出发的扬·乌里希。每当兰斯经过一个检查站，他的教练就会告诉他他目前的比赛情况。他比乌里希快——快得多。赛段还剩4公里(2.5英里)的时候，他领先这个德国人42秒。他快速骑向终点线，以1小时7分27秒的成绩结束比赛，比第2名乌里希快了整整1分钟。在这个爬坡赛段，兰斯与比赛总成绩领先者西蒙之间的差距缩短到13分钟以内。

兰斯保持着高速度。在第12赛段，他把与领先者的差距缩短到9分10秒。在长达194公里(120.5英里)的第13赛段，兰斯开始发挥最大的实力。这个赛段比赛的大部分时间里，他和乌里希都骑在前面。

the front for most of the stage. Before the last of six climbs, Lance attacked hard. Ullrich couldn't keep up. Again, the German had to watch Lance pull away^[1] and win another mountain stage. Lance blew away^[2] the whole field and took over the yellow jersey, the cycling shirt worn by the leader of the Tour de France. In only four stages of racing, Lance had made the biggest comeback in Tour history—he'd gone from 35 minutes behind to more than 3 minutes ahead.

He seemed unstoppable. Ullrich, badly beaten again, was discouraged. "I tried everything that was possible," he said. "I have to wait for a black^[3] day for Armstrong, otherwise he is unbeatable."

Ullrich feared what most of the other riders knew. With a 3-minute lead, only a disaster would stop Lance Armstrong. No disaster came. Lance won one more stage, the eighteenth, and cruised into Paris for the final stage with a 6-minute win over second-place Ullrich. After more than eighty-six hours on the bike, Lance was the champion—for the third year in a row.

"It's the best feeling," Lance said. "As always, I am happy to finally arrive, to finally finish the Tour. It's a special feeling."

LANCE ARMSTRONG





[1] pull away 摆
脱；逃离

[2] blew away
(比赛中)大败

[3] black 倒霉
的；不祥的

在最后6个坡道，兰斯急速冲刺。乌尔里希无法跟上。这位德国选手不得不再次看着对方超过自己，又赢下一个山地赛段。兰斯击败了所有对手，夺取了黄色领骑衫——环法自行车赛总成绩领先者穿的比赛服。仅仅通过4个赛段，兰斯就创造了环法自行车赛历史上最大的反超——从落后35分钟到领先3分多钟。

兰斯显得不可阻挡。又一次彻底失败的乌尔里希感到气馁。他说：“我试了所有的方法。我只能希望他哪天不走运，否则他是不可战胜的。”

乌尔里希的担忧也正是其他大多数选手的担忧。只有灾难能够阻止拥有3分钟领先优势的兰斯·阿姆斯特朗夺冠。没有灾难发生。兰斯又赢下第18赛段，以领先第2名乌尔里希6分钟的优势，昂首挺进最后的巴黎赛段。在自行车上拼搏了超过86小时之后，兰斯成为了冠军——也是三连冠。

兰斯说：“这种感觉棒极了。和往常一样，我非常高兴最终到达目的地完成比赛。这种感觉很特别。”

