

# 阿米！ 走步！

(英文)

# AMI CHOGBO

འམི་ཅོག་བོ།

金鑫 著

SOME PEOPLE ARE LIKE A MOUNTAIN,  
LIKE WATER,  
LIKE A MIRROR AND LIKE INSCRIPTION...



甘肃人民出版社



一种人似山、似水、似镜、似铭……

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走阿  
步米  
ཕྱོགས་བོ།

# 阿米！走步！

一种人似山、似水、似镜、似铭……

Ami! Chogbo!

Some people are like a mountain, like water,  
like a mirror and like inscription……

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1◀◀刚刚送走老教练，卡马他们转过头来就去办公楼找张领队了，找他想问个究竟，大赛将至为什么要换教练？今后我们的训练怎么安排？还没进办公室，远远地就听到张领队在里面大声地演练着欢迎词：在中国的西北部，在青藏高原与祖国内地的结合部，镶嵌着一个明镜般的大湖——它就是青海湖。千百年来，大湖旁留下了无数个“日月山”、“倒淌河”那样的感人故事，也留下了无数首优美动听的“在那遥远的地方”般的好歌。今天为了自行车国际环湖赛，我们走到一起来了，让我代表雪湖俱乐部欢迎你法国的皮埃尔教练，欢迎你来自自行车王国的王牌运动员来雪湖队任教，希望你能带来阿尔卑斯般的风格和像你的名字“石头”般的坚强！欢迎你……演练突然打住了。因为这时，卡马他们已经拥在了门口，都呆呆地站在那儿望着西装革履的他，透过他们的眼睛，看到新的教练已经来了。

2◀◀当晚，雪湖队为皮埃尔教练举行了盛大的欢迎酒会，当他出现在红地毯和迎宾曲中，雪湖队最好成绩保持者男队员卡马和贡布远远地认出，皮埃尔就是在一次国际赛事中采用技术阻挡，影响了卡马和贡布的冲刺速度，让雪湖队与前三名失之交臂的老对头。人们常说，仇人相见，分外眼红。卡马和贡布轻声嘀咕了几句，

# 1

1►► Having seen off the former coach, Kama and other athletes immediately went to the manager, Mr. Zhang, in the office building. They wanted to ask him why he had changed the coach when the tournament was just around the corner and how he would arrange the training afterward. In the corridor they heard the manager was rehearsing a welcoming speech in a sonorous voice: “In Northwest China, where the Qinghai–Tibet Plateau borders inland, is embedded a great glassy lake——Qinghai Lake. Through thousands of years, the lake has inspired such legends as Sun and Moon Mountain, Reverse River<sup>①</sup>, as well as beautiful songs like Faraway Place. We today gather here for the International Cycling Tour of Qinghai Lake. On behalf of Snow Lake Club, I’d like to give a warm welcome to Pierre, who are from France and will be the new coach of Snow Lake Team. The super athlete from the Kingdom of bicycling, you are welcome to be our coach and I hope you can bring us the Alpine style and the rock–like strength as your name suggests. You are welcome...” Abruptly the well–dressed

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① Sun and Moon Mountain and Reverse River are both concerned with Wencheng Princess who married the Tibetan king in Tang Dynasty. It is said when Wencheng Princess left the capital, the emperor, Lishimin bestowed the sun and moon mirror to her. When Wencheng Princess arrived here, suddenly she felt surging and cried greatly. Allegedly after her tears fell on the ground, they became a river immediately, Wencheng Princess was afraid that the river flowed to east and her parents would see. So in order to avoid their worry and missing, Wencheng Princess prayed to Heaven and hoped that river flowed to west. Her real feeling moved Heaven and the river reversed its direction. Later the river is called Reverse River. Wencheng Princess broke the sun and moon mirror resolutely to show the decision of promoting culture exchanges of Han and Tibet as her own task and the Sun and Moon Mountain came into being.

便分头走进了人群。欢迎的人群中，皮埃尔正手执酒杯与欢迎他的人们一个个地碰杯。只见，卡马一个小小的手势，混在人群中的贡布会意地轻轻点了点头，便往这边挤了过来。过一会儿，当皮埃尔教练敬酒敬到卡马时，贡布不知从什么地方钻了出来，有意从背后撞了一下皮埃尔，两杯相碰樽破酒泼，皮埃尔的那件名牌晚礼服被红酒染得片片鲜红。混乱中，贡布悄悄地离开了，卡马假装着做着解释和道歉：真没想到会这样，对不起！对不起了！新礼服上洒满了红酒，让皮埃尔很扫兴，一脸不高兴地他早早退场了。主宾退场让欢迎酒会提前散了，也让参会的各位领导很没面子。

3◀第二天一早，皮埃尔在雪湖俱乐部总裁和青海多巴亚高原训练基地各位领导的陪同下走马上任。皮埃尔一到俱乐部就开始了的雪湖队的训练，训练场上所有队员都列队听训，皮埃尔一眼认出欢迎会上让他出丑的卡马和贡布也站在他的面前，并且眼睛里没有一丝的友善。然而，面对他俩的不尊和昨晚的无礼，皮埃尔像是并不记恨这档子事。通过当天的训练看得出，皮埃尔心里只有一个想法，就是要对整个雪湖队科学严格的要求和强化刻苦的训练，力争夺下今年环湖赛的团体金牌。同时，看得出皮埃尔非常希望在他担任教练期间，在他的带领下雪湖队的成绩能够很快上去，成为环湖拉力赛及一些世界大赛的强队。

4◀经过一周时间的摸底和训练，皮埃尔教练发现卡马吃苦耐劳、顽强倔强，贡布聪慧灵活、积极创新，



manager made a pause because he found Kama and other athletes were gaping at him in suits from the door. From their eyes, they have known about the arrival of the new coach.

2 ▶▶ That evening, Snow Lake Team held a grand welcoming banquet for Pierre. When he turned up on the red carpet in the welcoming music, from afar Kama and Gongbu, the best players of the team, identified Pierre as their old opponent who had defeated them in an international match. Because impeded by his technical hindrance when they were dashing, they missed the third place they would otherwise have gained. As an old Chinese saying goes, when enemies come face to face, their eyes blaze with hate. Kama and Gongbu spoke in a whisper and then they went into the crowd separately. Among the crowd, Pierre was toasting to people one by one. Kama made a sign to Gongbu, who caught his message and nodded. He squeezed through the crowd toward him. When Pierre proposed a toast to Kama, Gongbu came up and intentionally nudged Pierre from behind. Their glasses ran into each other and the wine spilled out. As a result, Pierre's elegant evening dress was stained in a riot of red. Gongbu slipped away in chaos. Kama pretended to apologize to Pierre, "I didn't mean it. I'm sorry, really sorry." Pierre's new dress was stained with patches of red wine, which gave him a wet blanket and he left all the presence, looking blue. Consequently, the welcoming banquet came to an end earlier and all the present leaders lost face.

3 ▶▶ The next morning, Pierre was accompanied to Snow Lake Team to teach his first class by the president of the Snow Lake Club as well as the leaders of Qinghai Duobaya Plateau training base. On arriving at the training

两人都具备世界级拉力赛的优秀自行车运动员的基本条件。于是，根据他俩的条件，皮埃尔对症下药，经常给他俩单独开起小灶，训练各种技巧运用，给他俩多讲点实践的东西提高他们的理论水平。在他的关心和培养下，卡马和贡布进步很快。

## 二

5◀但是，有一天在皮埃尔教授体能训练中发现，运动员百米互背往返跑时，每次只有卡马背着贡布跑过去，返回时却是贡布背着手走在前面，而卡马垂着手跟在后面，主仆般的一前一后地走回来。皮埃尔为此很生气，问：贡布你为什么偷懒？贡布仰着头不吭一声。第二次、第三次……接下来的每次体能训练，皮埃尔发现贡布都是不背卡马返回。皮埃尔被贡布的行为气坏了，用新学会的一句藏语冲着贡布大声呵斥：真是一头偷懒的“爱右”（藏语：公牦牛）！面对皮埃尔的粗鲁，贡布傲气地挺着脖子沉沉地说了句：无论谁！也包括你我都不会背，除非你别当人，像你的名字一样，真正的是一块石头！贡布的话惹恼了皮埃尔，他生气地大声喊着：上帝都会让我转达他对你的惩罚！你要把偷的懒全部都给补回来！他当着所有队员的面，罚贡布做了500个俯卧撑后扬长而去。贡布一声也没吭，甚至连眼睛都没眨一下，顽强地做完了500个俯卧撑。过度的训练，

ground, he began his training—— all the players were standing in a line ready to listen to him —— and among the players, he recognized unfriendly Kama and Gongbu that made an ass of him last night. However, he seemed to ignore their unkindness and rudeness of that night. Through all the training, Pierre's target was clear —— what he expected was to win the team champion in Tour of Qinghai Lake this year by the means of his scientifically disciplined requirements and enforcedly assiduous training. In addition, Pierre hoped that Snow Lake Team would made rapid progress and become the power team in Tour of Qinghai Lake as well as the other international competitions during his training.

4▶▶ For a week of sounding out and training, Pierre found that Kama was diligent, stubborn and tough but Gongbu was intelligent, flexible and creative, and that they both had the qualities which a cycling player had in the world-class cycling tournament. Accordingly, Pierre taught them in different methods in terms of their different situations and often trained them alone to practice a variety of skills in order to improve their practices as well as theories. Under the concern and cultivation of Pierre, Kama and Gongbu had made rapid progress.

## 2

5▶▶ But one day, in a 100-meter shuttle run session of the physical training —— Pierre demanded players carry his partner on the back to run —— he found Kama carried Gongbu on the back to run over to the opposite line every time but on retracing Gongbu just crossed his hands on the back and Kama went after him just as a lord and his ser-

让贡布胳膊上的肌肉不停地抽搐，趴倒在地上连爬都爬不起来。

6◀◀看着皮埃尔渐渐走远的背影，卡马连忙跑了过去，一把扶起了趴在地上起不来的贡布，抓着贡布不停抽搐的双手轻轻地摇着，嘴里大声叫着：贡布！贡布！……贡布静静地躺在卡马的怀里，一声没吭也没有一点回应，筋疲力尽的他早已经昏了过去。

### 三

7◀◀见此情景，卡马二话没说，一把背起贡布，飞快地跑到了训练基地卫生所。人还没进院门，他就高喉咙大嗓口地喊着：海珠！海珠！快来帮忙！卡马在招呼在卫生所当大夫的妹妹海珠，让她赶快来帮忙给贡布做治疗，为贡布减轻痛苦。应声中，一位仙女般的白衣天使跑了出来，她就是卡马的妹妹海珠。海珠毕业于高原医学院运动医学专业，到训练基地已经四年了，是一位经验丰富、技术全面的运动学医生。当她看到贡布的痛苦表情，冲着卡马不停地说：哥，怎么搞的？什么人把人给训成这样了？怎么把人训成这样了？……她边说边拿来酒精棉球擦拭着贡布的四肢，直到每个手指头。随后，又在穴位上刺下支支银针，接着她一边继续用酒精擦，一边用力地为贡布按摩着。在海珠的精心治疗和按摩下，贡布的症状很快地消失了，渐渐地恢复过来了。

vant walked one after another, for which Pierre was annoyed and questioned, “Hey, Gongbu, stop goofing off! ” But Gongbu simply lifted his head and kept silent. The second time, the third... the followings were the same that Gongbu ran back without Kama on the back. Eventually, Pierre blew his top and lectured, “Lazy yak! ” For Pierre’s rudeness, Gongbu stretched his neck arrogantly to say, “The truth is whoever, including you, I won’t carry on my back except that you are not a human kind like your name, a stone! ” Definitely these words irritated Pierre and he roared, “Let me tell you God will punish you! You will compensate all for your laziness.” Before all the athletes, he punished Gongbu to finish 500 push-ups. Finally the overtraining twitched Gongbu’s arm muscles and then he collapsed, lying on the ground.

6►► Seeing Pierre’s shadow into the distance, Kama ran to Gongbu, helped the motionless partner up and seized his twitching hands to shake tenderly, crying, “ Gongbu, Gongbu ...” But Gongbu lay in Kama’s arms, quietly. In fact, the graveling man had fainted.

### 3

7►► At that time, Kama couldn’t do anything but carried Gongbu on the back and ran to the medical center of the training base. The moment he got to the door, he cried, “Haichu, Haichu, hurry to help me! ” Haichu was Kama’s younger sister who worked in the medical center as a doctor. So she was asked to treat Gongbu so as to alleviate his pain. As a sweet voice was heard, an angel in white ran out, who was Kama’s fairy-like sister, Haichu. She graduated from Plateau Medical College, majoring in kinetic medicine

看到海珠美丽的面颊上挂着一颗颗汗珠，贡布压住内心的感动，轻轻地说了一句：珠妹好女人。海珠听罢脸“刷”的一下红了，轻轻地说了一句：贡布哥哥好坏哟！你又开始胡说了。说罢转身跑了出去。

8◀那天以后，真正的悲剧开始了，谁能想得到皮埃尔专门为贡布定做了一个真人大小的沙袋，作为训练他的专用工具，体能训练课时，好用它对贡布进行专门训练。同时，对贡布的训练量也是其他队员的两倍以上。面对皮埃尔的刻薄，贡布一声都不吭，一次次背起沉重的沙袋奔跑在训练场上。一个月过去了，在皮埃尔魔鬼般超强度的训练下，雪湖队全体运动员的体能有了很大的提高。但是，贡布却因为运动量过大，一次又一次被累得跌倒在跑道上。终于，他又一次累得躺倒了，住进基地卫生所。

## 四

9◀就是贡布住院的那天下午，皮埃尔手提着一捆啤酒从车上下来，要到病房去探视贡布。正巧碰到了海珠，便被她拦在过道里，海珠斥责皮埃尔：皮教练，你为什么如此的仇恨贡布？难道就因为他的语言刺伤了你？以前，皮埃尔只听说卡马的妹妹美得像仙女一般，没想到看到的海珠本人比仙女还美，面对如此的美貌的海珠姑娘，皮埃尔的眼睛都看直了。他故作傲慢地说了

and in the past four years, she had become a kinetic doctor with rich experience here. Seeing Gongbu’s painful looks, she shouted to Kama, “Brother, what’s up? Who has trained him to such bad situation? How can he train like this? ...” As she spoke, she took an alcohol cotton ball to rub Gongbu’s limbs and then each finger. Following that, she acupunctured him and again used alcohol cotton balls to rub and massage him. With her careful treatment and massage, Gongbu’s symptoms were fading away and gradually he came back to life. Seeing the sweet on her graceful face, Gongbu was deeply touched but he refrained himself and lowered his voice, “Haichu, good girl.” Suddenly, Haichu blushed and said tenderly, “Gongbu, damn you, talk nonsense again! ” Then she turned and fled away immediately.

8►► From then on, the real unmatched hard training began. Beyond all expectation, Pierre ordered a life-size custom sandbag for Gongbu as a special apparatus during the physical training. In addition, the workout of Gongbu is twice than that of other team members. Facing the harsh treatment, Gongbu had nothing to say. He just snatched the heavy bag onto his back and began running on the training ground. One month had passed. Through the diabolic over-training, all the other players gained greater physical strength, however, Gongbu dropped on the course more than once because of the hard exercises and ultimately again he was sent into the medical center of the training base.

#### 4

9►► In the very afternoon when Gongbu was in hospital once again, Pierre took a bunch of beers from the car to visit him. The coach happened to meet Haichu. In the cor-

句：这种事你不懂，闪开！让我过去！面对皮埃尔的傲慢，海珠生气了，大声地说：不让！不让！就不让！不说清楚你休想过去！看到海珠真生气了，皮埃尔这才换了一种口气，大声说：我、贡布，包括你哥卡马，我们都是些为了荣誉而活着的男人！我说的这些话你不明白，也不会明白！你让我过去吧。但是，固执的海珠还是挡着过道不让皮埃尔过去。她的声音更大了：我就不让你过去！我才不管你的什么为荣誉而活！还是为荣誉而死呢！你这么故意地整治人就是不行！不行！再有嘛——你就别去探视贡布了，他不喜欢见到你！看到海珠如此狂傲，皮埃尔这时也生气了，大声地说：你这个人怎么这么不通情达理，大庭广众之下这样的大声吵闹？怎么你的性格和你的美貌一点也不相符？海珠立马大声地回应着：用不着你管！你管我性格不性格、美貌不美貌的，和你没一点关系……

10◀◀就在海珠和皮埃尔争吵时，住在这儿的病员和医务人员都走出了病房，站在过道里看着热闹。

11◀◀这时，整个病区里只有贡布一个人静静地躺在床上，昏昏地睡着。睡梦里他一幕幕地回想着皮埃尔担任教练这段日子，反思着他俩人矛盾相处的情景。反思中，他深深地为自己的所作所为而内疚。一声长长的发自内心的沉沉地吼叫：我不该这样！不该！我错了！这声梦吼让他从昏睡中醒了过来。

12◀◀就在这时，贡布也听到了海珠和皮埃尔的吵闹声，便打开了门从病房里走了出来，很男子汉地说了



ridor, he was stopped and lectured, “Coach Pierre, Why do you hold such grudge toward Gongbu? Just because of his insult?” Previously, Pierre heard that Kama’s younger sister was pretty like a fairy but just then he thought that Haichu was much more beautiful than a fairy beyond his imagination. Standing before such a belle, he couldn’t help focusing his eyesight on her. But he pretended to be lofty, saying, “This is what you don’t understand. Go away! Get out of my way!” In face of the man’s arrogance, Haichu was annoyed and cried, “No, no, no way! Just tell me, otherwise, on no account can you cross it!” Seeing she was really angry, Pierre changed to be gentle, declaring, “Gongbu, I and Kama, your brother, we all are the men living for honors. You can’t understand it and you won’t. Come on, let me go there.” However, Haichu insisted on blocking the way and uttered in a louder voice, “I insist. I don’t care whatever honors you live or die for. It’s improper for you to punish a player deliberately. Absolutely improper! Besides — you don’t have to see Gongbu. He hates to see you!” For her dominating attitude, Pierre was also really angry and shouted, “You are really impossible. Make such noisy shouting in public? It is out line with your character and beauty.” At once, Haichu responded, “Mind your own business! My character and beauty have nothing to do with you.”

10 ▶▶ Just the moment when Haichu and Pierre were quarreling, the patients and medical staffs here all went out of the wards, watching the scene of bustle in the corridor.

11 ▶▶ At that time, only Gongbu was lying quietly in bed of the ward, sleeping in a trance. Unconsciously he re-