5. GOALS

'What you need is to relax over a few drinks, Chris.' I clearly remember the day those words were spoken. I had just had my new limbs attached and my rehabilitation was not going well. My friends took me to a pub. Although I got very drunk, we talked a lot and a number of things became very clear to me. That day, I stopped feeling sorry for myself.

I realized it's no fun being with someone who is always glum. For me, there was nothing to be gained by thinking about the past. It was time to look ahead. But with an artificial arm and an artificial leg, what on earth could I do?

One Sunday, when many of the patients were away, I had the television to myself. I switched on a sports programme. I was not a gifted sportsman but had always greatly enjoyed doing exercise. I loved skiing, swimming and running. Even in Cambodia and Mozambique, I had jogged every day.

That Sunday was the day of the London Marathon, which was being broadcast live. I sat back to enjoy it. As I watched, I noticed that one of the front runners had extremely thin legs. Despite that, he was fast. He was at the head of the pack. I saw then that he had only one aim, and that was to win.

It is vital to have clear goals. Suddenly I realized this very clearly. Watching the race, I began to wonder whether anyone had ever run a full marathon with an artificial leg.

The TV camera zoomed in as the runner began his final spurt. At that moment I longed to run by his side. And why not? After all, I was not so badly handicapped. I had always wanted to run a full marathon. Besides, my biggest wish now was to return to normal life. So that day, I made my decision. I would run in the London Marathon. And I would do it within a year.

The race had just ended. The winner was smiling into the cameras. I promised myself that I, too, would cross the finishing line the following year.

That night I slept soundly.

EXERCISES (5)

Ａ　本文の内容に合うものにはＴ、合わないものにはＦを書きなさい．

(1) If you think about the past, you can gain something. ( )

(2) I liked sports because I was a gifted sportsman. ( )

(3) One of the front runners was very fast because he had extremely thin legs. ( )

(4) I made a decision to run in the London Marathon within a year. ( )

Ｂ　日本文の意味に合うように、（　）に適語を入れなさい．

(1) 彼女は新しい靴を作ってもらった．

She had new shoes ( ).

(2) 私はそのとき、彼をかわいそうに思った．

I felt ( ) ( ) him at that moment.

(3) いったいぜんたい何をしているの．

What ( ) ( ) are you doing?

(4) 新しい校舎が建設中です．

The new school building is ( ) ( ).

(5) 普通の生活に戻りたかった．

I longed ( ) return to normal life.