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你拍我晒



寒冬
Swimmers in
『泳』 Gold Winter
士

冬日严寒，却抵挡不住冬泳人的狂热，谭灵慧就在其中。在张家界，称她为最会游泳的人，一定没有人反对。7岁学习游泳，进入职业游泳队，曾代表常德市在全省各类游泳比赛中斩获佳绩。18岁退役后，她来到张家界工作，一别游泳二十余载。七八年前，她在朋友鼓励下重拾游泳，就再也无法割舍。

对她来说，一天不游泳，浑身都不舒服。每天早上，她都会到天门山后山的水库畅游几个来回。春夏秋冬，从未间断。从业余爱好，到在场馆执教，她的学生越来越多。在全市各类比赛中，她总是最闪耀的那颗星。

作为市游泳协会的教练，她多次带队参加全国的游泳比赛，也为张家界游泳人争回一次又一次好成绩。今年，她和泳友已报名横渡琼州海峡的挑战，让人拭目以待。

文/本报记者 潘鑫 图/碧宵

It's very cold in winter, but it can't resist the enthusiasm of winter swimmers. Tan Linghui is one of them. In Zhangjiajie, there must be no objection to calling her "the best swimmer". At the age of 7, she learned to swim and entered the professional swimming team. She once represented Changde City to achieve good results in all kinds of swimming competitions in the whole province. After retiring at the age of 18, she came to Zhangjiajie to work and did not swim for more than 20 years. Seven or eight years ago, she was encouraged by her friends to go swimming again, and she couldn't give up.

For her, "it's uncomfortable not to swim all day." Every morning, she will swim back and forth in the reservoir behind Tianmen Mountain. She never stops to swim in spring, summer, autumn and winter. From hobbies to teaching in venues, she has more and more students. She is always the brightest star in all kinds of competitions in the city.

As the coach of the municipal swimming association, she has led the team to participate in the national swimming competitions for many times, and also won good results for Zhangjiajie swimmers again and again. This year, she and her swimmers have signed up for the challenge of crossing the Qiongzhou Strait.

Written by our reporter Pan Xin Photo by Bi Xiao

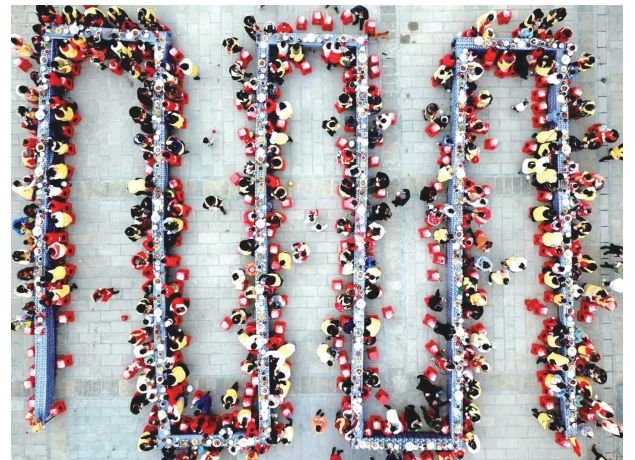


湘西的陈家坡有个世界第一大背篓，直径4.8米，高5.6米，耗时半年编制。来到这里的游客，都要争相与之合影留念。

精怪 摄

Chenjiapo in Xiangxi has a "world's largest back basket" with a diameter of 4.8 meters and a height of 5.6 meters. It took half a year to braid it. Tourists who come here must take photos with it.

Photo by Jing Guai



近日，在美丽乡村马儿山，某幼儿园组织学生和家長体验土家族传统的长龙宴。空中俯拍，的确像一条“长龙”。

周建鑫 摄

Recently, in the beautiful rural Maershan, a kindergarten organized students and parents to experience the traditional long dragon banquet of the Tujia Nationality. The aerial high angle shot is indeed like a "long dragon".

Photo by Zhou Jianxin



张家界山地救援队的队员们来到贵州双河进行洞穴探险，洞内的石花像极了“冰花”，十分漂亮。

魏泡菜 摄

The members of the Zhangjiajie Mountain Rescue Team came to Shuanghe, Guizhou for cave exploration. The stone flowers in the cave are very beautiful like "ice flowers".

Photo by Wei Paocai