

## 103- Bai 103 The Big Race (Story)



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Alex woke up scared because of a **nightmare**. In it, he was running a race. Just before he reached the finish line, he fell. Alex thought that it was a **subconscious** way that his brain was trying to **warn** him about something. He was going to run in a race that day. Did the dream mean he was going to lose? He became **irritable**.

"Good morning," said Alex's mother. "I **brewed** some coffee and made you a special breakfast." Alex didn't want it because it had too much sugar. He needed something **nutritious**. So he prepared a meal that contained a lot of **protein** to **maximize** his energy for the race. Then his father asked, "Do you want help packing your **stuff**?" "No," replied Alex. He wanted to make sure that he had all of his equipment for the race.

Alex's family got in their **van** and drove to the track. When they arrived, a boy ran toward Alex. "Can I have your **autograph**?" asked the boy. Alex had many fans. He usually **charmed** everybody he spoke to. However, today he refused to give the boy his **signature**. He needed to think about his race.

He took his jump rope from his bag and started his usual **workout**. Maybe exercising would help him forget about the nightmare. "The race is about to start," said the coach. **Beads** of sweat formed out of Alex's sweat glands. All he could think about was his terrible dream. He thought it might be his **destiny** to become a loser. While he was thinking, he didn't hear the **horn** that meant the race had started.

The runners **zoomed** toward the finish line. By the time Alex started, he **lagged** far behind everyone. He couldn't run fast enough to catch up to the others. He had lost the race! He shouldn't have let the nightmare **affect** him. He should have stayed focused on the race.

Alex woke up scared because of a **nightmare**. In it, he was running a race. Just before he reached the finish line, he fell. Alex thought that it was a **subconscious** way that his brain was trying to **warn** him about something. He was going to run in a race that day. Did the dream mean he was going to lose? He became **irritable**.

*Alex tỉnh dậy sợ hãi vì cơn ác mộng. Trong cơn ác mộng, anh ta đang chạy đua. Ngay trước khi anh ta đến đích, anh ta ngã xuống. Alex nghĩ rằng đó là một cách tiềm thức mà bộ não của anh đang cố gắng cảnh báo anh về điều gì đó. Anh ta sẽ chạy đua trong ngày hôm đó. Có phải giấc mơ đó có nghĩa là anh ta sẽ thua không? Anh ta trở nên cáu kỉnh.*

"Good morning," said Alex's mother. "I **brewed** some coffee and made you a special breakfast." Alex didn't want it because it had too much sugar. He needed something **nutritious**. So he prepared a meal that contained a lot of **protein** to **maximize** his energy for the race. Then his father asked, "Do you want help packing your **stuff**?" "No," replied Alex. He wanted to make sure that he had all of his equipment for the race.

*"Chào buổi sáng," mẹ Alex nói. "Mẹ đã pha cà phê và làm cho con một bữa sáng đặc biệt." Alex không muốn ăn vì nó có quá nhiều đường. Anh ấy cần một thứ gì đó bổ dưỡng. Vì vậy, anh ấy chuẩn bị một bữa ăn chứa rất nhiều protein để tối đa hóa năng lượng của mình cho cuộc đua. Rồi cha anh ấy hỏi, "Con có muốn giúp đóng gói đồ của con không?" "Không," Alex trả lời. Anh ấy muốn chắc chắn rằng anh có tất cả các đồ dùng cần thiết cho cuộc đua.*



Alex's family got in their **van** and drove to the track. When they arrived, a boy ran toward Alex. "Can I have your **autograph**?" asked the boy. Alex had many fans. He usually **charmed** everybody he spoke to. However, too Alex refused to give the boy his **signature**. He needed to think about his race.

*Gia đình Alex vào xe và lái xe đến đường đua. Khi họ đến, một cậu bé chạy về phía Alex. "Em có thể có chữ ký của anh không?" Cậu bé hỏi. Alex có rất nhiều người hâm mộ. Anh ta thường quyến rũ những người mà anh ta nói chuyện. Tuy nhiên, hôm nay Alex từ chối cho cậu bé chữ ký của mình. Anh ta cần suy nghĩ về cuộc đua của mình.*

He took his jump rope from his bag and started his usual **workout**. Maybe exercising would help him forget about his nightmare. "The race is about to start," said the coach. **Beads** of sweat formed out of Alex's sweat glands. All he could think about was his terrible dream. He thought it might be his **destiny** to become a loser. While he was thinking, he didn't hear the **horn** that meant the race had started.

*Anh lấy dây nhảy từ túi và bắt đầu bài luyện tập bình thường của mình. Có lẽ tập thể dục sẽ giúp anh quên đi cơn ác mộng. "Cuộc đua sắp bắt đầu," huấn luyện viên nói. Những giọt mồ hôi được hình thành từ các tuyến mồ hôi của anh. Tất cả những gì anh có thể nghĩ đến là giấc mơ khủng khiếp của anh. Anh ta nghĩ đó có thể là vận mệnh của mình trở thành kẻ thua cuộc. Trong khi anh đang suy nghĩ, anh không nghe kèn báo hiệu cuộc đua đã bắt đầu.*

The runners **zoomed** toward the finish **line**. By the time Alex started, he **lagged** far behind everyone. He couldn't run fast enough to catch up to the others. He had lost the race! He shouldn't have let the nightmare **affect** him. He should have stayed focused on the race.

*Các vận động viên phóng nhanh về đích. Trước lúc Alex bắt đầu, anh ấy đã tụt lại xa ở phía sau tất cả mọi người. Anh ấy không thể chạy đủ nhanh để bắt kịp những người khác. Anh ấy đã thua cuộc đua! Anh không nên để cơn ác mộng ảnh hưởng đến mình. Anh ta nên tập trung vào cuộc đua.*