

《高原之羚》

Antelope of the Plateau

中国第一个藏族奥运冠军

China's First Tibetan Olympic Champion

切阳什姐的逐梦之路

Qieyang Shijie's Journey in Pursuit of Her Dream

【正文】在青藏高原的广袤天地间，青海湖犹如一颗耀眼明珠镶嵌在这片神奇的土地上，这里山川如勇士屹立，大湖似汪洋浩瀚。湖水在风中荡漾，每一道波纹都在见证古老高原的变迁；草原在云中舒卷，每一寸土地都在讲述游牧民族的故事。这里是青海湖北岸，这里是切阳什姐梦开始的地方。

Text: On the vast expanse of the Qinghai-Tibet Plateau, Qinghai Lake shines like a dazzling pearl embedded in this magical land. The mountains here stand upright and valiant, like warriors, while the vast lake resembles a boundless ocean. The lake's tide fluctuates in the wind as usual, with its waves witnessing the vicissitudes of the ancient plateau; the grasslands stretch far into the curl clouds, with every inch of soil narrating the stories of nomadic peoples. This is the northern shore of Qinghai Lake, where Qieyang Shijie's dream came into being.

【独 白】在我离开草原之前，我和草原上的每一种动物，每一种花草都认识得特别好，我想当它们的好朋友。我以前骑着马，跟着牛啊，羊啊到处去玩去跑。还有很多野生动物，都是天生的运动员。我看见了就想跟着跑，但它们跑得太快了，我根本跟不上。这些动物的家都在大山深处，在山巅和悬崖峭壁上。我小时候的一个梦想就是能够跟着它们学本领，像羚羊一样奔跑，像大鹰一样翱翔。

Monologue: Before I left the grasslands, I knew every animal and every plant on them extremely well. I wanted to be their good friend. I used to ride on a horse, following cows and sheep everywhere to chase them and play. There were also many wild animals. They were all natural runners. Whenever I saw them, I couldn't help running after them, but they were too fast for me to keep up. The homes of these animals are in deep in the mountains, upon mountain peaks and cliffs. One of my childhood dreams was to learn skills from them, to run like an antelope and soar like a great eagle.

【独 白】我叫切阳什姐，我来自青藏高原，在美丽浩瀚的青海湖边上，我是一个牧民家的孩子。

Monologue: My name is Qieyang Shijie, and I come from the Qinghai-Tibet Plateau. My home lays nearby the beautiful and vast Qinghai Lake. I am a daughter of a herdsman's family.

【正文】2012 年伦敦奥运会女子 20 公里竞走比赛的现场，来自青海湖边的牧羊姑娘切阳什姐第一次站在奥运的舞台。在此之前，几乎没人知道切阳什姐，更不会相信这位稚气未脱的藏族姑娘会在本场比赛中崭露头角。

Text: At the Women's 20km Race Walking in 2012 London Olympic Games, Qieyang Shijie, the sheep-herding girl from Qinghai Lake, stood on the Olympic stage for the first time. Prior to this, almost no one knew Qieyang Shijie, and few would have believed that this youthful Tibetan girl would emerge prominently in this competition.

【正文】最终，在全世界观众的注视下，切阳什姐以打破亚洲纪录的成绩，荣获女子 20 公里竞走的铜牌。

Text: Ultimately, under the gaze of viewers worldwide, Qieyang Shejie won the bronze medal in the Women's 20km Race Walking Event and broke the Asian record.

【正文】然而命运似乎为她预留了更多的转折和考验。多年后，彼时同场竞技的冠军拉什马诺娃和亚军卡尼什金娜分别被查出兴奋剂违规。而这场“风波”最终将迟到 11 年的金牌，递补到了切阳什姐的手中。

Text: However, fate seemed to have reserved even more twists and turns for her. Years later, the then-champion winner Lashmanova and silver medalist Kaniskina, who competed in the same race, were found to have committed doping violations. And this doping scandal ultimately led to

the retrieval of their medals, which brought a belated awarding of the gold medal though 11 years late to Qieyang Shijie.

【正文】切阳什姐出生于青海省海北藏族自治州海晏县甘子河乡的一户普通牧民家庭，6岁起，切阳什姐和姐姐在上学之余，便跟着父亲一起放牧，在一望无际的大草原上，和姐姐纵情奔跑，尽情玩耍。童年时期的切阳什姐似乎有着用不尽的能量，与同龄人相比，切阳什姐展现出了超常的运动天赋。

Text: Qieyang Shijie was born into an ordinary herdsman's family in Ganzihe Township, Haiyan County, Haibei Tibetan Autonomous Prefecture, Qinghai Province. From the age of six, along with her elder sister, Qieyang Shijie would help her father with herding after school, running and playing freely with her sister on the vast prairie. During her childhood, Qieyang Shijie seemed to have boundless energy, displaying extraordinary athletic talent compared to her peers.

【同期声】切阳什姐的姐姐 杨措加：“她从小就走路也特别快，她小时候就有这种坚韧不拔的那种毅力，特别能吃苦。比如说，我们两个一起去放羊放牛的时候，她是走得最快的那个，然后我每次在后面偷懒，让她去赶牛赶羊。学校里面也有好多运动会，她每次都能拿到很好的名次，她的运动之路，从那个时候开始走上的。”

Synchronous voice: Yangcuojia, Qieyang Shijie's elder sister: Since she

was little, she walked particularly fast. She had this kind of perseverance and was particularly resilient. For example, when we went to herd sheep and cows together, she was the fastest one. I often lagged behind and asked her to chase the cows and sheep instead. There were also many sports meetings at school, and she always achieved good rankings. Her journey in sports began from then on.

【正文】热爱奔跑的切阳什姐从清晨跑到黄昏，从炎夏跑到寒冬，从草原跑到天边，草原上成群的牛羊见证了她的努力，天边朵朵的白云目睹了她的天赋。

Text: Qieyang Shijie, who loved to run, ran from dawn till dusk, from the hot summer to the cold winter, from the prairie to the horizon. The flocks of cattle and sheep on the prairie witnessed her efforts, and the fluffy clouds in the sky bore witness to her talent.

【独白】我想，也许就是因为对奔跑和飞翔的向往吧，我开始奔跑起来，每次一点点，一次次，越来越长远，越来越频繁。我会跑得很累很累，但我真的很开心。我想我会永远奔跑，直到跑不动为止。我的爸爸妈妈，还有家人。他们经常会说，你既然那么喜欢，那就继续去跑，继续去做，于是，我进入了体校，真的就成了一名运动员。那一年，我才16岁。

Monologue: I think it may be because of the longing for running and flying that I started to run, first little by little, then farther and farther,

later my running intensified. Sometimes I felt really tired, but I was truly happy. I thought I would keep running forever, until I could run no more. My parents and family often say, "If you like it so much, then just keep running, and keep going." So, I enrolled in the sports school and became a real athlete. That year I was only 16.

【正文】终于，大草原这个天然竞技场似乎已经不能满足年少的切阳什姐，于是，带着家人的支持和对未来无限的遐想，16岁的切阳什姐进入青海省体校。彼时的她对外面的世界所知甚少，“奥运”更是个极其遥远的概念。

Text: Eventually, the vast prairie, this natural arena, seemed unable to satisfy the young Qieyang Shijie's ambitions. With the support of her family and boundless fantasies about the future, the 16-year-old Qieyang Shijie enrolled in Qinghai Provincial Sports School. At that time, she knew little about the outside world, nor a concept about what "Olympics" possibly mean.

【独白】可是，梦想和现实真的很不一样啊，要当好一个运动员太难了，在体校很多个夜深人静的晚上，我都控制不住自己的眼泪，但我都没有放弃，我每次都是一边哭一边给自己打气，对自己说：“你看，草原上的羚羊，也不是每一个生下来都跑得那么快。”后来，经过教练们的研究，认为我更适合竞走，于是我成了一名竞走运动员。

Monologue: However, dreams and reality can be really distant. Being a

good athlete is extremely difficult. Many nights in the sports school, when everything was quiet, I couldn't help shedding my tears, but I never gave up. Every time while I bursted into tears, I spurred myself on, saying to myself, "Look, not every gazelle on the prairie is born to run so fast." Later, the coaches found me to be more suitable for race walking, and so I became a race walker.

【正文】不过，切阳什姐很快就展现了天赋，在专业队训练 4 年后，切阳什姐成为一名代表中国的奥运选手。

Text: Nevertheless, Qieyang Shijie quickly demonstrated her talent. After four years of training in the professional team, Qieyang Shijie became an Olympic athlete representing China.

【正文】一战成名后的切阳什姐并没有安于现状，而是奋勇拼搏、勇往直前。接下来的运动生涯中，她又参加了全国锦标赛、国际田联巡回赛、世界锦标赛、里约奥运会、雅加达亚运会、东京奥运会等世界大赛，均取得优异成绩。

Text: After becoming famous with her first competition, Qieyang Shijie did not settle for the present but continued to strive and forge ahead. In her athletic career, she participated in numerous world competitions including the National Championships, IAAF World Tour, World Championships, Rio Olympics, Jakarta Asian Games, and Tokyo Olympics, and she achieved excellent results.

【独白】当我在杭州亚运会上戴上了 11 年前的奥运金牌

时，我哭了。我觉得，命运似乎开了一个玩笑，又似乎在以这样的方式告诉我，生命的意义是什么？荣誉的意义是什么？奥林匹克的体育精神，又是什么？

Monologue: When I wore the Olympic gold medal that I won 11 years ago at the Hangzhou Asian Games, I cried. I felt that fate seemed to be playing a joke on me, yet also seemed to be telling me in this way what the meaning of life is, what the meaning of honor is, and what the Olympic spirit truly represents.

【正 文】2023 年 10 月 4 日，杭州亚运会男女混合 35 公里竞走团体比赛中，切阳什姐以 2 小时 45 分 13 秒的成绩在比赛中遥遥领先，最终毫无悬念地夺得冠军。

Text: On October 4, 2023, in the mixed 35km race walking team event at the Hangzhou Asian Games, without any suspense, Qieyang Shijie led the competition and ultimately clinched the championship with a time of 2 hours, 45 minutes, and 13 seconds.

【正 文】就在当晚，中国奥委会在现场举行了递补奥运奖牌颁奖仪式，中国运动员切阳什姐、刘虹、吕秀芝递补获得 2012 年伦敦奥运会女子 20 公里竞走的金、银、铜牌。

Text: On that evening, the Chinese Olympic Committee held a ceremony to award retroactively the Olympic medals at the venue. Chinese athletes Qieyang Shijie, Liu Hong, and Lv Xiuzhi retroactively received the gold, silver, and bronze medals respectively for the women's 20km race

walking event at the 2012 London Olympics.

【正文】一时间，关于切阳什姐的新闻成为热点话题“双金得主”“泪洒赛场”“中国第一个藏族奥运冠军”等词条迅速登上各大主流媒体的头版头条。

Text: In an instant, the news about Qieyang Shijie went viral, with hashtags such as "Double Gold Winner," "Tears on the Field," and "China's First Tibetan Olympic Champion" quickly appearing on the front pages and headlines of major mainstream media.

【画面】白岩松评述：“对于递补奥运金牌，她用了一句话叫又难过又开心，我觉得浓缩了今天。首先她特别开心，因为获得了亚运会的这枚金牌，她今年已经34岁了，但是又难过。我们可以想象一下，如果是十一年前，她就获得了奥运金牌，那么她获得的奖金、商业的价值、品牌甚至上学，甚至人生可能都会发生很多更加正向的改变。但是今天我还是想对切阳什姐说，咱们把你的名字的前三个字去掉，姐 你就开心一点吧，奥运的金牌毕竟是奥运的金牌，这可是中国奥运历史上第一个获得奥运金牌的藏族选手，你来自青海，从此青海高原有了新的高度。”

Scene: Bai Yansong commented: "Regarding the retroactively awarded Olympic gold medal, she used the phrase 'sadness and happiness overlapped simultaneously' to sum up today's emotions. Firstly, she's extremely happy because she won this gold medal at the Asian Games,

and she's 34 years old this year. But she's also sad. We can imagine if she had received the Olympic gold medal eleven years ago, then the bonuses, commercial value and brands, even her education and life might have undergone many more positive changes. But today, I still want to say to Qieyang Shijie "let's drop the first three characters of your name, 'Jie'-Chinese pronunciation for the addressing of Sister, just be a little happier." After all, this Olympic gold medal is an Olympic gold medal, and you are the first Tibetan athlete in China's Olympic history to win an Olympic gold medal. You come from Qinghai, and from now on, the Qinghai Plateau has reached a new height."

【现场声】中国工艺美术大师 国家级非遗传承人 张建奎：“太可惜了。”

On-site Voice: Master of Chinese Arts and Crafts, Representative Inheritor of National Intangible Cultural Heritage, Zhang Jiankui: What a pity.

【同期声】中国工艺美术大师 国家级非遗传承人 张建奎：“我在电视上看到切阳什姐的故事，发自内心地深受感动，奥运金牌虽然坎坷，来得比较晚，但是她一直坚持训练这么久，不放弃一直追逐自己的梦想，很了不起，她这种体育精神值得大家学习，而且我觉得她的精神跟我们惠安的‘惠安女’精神一模一样，都是勤劳，智慧，不放弃的精神象征。迟到十一年的金牌对于她来说有心酸更有遗憾，所以我在想，

我能为她做一点什么？想来想去，我想用我自己擅长的事情弥补她的遗憾，给她做一个石雕，用这种方式支持她一下我们国家的第一个藏族奥运冠军，她真的太不容易了。”

Synchronous Voice: Master of Chinese Arts and Crafts, Representative Inheritor of National Intangible Cultural Heritage, Zhang Jiankui: I saw Qieyang Shijie's story on TV and was deeply moved from the bottom of my heart. Although her Olympic gold medal journey was bumpy and came belated, she has been training persistently for so long, never giving up on pursuing her dreams. She is truly remarkable. Her sporting spirit deserves to be learned by everyone. Moreover, I think her spirit is exactly the same as the "Spirit of Hui'an Women" in our Hui'an, both symbolizing diligence, wisdom, and perseverance. The gold medal achieved eleven years late must have brought her both sadness and regret. So, I was thinking, what can I do for her? After much contemplation, I've decided to use my skills to make up for her regret. I want to carve a stone sculpture for her to support our country's first Tibetan Olympic champion. She has really gone through so much.

【现场声】切阳什姐：“吃完饭要休息一个多小时然后再训练，主要是我有点困了。”

【现场声】记者：“吃完饭八点五十训练，中间这么长时间，你是不是还要睡个回笼觉休息一下？”

【现场声】切阳什姐：“我睡不着。”

【现场声】切阳什姐：“不喜欢化妆，是因为我不会化，是因为我懒，一天的化妆就结束了。”

Synchronous Voice with Qieyang:" After eating, I need to rest for more than an hour before training. It's mainly because I'm a bit sleepy."

Reporter: "You train at 8:50 after eating, with such a long break in between, do you take a nap to rest for a while?"

Synchronous voice with Qieyang: "I can't fall asleep."

Synchronous voice with Qieyang: "I don't like makeup, since I don't know how to put it on. It's because I'm lazy. That's the end of my makeup for the day."

【正文】云南因其独特的地理环境和气候条件，成为运动员进行高原集训的理想之地。运动员们在这种环境下训练，可以提高心肺功能。当回到平原地区参加比赛时，由于血液中的血红蛋白增多，输氧能力增强，能够为运动员提供更充足的氧气，从而有更好的运动表现。

Text: Due to its unique geographical environment and climatic conditions, Yunnan has become an ideal place for athletes to undergo high altitude training. Training in such an environment can enhance athletes' cardiopulmonary function. Once they return to participate in competitions in lower altitude areas, the increased hemoglobin in their blood improves their oxygen-carrying capacity, providing them with more oxygen for

better athletic performance.

【现场声】切阳什姐：“我说我今天发挥不了，没耳机。”

【现场声】记者：“比赛的时候可以听音乐不？”

【现场声】切阳什姐：“不可以。”

【现场声】记者：“那就不能养成走的时候听音乐的这种习惯，不然比赛的时候总感觉心里缺点什么。”

【现场声】切阳什姐：“比赛的时候全场都是声音。”

On-site Voice: Qieyang Shijie: "I can't perform well today because I don't have my headphones with me."

Reporter: "Can you listen to music during the competition?"

Qieyang Shijie: "No."

Reporter: "Then you'd better not get into the habit of listening to music while walking, otherwise you'll feel like something is missing during the competition."

Qieyang Shijie: "During the competition, the sound of people's voices are everywhere."

【同期声】青海省体育局体工一大队教练 王世刚：“将所有的训练计划，也包括预案都是按照切阳，都是为了3月3日这场比赛（奥运选拔赛）做准备的，主课和副课的幅度，也包括她身体的承载度，包括身体心血管的恢复，所以放在昆明。”

Synchronous Voice: Wang Shigang, coach from the Qinghai Provincial

Sports Bureau's First Sports Team: "All the training plans, including contingency plans, were tailored for Qieyang Shijie, in preparation for the competition on March 3rd (the Olympic qualification trials). The intensity of her main and supplementary workouts, including her physical endurance and the recovery of her cardiovascular system. That's why we chose Kunming."

【现场声】“注意上下放松，注意摆臂，蹬腿走，找回原来的技术。因为这回是 20 公里，20 公里要求非常细。”

On-site Voice: "Attention! Relax your upper and lower body. Swing your arms. Push off with your legs and walk. Recollect your original technique again. Because this is a 20-kilometer race, it's demanding even to the finest details."

【正文】作为竞走运动员，大量的训练是每天必不可少的环节，少则 15 公里，多则每天 40 公里，这种常人难以想象的训练量，像一座巍峨的高山横在切阳什姐的面前，但她从未有过丝毫畏惧。这几十公里的枯燥训练中，没有风景可赏，没有欢呼相伴，只有脚下那似乎无穷无尽的道路。

Text: As a race walker, frequent long distance training is an indispensable part of Qieyang Shijie's daily routine, ranging from a minimum of 15 kilometers to as much as 40 kilometers per day. This unimaginable training intensity is like a towering mountain in front of her, yet she has never shown any fear. During these tedious kilometers of training, there

are no scenic views to entertain her eyes, no cheers to accompany her perspiration, only the seemingly endless road beneath her feet.

【现场声】切阳什姐：“差不多 4 分 57 秒。刚恢复训练太累了。我的天啊，累死我了。”

On-site Voice: "Almost 4 minutes and 57 seconds. I'm so tired just getting back into training. Oh my god, I'm exhausted."

【同期声】青海体工一大队队医肖玉君：“给我拿这个，你拿这个是放哪的，盖的还是铺的？稍微给你放松一下，缓解一下肌肉疲劳”主要还是以大课为主，大课后基本上都要按，但是每天可能不一样，有时候各个部位，今天上肢明天腰部后天腿部。”

【同期声】切阳什姐：“有时候两个小时左右”

【同期声】青海体工一大队队医肖玉君：“我的手法比较重的时候，她的忍耐力是特别强的，有一些运动员，可能对于我的手法还是有一定的不适应性，不管男生女生在我手底下哭的人好多，她没哭过”

【同期声】切阳什姐：“训练苦这点痛算啥，所以每一个行业哪有简单的。”

Synchronous Voice: Qieyang Shijie: "Hand me that."

Team Doctor from the Qinghai Provincial Sports Bureau's First Sports Team Xiao Yujun: "What are you going to use this for, to cover up or lay down? I'll give you a bit of a massage to relieve muscle fatigue." "The

massage is mainly designed for the time after main training sessions. Basically, after an intensified training session, they all need a massage, but it might vary each day, sometimes on different body parts, like upper limbs today, waist tomorrow, and legs the day after."

Synchronous Voice: Qieyang Shijie:" Sometimes it lasts for about two hours."

Synchronous Voice: Team Doctor Xiao Yujun: "When I use a heavier hand, her endurance is particularly strong. Some athletes may not be able to adapt to my technique, regardless of whether they are male or female. Many have cried under my hands, but she never has."

Synchronous Sound: Qieyang Shijie:" Compared to the hardships of training, this little pain is nothing. So, there's no easy job in any field."

【现场声】切阳什姐外甥女：“妈妈我的奖状得拿上，我得给小姨看。只要我拿到奖状，小姨就会给我买好吃的。”

Synchronous Sound:Niece of Qieyang Shijie: "Mom, I have to take my award certificate and show it to my aunt. Whenever I get an award certificate, my aunt will buy me delicious treats."

【正文】34岁的切阳什姐，自16岁起就离开家乡，在外训练。进入国家队后更是很少回家。今年春节，因忙于家中琐事，切阳什姐的父母抽不开身，但她姐姐一家专程从青海老家赶到云南，将与她共度佳节。Text: 34-year-old Qieyang Shijie has been away from her hometown since she was 16 to train away from

home. After joining the national team, she rarely returned home. During this Spring Festival, as her parents were busy with household chores, they couldn't get together, but her sister's family traveled all the way from their hometown in Qinghai to Yunnan to spend the holiday with her.

【同期声】切阳什姐的姐姐：“阿爸，你电话一直没打通，是不是没信号了。我们出发了，到了给你发信息。”

【现场声】切阳什姐外甥女：“拜拜 再见！”

Synchronous Voice: Qieyang Shijie's sister: "Dad, I couldn't get through to you on the phone. Is there no signal? We're leaving now and will text you when we arrive."

Qieyang Shijie's niece: "Bye-bye, see you later!"

【同期声】切阳什姐：“第 15 到 16 年，对 基本是在外面过年，因为我们每一年的比赛，基本是 3 月份就开始了，所以就是说，过年的时候，刚好是我们就备战的一个重要的节点。刚开始的话，觉得不回去过年是一件比较难过的事情，也觉得是一件接受不了的事情，睡觉的时候会一个人偷偷地哭。但是慢慢慢慢就是越来越成熟吧，就是觉得就没有什么吧，习惯了。但是每一年还是会很想家，但是今年过年的时候，刚好就是我姐姐、姐夫一家人就陪我过年，可能比以往来说，没有特别想家。”

【现场声】切阳什姐家人：“呷腾桑姆 就算跑不了也要坚持走完啊。加油。”

【现场声】切阳什姐：“也太厉害了吧。跟我一起训练吧？当运动员吧？”

【现场声】切阳什姐外甥女：“嗯！”

【现场声】切阳什姐：“能跑吗？还要跑吗？不跑了？还能跑吗？跑不动了啊？”

Synchronous Voice: Qieyang Shijie: "For 15 or 16 years, I basically spent the New Year away from home, because our competitions usually start in March, so the New Year period happens to be an important preparation phase for us. At first, I felt quite sad and couldn't accept not going home for the New Year. I would cry stealthily in my bed. But as time goes on, I've become more mature and got used to it. However, I still miss home every year. But this year, my sister and her husband with their kids will spend the New Year with me, so I might not feel as homesick as before."

Qieyang Shijie's family: "Gateng Sangmu, even if you can't run, you must persevere and finish it. Come on!"

Qieyang Shijie: "Wow, that's impressive. Want to train with me? Be an athlete?"

Qieyang Shijie's niece: "Mm-hmm."

Qieyang Shijie: "Can you run? Do you want to run more? Not running anymore? Can you still run? Can't run anymore, huh?"

【正文】在中国人心中，每逢春节，无论大江南北，我们总是遵循着传统，用团圆的方式来犒劳一年来的辛苦，但像

切阳什姐一样的运动员们，在举国欢庆的日子里，也要像往常一样刻苦训练，不过今年有家人的陪伴，切阳什姐心中少了一份孤独，多了几分温暖。

Text: In the hearts of Chinese people, every Spring Festival, regardless of where they are in the vast country, they always follow tradition by gathering together as a reward for their hard work over the past year. However, athletes like Qieyang Shijie, on days of national celebration, must still train hard as usual. But this year, with the company of her family, Qieyang Shijie felt less lonely and more joyful.

【正文】夜幕降临，结束了一天的训练后，运动员们终于有时间，慢下来享受一年之中最重要的时刻。

Text: As night fell, after a day of training, the athletes finally had time to slow down and enjoy the most important moment of the year.

【正文】大家载歌载舞，沉浸在一片欢乐的海洋，每个人都在用自己的方式宣泄情绪，释放压力。

Text: Everyone sang and danced, immersed in a sea of joy. All were expressing their emotions and releasing stress in their own way.

【正文】问君何事轻离别，一年能几团圆月。常年离家在外的切阳什姐错过了太多，错过了与家人的觥筹交错，错过了父母的风华正茂，错过了亲人间的爱与温馨。

Text: One may ask how one would endure distance apart, without fathoming what a rarity it is to reunite yearly as the moon wax and wane!

Qieyang Shijie, who has been away from home for years, has missed too much. She missed the toasts and laughter with her family, missed her parents in their prime youth, and the love and warmth radiated among relatives.

【现场声】切阳什姐的姐姐：“快吃都凉了。”

On-site Voice: Qieyang Shijie's sister: "Hurry up and eat. It's getting cold."

【现场声】切阳什姐：“她主内我主外，我一直常年在外出训练和比赛在追逐自己的梦想，姐姐就在家照顾爸妈和小孩，谢谢 这两个字里包含了很多。”

On-site Voice: Qieyang Shijie: "She takes care of the family, and I focus on my training and career. I've been training and competing outside all year round, pursuing my dreams, while my sister takes care of our parents and kids at home. Thank you! Those two words 'thank you' mean a lot."

【现场声】切阳什姐的姐姐：“感谢我们陪你过年啊？”

【现场声】切阳什姐：“嗯”

【现场声】切阳什姐的姐姐：“是我们应该感谢你，要不是你我们也来不了这么远的地方。”

【现场声】切阳什姐：“谢谢。”

【现场声】切阳什姐外甥女：“谢谢小姨。”

On-site Voice:

Qieyang Shijie's sister: "Are you thanking us for spending the New

Year with you?"

Qieyang Shijie: "Mm-hmm."

Qieyang Shijie's sister: "It's we who should thank you. If it weren't for you, we wouldn't have come to such a faraway place."

Qieyang Shijie: "Thank you."

Qieyang Shijie's Niece: "Thank you, Auntie."

【正文】在这个充满爱的聚会中，时间仿佛静止，每一个瞬间都成为切阳什姐最为珍贵的回忆，让她感受到家的温暖和幸福的滋味。

Text: In this gathering filled with love, time seemed to stand still. Every moment became a precious memory for Qieyang Shijie, making her feel the warmth of home and the taste of happiness.

【现场声】切阳什姐：“身体一紧绷就疼。”

【现场声】记者：“以前有没有受过这种类似的伤？”

【现场声】青海体工一大队队医：“没有，第一次。”

On-site Voice:

Qieyang Shijie: "My body hurts whenever it's tense."

Reporter: "Have you ever suffered from such an injury before?"

Team Doctor from the Qinghai Provincial Sports Bureau's First Sports Team: "No, this is the first time."

【正文】由于训练的失误，导致切阳什姐意外受伤，此刻距离 2024 巴黎奥运会选拔赛不到一周时间。

Text: Due to a training mistake, Qieyang Shijie accidentally injured herself. At that moment, it was less than a week away from the 2024 Paris Olympic qualification trials.

【正文】切阳什姐的受伤使队伍的备战蒙上了一层阴影，大家的情绪也随之紧紧牵动。切阳什姐能否在奥运赛场最后一战成为未知。

Text: Qieyang Shijie's injury cast a shadow over the team's preparations, and everyone's emotions were greatly affected. Whether Qieyang Shijie could compete in her final Olympic Games became uncertain.

【现场声】现场工作人员：“运动员请注意，检录处将于一分钟后关闭，请运动员注意好时间。”

Synchronous Voice: Attention athletes, the check-in area will close in one minute, please pay attention to the time.

【同期声】青海体工一大队队医肖玉君：“切阳什姐出现了这个伤病，是一个意外然后也是因为她在做力量的一些训练的时候，突发的一个急性伤病，像一些急性伤病的话，对于我们队医来说，还是比较好处理的，也是对她有一点点的影响，但是也不是说影响很大。”

Synchronous Voice: Team Doctor from the Qinghai Provincial Sports Bureau's First Sports Team Xiao Yujun: "Qieyang Shijie's injury was an accident. It happened suddenly while she was doing strength training. For us team doctors, acute injuries are relatively easy to handle. It has a slight

impact on her, but it's not very significant."

【正文】在竞走混合接力的比赛中，切阳什姐顶着受伤的疼痛和身体的不适，超越一众名将，顺利取得了巴黎奥运会的入场券。赛后国家队队友刘虹与切阳什姐深情相拥，这个拥抱不仅仅代表着对胜利者的祝福，更代表着老将间的惺惺相惜。

Text: In the mixed relay race of heel-and-toe walking, despite the pain and discomfort from her injury, Qieyang Shijie surpassed many top athletes and successfully secured her entry ticket for the Paris Olympics. After the race, her national team teammate Liu Hong embraced Qieyang Shijie. This hug not only represented blessings to the victor but also showed mutual respect among veteran athletes.

【同期声】中国竞走运动员刘虹：“竞技体育不光是要争金夺银，那当然你的目标是这样，但是更多的是要感受它。但是更多的是要感受它，她可以真正地去享受竞走，享受竞技体育，享受场上所有的一切。为自己比这届奥运会，对她来讲意义会非常不一样，所以不管（巴黎奥运会）的结果会怎么样，可能是（我们俩）竞技体育的圆满句号，但我相信这不是终点，反而是一个起点。”

Synchronous Voice: Chinese Race Walker Liu Hong: Competitive sports are not just about winning gold and silver medals, though that is of course your goal. But more importantly, it's about experiencing it. She can truly

enjoy heel-and-toe walking, enjoy competitive sports, and cherish everything on the field. Competing in this Olympic Games will hold a special meaning for her. So no matter what the outcome in Paris will be, it signifies a fulfilling end to our competitive sports careers, but I believe it's not the end, rather it's a new beginning.

【正文】无论是终点还是起点，奥运这个全世界最为瞩目的体育盛会都将如约而至。这个夏天，第33届奥林匹克运动会与艺术之都巴黎来了一场浪漫的邂逅。这是巴黎继1900年和1924年后又一次举办奥运会，百年的相遇，百年的约定，就如同切阳什姐从伦敦到巴黎的相遇，如同她连续四届的奥运之约。

Text: Whether it's an end or a beginning, the Olympic Games, the most remarkable sports event in the world, arrives as scheduled. In this summer, the 33rd Olympic Games had an encounter with the City of Arts, Paris. This is the third time Paris is hosting the Olympic Games, following 1900 and 1924, a century-old reunion, a century-old appointment, just like Qieyang Shijie's journey from London to Paris, and her four consecutive Olympic appointments.

【正文】如果说之前，切阳什姐在里约、在东京，是为了证明自己，为了追求体育竞技精神的话，那么接下来的巴黎，她想把自己所有过往的成绩、那些荣誉光环、所有的骄傲和遗憾、那些委屈的、艰辛付出的泪水和汗水，把这些包袱全

部卸下，以轻松的、享受的心态完成比赛。结束了巴黎奥运周期的切阳什姐，又马不停蹄地回到了青海。因为现在的她又多了一个身份，那就是教练。

Text: If before, Qieyang Shijie competed in Rio and Tokyo to prove herself and pursue the spirit of competitive sports, then in Paris, she wanted to take off all her past achievements, those glorious halo, all her pride and regrets, those tears and sweat from hardships and devoted efforts. But she wants to complete the competition with a relaxed and enjoyable mindset. After finishing the Paris Olympic cycle, Qieyang Shijie returned to Qinghai without delay. Because now she has taken on another identity: coach.

【正文】自伦敦奥运会以来，切阳什姐在家乡的影响力与日俱增，很多青少年在她的影响下，都在心里萌生了一个体育梦。

Text: Since the London Olympics, Qieyang Shijie's influence in her hometown has been growing day by day. Many teenagers, inspired by her, have envisioned a dream of pursuing sports in their hearts.

【同期声】青海体工一大队运动员 专吉：“我叫专吉，今年16岁，是一名竞走运动员，我来自青海省黄南州泽库县。我小时候就在草原上经常听大人们说起切阳姐姐的传奇故事。那时候不知道什么是竞走，就在电视上看到切阳姐姐在走，我觉得很有意思，从那时候开始我也喜欢上了竞走运动，我

一直把师姐当作自己的奋斗目标，希望以后自己也像师姐一样，走向更大的体育舞台。为家乡争光，为国争光，这也是我的梦想。”

Synchronous Voice: Race Walker from the Qinghai Provincial Sports Bureau's First Sports Team Zhuanji: My name is Zhuanji, I'm 16 years old, and I'm a race walker. I come from Zeku County, Huangnan Prefecture, Qinghai Province. When I was a child on the grassland, I often heard adults talking about the legendary stories of Sister Qieyang. At that time, I didn't know what race walking was like, but I saw Sister Qieyang walking on TV and found it very interesting. From then on, I also fell in love with race walking. I've always regarded this senior sister as my idol and aspire to follow in her footsteps, hoping one day I could walk onto a bigger sports stage myself to bring honor to my hometown and to my country, and it's my dream as well.

【同期声】切阳什姐：“其实看到他们训练，日常的时候确实能想到以前的自己，我也是从十六，十七岁就从体校一步一步走过来的，所以就是很希望在日常的生活能够给他们更多提供一些有价值的东西，能够少走一点弯路，确实是很不容易，但是运动员就是这样，除了坚持，没有什么太多好听的话可以说出来。”

Synchronous Voice: Qieyang Shijie: Actually, seeing them train, I can really think back to my past self. I also started from the sports school at

sixteen, seventeen years old and have come this far step by step. So I really hope that in their daily lives, I can provide them with more valuable things and help them avoid some detours. It's not easy, but that's what athletes are like. Besides perseverance, there are not sweeter words to say.

【正文】当年，正值碧玉年华的切阳什姐离开草原，将青春奉献给了竞走事业，并且铸就了一段伟大的征程。切阳什姐，这位在田径赛场上书写传奇的运动员，用她的坚韧与执着，深刻诠释着体育精神的传承。即使面对挫折与不公，她也从未放弃，始终坚守着内心的信念，用行动告诉后来者，体育精神就是在困境中不屈不挠，在压力下勇往直前。

Text: At that time, in the prime of her youth, Qieyang Shijie left the grassland and dedicated all her youth to the cause of race walking, and initiated and achieved a great journey. Qieyang Shijie, this athlete who has written legends on the track field, profoundly interprets the inheritance of the sports spirit with her perseverance and dedication. Even when faced with setbacks and injustice, she never gave up and always adhered to her inner beliefs, using her actions to tell those who come after her that the sports spirit is about perseverance in adversity and bravely moving forward under pressure.

【正文】在这片神奇的高原大地上，每一个生命都在书写

着自己的传奇，出生在草原的切阳什姐也不例外。如今，她成为体育精神传承的火炬手，将自己的经验与故事分享给新一代的运动员，激励着他们怀揣梦想，踏上征程，让体育精神在一代又一代的体育人中延续、发扬，如璀璨星辰照亮体育的浩瀚苍穹，永不熄灭。（完结）

Text: On this magical plateau, every life is writing its own legend, and Qieyang Shijie, born on the grassland, is no exception. Nowadays, she has become a torchbearer for the inheritance of the sports spirit, sharing her experiences and stories with the new generation of athletes, inspiring them to embark on their journeys with dreams in their hearts, allowing the sports spirit to continue and flourish from one generation of athletes to the next, like shining stars illuminating the vast sky of sports, never fading, ever glistening. (End)