



生命在于运动。在美国，人们极其重视运动，最为常见的运动方式就是慢跑。你可以随时看到在城市中各个角落慢跑的人们，这也可以称得上是一道亮丽的风景线。

Jogging^[慢跑] Maniacs^[热衷者] 撰稿: Karen

One thing I notice significantly in the U.S. is that Americans care so much about doing workouts. Some people spend thousands of dollars buying exercise machines—exercise bikes, treadmills^[踏车], dumbbells^[哑铃], yoga mats^[垫子], yoga balls, you name it—and make one of their family rooms into a gym. Some people like to jog outdoors regardless of weather. Rain or shine (or even snow), joggers persist in their daily exercises in the park, on the sidewalk, and by the lake.

A gym has become a necessary building on an American campus. It is also one of the most popular hangout spots for students and faculty. Various health clubs, such as the YMCA^[注], are everywhere across the United States. I guess where a Chinese person would put the distance between a new house and public transportation into consideration before moving into the neighborhood, an American is likely to be concerned about how far it is from the new house to a gym. If not, he can always alter a room into one.

I had never seen so many daily joggers in a city until I came to America. I remember my first visit to Central Park in New York City

last winter. I was astonished to see swarms of joggers wrapped^[包, 裹] in their athletic garments—toques^[双层编织御寒帽], gloves, tight vests, slick pants and sneakers^[运动鞋]—running in the same direction in the park. Different from groups of retirees doing tai chi in parks in China, the army of joggers in Central Park, as well as in other American cities, is an extraordinary demonstration of the role of jogging in the American way of living.



Detesting^[憎恶] running, I'm not inclined to join the jogging crowd yet. However, I have learned to drive cautiously

around joggers. They appear on the street at different times of the day: some in the early mornings, some in the afternoons, and some in the evenings after night falls. So driving at night in Pittsburgh poses potential danger, simply because streets are usually quiet and dimly-lit^[灯光微弱的]. Occasionally, evening joggers pop out of nowhere between two parked cars. What's worse, they jog in their own world by plugging both ears into iPod music. You can't blame my love-and-hate feelings for jogging. ①

[注] YMCA = Young Men's Christian Association 基督教青年会