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## 我在美国骑自行车的经验

在美国，特别是在西北地区，很多人骑自行车。他们用自行车作交通工具去工作，上学，去超市等等活动，但是也骑自行车作娱乐活动。骑自行车是大家常见的爱好。除了喜欢骑车以外，很多人也觉得是一个好的运动。西北地区有各种各样的自行车社团和自行车队，常常小孩子会在七岁就开始骑自行车。因为我住在波特兰，我（是）在这样的文化中长大的。我的爸爸经常骑自行车，所以我跟他学习怎么骑自行车。他从华盛顿海边的公路骑到加州，骑了很久。他想我和妹妹只有自己骑过才了解这个经验，所以我们决定参加西雅图到波特兰的长途自行车比赛。



骑自行车从西雅图到波特兰是很大的活动。骑车的路上有很多人，也有很多车。每年夏天都会举办，一共有差不多一万人参加过这个活动。以前我经常一边听音乐一边骑自行车，但是骑长途的路听音乐比较危险，因为我要听有没有别的车来。去年夏天是我第一次骑长途自行车。一般来说，骑车从西雅图到波特兰需要两天时间，但是有一些人只要一天就够了。我们一共骑了204英里，不但骑了很远，而且看见了漂亮的风景。最后到达波特兰的时候，我的妈妈在那里拿着花等我们。我觉得又很累又很高兴。





虽然我很累也全身疼痛，我觉得我会再骑一次。这个自行车之旅是很难的，但是我学会到了很多。我学会了做有挑战性的事情来建立自信。我遇见新朋友也看看漂亮的风景。骑自行车比开车好多了，不用油，比较环保。而且骑自行车的时候，你可以一边运动一边探险。虽然我特别喜欢在公路上骑，也有别的人喜欢在树林或山上骑。可是无论骑在公路上，树林里或山上，我觉得骑车都帮助我放松。

我知道在中国跟在美国骑自行车不一样。在中国路上都有很多自行车，可是我不知道大家会不会用自行车来做娱乐或运动的活动。对美国人来说，骑自行车是一个爱好，不只是一个交通工具。我希望以后在中国我有机会可以骑自行车。

### English Translation

In America, especially in the northwest, many people ride bikes. They use bikes for transportation to go to work, school, the supermarket etc. activities, but also cycling for recreational activities. Biking is a common hobby. Besides liking to bike, many people also feel it is a good sport. The northwest has a variety of bike clubs and teams, often children will start to learn at the age of 7 how to ride a bike. Because I live in Portland, I grew up in the middle of the culture. My dad often bikes, so I learned with him how to ride a bike. He biked alongside the coast from Washington to California, took a long time. He wanted me and my little sister for ourselves to know this experience, so we decided to participate in the Seattle to Portland bike race.

Biking from Seattle to Portland is a big event. On the bike road, there are a lot of people and also a lot cars. Held every summer, a total of almost one thousand people participate in this event. Before, I listened to music while biking, but listening and biking a long distance is dangerous, because I need to hear if a car is coming or not. Last year was my first time biking such a long distance. Usually people say biking from Seattle to Portland takes about two days, however some people only need one day (to complete). We biked 204 miles altogether, not only

was it a very long distance, also saw beautiful scenery. Finally when we finished, my mom was waiting at the finish line with flowers for us. I felt so tired and so happy.

Although I was very tired and my body was sore, I feel that I will do it again. This bike trip is very difficult, but I learned a lot. I learned I can do challenging things and build self confidence. I met new friends and saw beautiful scenery. Biking is much better than driving, doesn't use oil and is more economically friendly. Also, when riding a bike, you can exercise and adventure. Although I especially like biking on the road, also other people like to bike in the forest or mountain. But regardless of biking on the road, in the forest or mountain, I feel biking helps me to relax.

I know biking in China and America is different. In China's streets are a lot of bikes, but I didn't know everyone doesn't use them for fun or sport activities. For Americans, biking is a hobby, not just a means of transportation. I hope I have the opportunity to bike in China (someday).

### Vocabulary

#	Characters	PinYin	English
1	西北地区	XīběiDìqū	Pacific Northwest (area)
2	骑自行车	qí zìxíngchē	To Bike
3	社团	shètuán	club
4	一般来说	yībān lái shuō	generally speaking
5	查过	cháguò	Checked
6	事件	shìjiàn	Event
7	主意	zhǔyì	Idea
8	长途	chángtú	Long haul
9	英里	yīnglǐ	Mile
10	做有挑战性的事情	zuò yǒu tiǎozhàn xìng de shìqíng	Challenging things to do
11	建立自信	jiàn lì zìxìn	Build self-confidence
12	运输车辆	yùnshū chēliàng	Transport vehicles
13	作交通工具	zuò jiāotōng gōngjù	For vehicles

14	作娱乐活动	zuò yúlè huódòng	For recreational activities
15	队	duì	team
16	公路	gōnglù	Highway/road
17	很久	hěnjiǔ	Long time
18	长途	chángtú	Long distance
19	比赛	bǐsài	Competition
20	一共	yīgòng	Altogether
21	疼痛	téngtòng	Pain/sore
22	遇见	yùjiàn	Meet by chance
23	交通工具	jiāotōng gōngjù	Vehicles
24	轻质石油	Qīng zhì shíyóu	Gasoline/Petroleum
25	节油	jié yóu	Economically efficient
26	探险	tànxiǎn	Explore
27	树林	shùlín	Forest
28	山岳	shānyuè	Mountains
29	无论	wúlùn	Regardless whether...
30	娱乐	Yúlè	Entertainment