

北京2008奥组委执行委员魏纪中先生推荐并作序

THE POWER OF THE DREAM

# 梦想的力量

你不可不知的奥运传奇

Legendary Olympic Stories You Must Know

山东科学技术出版社

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有一种感动，如此深刻

那是圣火点燃的激情

有一种力量，无所不能

那是梦想释放的力量

山东科学技术出版社

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# 奥运与人生

——北京2008奥组委执行委员魏纪中先生之序

这两本书的书名是有联系的，因为，有了梦想才能点燃自己去圆梦的奋斗之火。

奥运会是我国百年的梦想。而实际上五十年以前，三十年以前，中国究竟有多少人真正了解奥运会？因此，这百年的梦想实际上是象征性的，它是被压抑的中华民族伟大复兴的寄托。今天梦想的实现，意味着中国人民、中华儿女昂首阔步地踏上和平发展、民族复兴之路。奥运会几经曲折，终于在中国的北京得以举办，成为全国的一件大事，它点燃的是富国强民征程的热情。

奥林匹克精神是一种生活的哲学，一个人经过不断奋斗求得全面发展的哲学。要了解奥林匹克的真谛，必须发掘它的深厚的文化内涵。奥林匹克精神依靠它不断丰富的文化内涵得以传承、丰富、光大和持续。这是世界上各个种族，各个国家，各种信仰，各种价值观的人得以认同的共同语言。

奥林匹克精神是“以人为本”，它提倡人们彼此之间都要把人真正当作为人来尊重，既以这样的态度尊重自己，也以这样的态度尊重他人。这才是真正的人生。书中介绍了一些人物的奥林匹克生涯。这不是他们人生的全部，但是我们从其中却可以看到奥林匹克对他们人生历程的影响。奥林匹克运动会不可能改变一个人的一生。因为，人生的路要靠自己走去，要靠自己走完，然而奥林匹克却可能对一些人的生涯产生影响。我们希望书中介绍的传奇、故事等能够对更多的人产生积极的影响。这也就是编辑和出版这书的想法。

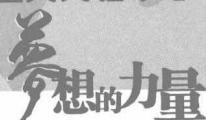
本书采用了英文叙述的形式，同时也加上了必要的中文背景知识，人们在学习过程中受到熏陶，在联想中感到启发，在实践中得到实益。这应该是读书的方法和目的。

我们要了解我们自己，自己的国家，自己的社会。我们也需要了解他人，他人的事迹，以及这些事迹产生的环境。这是全球一体化进程中，我们每一个人都需要做的。实际上每一个人都在自觉地，或者不自觉地做。自觉要比不自觉好，早做比晚做好。

北京奥运会将是一个盛典，将是一个节日，同时将是一些变化的开始。要从中受益，要能适应和利用这些变化，首先就应对它有所了解，有所理解，要从激情中转向理性的享受，从理性的享受中得到人生的智慧。

我是这样看这书的，特此记之。

魏纪中  
2007年12月



## The Power of the Dream—

Legendary Olympic Stories You Must Know

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## 火速行动!!! 读奥运杂志书·集图书印花·获奥运纪念品!

亲爱的读者朋友, 2008年北京奥运让国人激动振奋, 相信您一定希望将这段美好的时光长留心间, 永成纪念。为庆祝中国奥运盛会, 同时感谢大家对我们奥运杂志书的厚爱, 星火英语广州编辑部特举办“读奥运杂志书·集图书印花·获奥运纪念品”活动。您只要将我们的印花寄回本编辑部, 将有机会获得2008年北京奥运会纪念品, 让中国奥运成为您的永久纪念!

### 参加办法:

将本系列(两本)奥运杂志书扉页左下角的印花(两个)一齐剪下, 于2008年10月31日(以邮戳日期为准)前寄回本编辑部, 即可参加我们的抽奖活动, 有机会获得正版的北京奥运会金质或银质的纪念品。

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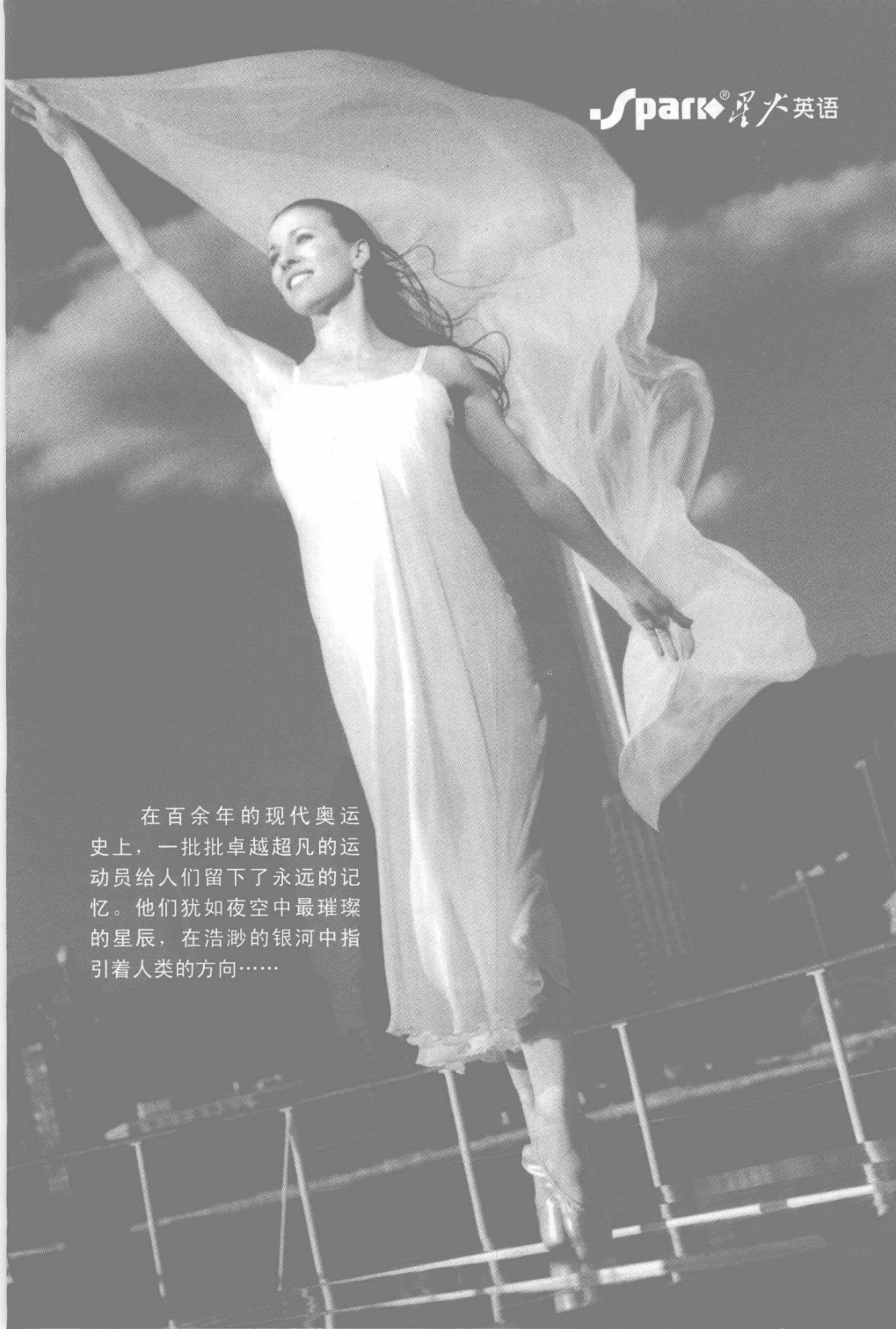
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本书文章由来自英、美、澳三国的外籍人士朗读, 每篇都配有动听的背景音乐, 聆听如同享受!

附赠最近7期星火英语电子杂志, 共320页, 画面闪亮, 音质出色, 美不胜收!



在百余年的现代奥运史上，一批批卓越超凡的运动员给人们留下了永远的记忆。他们犹如夜空中最璀璨的星辰，在浩渺的银河中指引着人类的方向……

在现代奥运历史上，美国黑人短跑选手杰西·欧文斯是屈指可数的体育传奇人物之一。无论是他在奥运会上创造的记录，在柏林奥运会上粉碎希特勒的民族优越论，还是他在体育场以外的艰辛生活历程，抑或身前身后获得的无上荣誉，都是一个个令人难忘的传奇故事……

# The Story of Jesse Owens

杰西·欧文斯的故事

## Childhood

Born James Cleveland Owens on September. 12, 1913, in Oakville, Ala., Jesse Owens was often ill as a child, suffering from both <sup>1)</sup>**chronic bronchial congestion** and several bouts of <sup>2)</sup>**pneumonia**. Inadequate housing, food and clothing didn't help his health.

By the age of seven he was expected to pick 100 pounds of cotton a day. At nine his family moved to Cleveland. When a teacher asked his name, he answered, "J.C.," which is what he was called. The teacher misunderstood his Southern <sup>3)</sup>**drawl** and the name was Jesse from then on.

As a teenager he set or tied national high school records in the 100- and 220-yard dashes and the long jump (called the broad jump then).

## University Years

At Ohio State, Owens was not a good student but he was easily the swiftest on the track.

Two weeks before the 1935 Big Ten Championships, Owens was involved in some playful <sup>4)</sup>**hi-jinks** with his roommates. But the <sup>5)</sup>**prank** <sup>6)</sup>**backfired** and he slipped on water during his <sup>7)</sup>**getaway**, severely injuring his tailbone.

On May 25 in Ann Arbor, Mich., Owens couldn't even bend over to touch his knees. But as the sophomore settled in for his first race, he said the pain "miraculously disappeared."

3:15—The <sup>8)</sup>**Buckeye Bullet** ran the 100-yard dash in 9.4 seconds to tie the world record.

3:25—In his only long jump, he leaped 26-8 1/4, a world record that would last 25 years.

3:34—His 20.3 seconds bettered the world record in the 220-yard dash.

1) chronic bronchial congestion 慢性支气管炎 5) prank [præŋk] n. 胡闹, 恶作剧

2) pneumonia [nju:'mɒnjə] n. 肺炎

6) backfire [bæk'faɪə] v. 产生反效果或适得其反的结果

3) drawl [drɔ:l] n. 懒洋洋的说话方式

7) getaway [getə'wei] n. 逃跑

4) hi-jinks或high jink 指喧闹玩乐

8) buckeye ['bʌkai] n. 七叶果, 也是美国俄亥俄州别名



4:00—With his 22.6 seconds in the 220-yard low hurdles, he became the first person to break 23 seconds in the event.

In 45 minutes, he established three world records and tied another. Some credit Owens with setting five world records, saying he also beat the marks for the 200 meters and 200-meter low hurdles.

In his junior year at Ohio State, Owens competed in 42 events and won them all, including four in the Big Ten Championships, four in the <sup>9</sup>NCAA Championships, two in the <sup>10</sup>AAU Championships and three at the Olympic Trials.

## 1936 Olympics in Berlin

Owens' story in Berlin is one of a <sup>11</sup>**high-profile** sports star making a statement that <sup>12</sup>**transcended** athletics, spilling over into the world of global politics. Berlin, <sup>13</sup>**on the verge of** World War II, was <sup>14</sup>**bristling with** Nazism, red-and-black <sup>15</sup>**swastikas** flying everywhere. Brown-shirted <sup>16</sup>**Storm Troopers** <sup>17</sup>**goose-stepped** while Adolf Hitler postured, <sup>18</sup>**harangued**, threatened. A <sup>19</sup>**montage** of evil was played over the chillingly familiar Nazi <sup>20</sup>**anthem**: “<sup>21</sup>**Deutschland Uber Alles.**”

This was the background for the 1936 Olympics. When Owens finished competing, the African-American son of a <sup>22</sup>**sharecropper** and the grandson of slaves had single-handedly crushed Hitler's myth of <sup>23</sup>**Aryan supremacy**.

Owens gave four <sup>24</sup>**virtuoso** performances, winning gold medals in the 100- and 200- meter dashes, the long jump and on America's 4x100 relay team. Score: Owens 4, Hitler 0.

In Germany, the Nazis <sup>25)</sup>**portrayed** African-Americans as inferior and ridiculed the United States for relying on “black <sup>26)</sup>**auxiliaries**.” One German official even complained that the Americans were letting “non-humans, like Owens and other Negro athletes” compete.

But the German people felt otherwise. Crowds of 110,000 cheered him in Berlin’s <sup>27)</sup>**glittering** Olympic Stadium and his <sup>28)</sup>**autograph** or picture was sought as he walked the streets.

On August 3, the 5-foot-10, 165-pound Owens won his first final, taking the 100 meters in 10.3, <sup>29)</sup>**edging out** Ralph Metcalfe, also an African-American.

The next day, Owens was almost out of the long jump shortly after qualifying began. He <sup>30)</sup>**fouled** on his first two jumps, though he was <sup>31)</sup>**stunned** when officials counted a practice run down the runway and into the pit as an attempt.

With one jump remaining, Luz Long, a tall, blue-eyed, blond German long jumper who was his <sup>32)</sup>**stiffest** competition, introduced himself. He suggested that Owens make a mark several inches before the takeoff board and jump from there to play it safe. Owens took the advice, and qualified.

9) NCAA 即National Collegiate Athletic Association,

(美国) 全国大学生体育协会

10) AAU 即Amateur Athletic Union (of the United States), (美国) 业余体育联合会

11) high-profile 高调的, 高姿态的

12) transcend [træn'send] v. 超越

13) on the verge of 接近

14) bristle with 充满

15) swastika ['swɒstikə] n. 纳粹党所用的十字记号

16) Storm Troopers 德国纳粹冲锋队

17) goose-step ['gu:step] v. 踏正步

18) harangue [hə'ræŋ] v. 大声夸张演讲

19) montage [mɒn'tɑ:ʒ] n. 蒙太奇, 电影中不同影像或镜头的快速连接, 本文指一系列事件连续发生

20) anthem ['ænthəm] n. 圣歌, 赞美诗

21) Deutschland Uber Alles 德语, 意为“德意志高于一切”, 曾是纳粹德国国歌

22) sharecropper ['ʃækrɒpə] n. 佃农

23) Aryan supremacy 雅利安优越性, 指纳粹德国

24) virtuoso [və:tju'əuzəu] n. 行家的, 显示名师能力、技巧或个人风格的

25) portray [pɔ:'trei] v. 描绘

26) auxiliary [ɔ:'gɪljəri] n. 起辅助作用的个人或团体

27) glittering ['glɪtərɪŋ] adj. 闪闪发光的

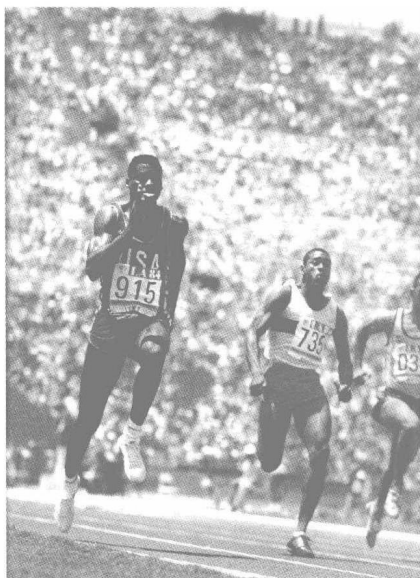
28) autograph ['ɔ:təgrə:f] n. 亲笔签名

29) edge out 以微弱优势胜过(某人)

30) foul [faʊl] v. 犯规

31) stun [stʌn] v. 使目瞪口呆

32) stiff [stɪf] adj. 艰难的, 费劲的



In the finals that afternoon, Long's fifth jump matched Owens' 25-10. But Owens leaped 26-3¾ on his next attempt and won the gold medal with a final jump of 26-5½. The first to congratulate the Olympic record holder was Long, who looked like the model Nazi but wasn't.

"It took a lot of courage for him to befriend me in front of Hitler," Owens said. "You can melt down all the medals and cups I have and they wouldn't be a plating on the 24-karat friendship I felt for Luz Long at that moment. Hitler must have gone crazy

watching us embrace. The sad part of the story is I never saw Long again. He was killed in World War II." Owens, though, would continue to <sup>33)</sup>correspond with Long's family.

In the 200-meter dash on August 5, Owens won in an Olympic record of 20.7 seconds, beating out Mack Robinson, the older brother of Jackie Robinson.

That was supposed to be the end of Owens' Olympic participation. But from <sup>34)</sup>out of the blue, Owens and Metcalfe replaced Marty Glickman and Sam Stoller, the only Jews on the U.S. track team, on the 4x100-meter relay.

The rumor was that the Nazi <sup>35)</sup>hierarchy had asked U.S. officials not to humiliate Germany further by using two Jews to add to the gold medals

33) correspond [kəˈrɪs.pənd] v. 通信

34) out of the blue 突然地，意料之外地

35) hierarchy ['haɪə.rə.ki] n. 统治集团

36) acquiesce [ækwiˈes] v. 默许，勉强同意

37) leadoff ['liːdɒf] n. 第一回合，第一棒

38) ticker-tape parade 盛大欢迎仪式

39) endorsement [ɪnˈdɔːsmənt] n. 广告演出

40) even-keeled 平等的

41) magnanimous [mæɡˈnænɪməs] adj. 宽宏大量的

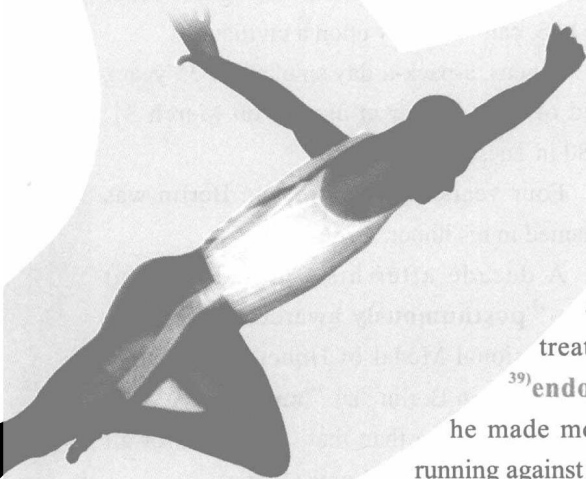
42) bestow [biˈstəʊ] v. 给予

43) posthumously [ˈpɒstjʊməslɪ] adj. 死后地，身后地

44) unrivaled [ʌnˈrɪvəld] adj. 无敌的

the African-Americans already had won. Glickman blamed U.S. Olympic Committee president Avery Brundage for <sup>36)</sup>acquiescing to the Nazis.

On August 9, the 4x100 relay team, with Owens running <sup>37)</sup>leadoff, won by 15 yards and its world-record time of 39.8 seconds would last 20 years.



## Life Afterwards

Upon Owens' return to New York and a <sup>38)</sup>ticker-tape parade, he had to ride the freight elevator to a reception in his honor at the Waldorf-Astoria. He was treated as a kind of curiosity. When <sup>39)</sup>endorsements didn't come his way, he made money by, among other activities, running against horses and dogs.

"People said it was degrading for an Olympic champion to run against a horse, but what was I supposed to do," Owens said. "I had four gold medals, but you can't eat four gold medals."

Owens wasn't complaining. That wasn't his style. He believed it was his job "to try to make things better."

"When I came back to my native country, after all the stories about Hitler, I couldn't ride in the front of the bus," Owens said. "I had to go to the back door. I couldn't live where I wanted. I wasn't invited to shake hands with Hitler, but I wasn't invited to the White House to shake hands with the President, either."

A remarkably <sup>40)</sup>even-keeled and <sup>41)</sup>magnanimous human being, Owens never rubbed it in. Just as sure as he knew fascism was evil, he also knew his country had a way to go too in improving life for African-Americans.

Not until the fifties did he achieve financial security, becoming a public speaker for corporations and opening a public-relations firm.

In a 1950 Associated Press poll, he was voted the greatest track and field



star for the first half of century, outpolling Jim Thorpe by almost three to one.

In 1976, President Ford presented Owens with the Medal of Freedom, the highest honor the U.S. can <sup>42)</sup>bestow upon a civilian.

Owens, a-pack-a-day smoker for 35 years, died of lung cancer at age 66 on March 31, 1980 in Tucson, Ariz.

Four years later, a street in Berlin was renamed in his honor.

A decade after his death, President Bush <sup>43)</sup>posthumously awarded Owens the Congressional Medal of Honor. Bush called his victories in Berlin “an <sup>44)</sup>unrivalled athletic triumph, but more than that, a triumph for all humanity.” (edited by Louisa Wang)

#### 金鞋子

在奥运会赛场上，跑鞋与高科技的完美结合远远超过了其他运动服装，它已经成为更新换代最快的运动装备了。2000年悉尼奥运会上，美国飞人迈克尔·约翰逊穿着由耐克公司科研人员耗时3年制成的“金缕鞋”出现在400米跑道上，一露面便吸引

了全场目光。这双仅有116克的跑鞋也许是世界上最昂贵的跑鞋，鞋面全部由24K纯金制成的颗粒包裹，在闪光灯下金光灿灿，富贵无比。凭借超凡实力和“金缕鞋”的完美“助攻”，约翰逊再次包揽400米金牌，并获得了4X400米冠军。



State, he was not a good student but he was easily the swiftest on the track. Ohio State指俄亥俄州立大学, 美国人习惯上这样称呼州立大学而不把university一词说出来。

2) Big Ten Championships: 十大联盟锦标赛。十大联盟的英文名称是: Big Ten Conference, 创立于1896年, 其宗旨是更好地加强校际间体育交流及管理。从20世纪初开始被称为十大联盟是因为该联合会由十所大学组成。起初由七所学校组成, 后来陆续加入了五所大学。由于1946年芝加哥大学退出了十大联盟, 故所谓的十大联盟现在是由11所大学组成。十大联盟只是一个体育概念, 而不是用来标榜学校知名度的。

3) In his only long jump, he leaped 26-8 1/4, a world record that would last 25 years. 此处26-8 1/4是指26英尺8又1/4英寸, 约合8.13米。下文中出现的跳远数字也是英尺和英寸的单位。

4) 文中出现的yard码, 是美国度量衡惯例制度和英国皇家制度中的一种基本长度单位, 等于3英尺或36英寸, 合0.9144米。

5) Some credit Owens with setting five world records, saying he also beat the marks for the 200 meters and 200-meter low hurdles. 这里marks意思就是records (记录)。

6) With one jump remaining, Luz Long, a tall, blue-eyed, blond German long jumper who was his stiffest competition, introduced himself. competition在此处是“竞争者”的意思, 英文中直接说谁是某人的竞争对手用competition而不是competitor, 但可以说he is a great competitor, 也可以说his competitor did not lose courage.

7) "When I came back to my native country, after all the stories about Hitler, I couldn't ride in the front of the bus," Owens said. "I had to go to the back door. I couldn't live where I wanted. I wasn't invited to shake hands with Hitler, but I wasn't invited to the White House to shake hands with the President, either." 要理解本段的意思, 读者要对美国的种族歧视政策有所了解。在欧文斯的时代, 美国的黑人原先不被允许乘坐公共交通工具, 后来被允许可以乘坐, 但只能坐在汽车的后边, 白人要坐在前边。虽然与希特勒作对得到美国舆论界的支持, 白宫的总统还是没有和他握手祝贺, 显示当时美国的种族歧视还很严重。

8) Jim Thorpe: 世界级的运动员吉姆·索普 (Jim Thorpe), 出生于1888年5月28日。美式足球当时并没有和职业棒球一样受到欢迎, 但是索普却使这项运动成为大家喜爱的运动, 并且成为美国职业足球协会, 也就是现在的国家足球联盟 (National Football League, NFL) 的第一任运行长。



鲁道夫是在奥林匹克运动史上大名鼎鼎的一个人物。除了她优异的表现，她走向辉煌的故事让她的成就更富传奇色彩。

曾在1960年和鲁道夫一同参加奥林匹克运动会的队友比尔·墨利肯说：“她美丽、善良，她是最优秀的。”

# Rudolph

## Ran and World Went Wild

### 鲁道夫起跑，世界疯狂了

■ by M.B. Roberts