



104 岁芝加哥老妇抓住机会，成为最年长的双人跳伞者

104-year-old Chicago woman jumps at chance to become oldest person to tandem skydive

中文导读：

104 岁的多萝西·霍夫纳 (Dorothy Hoffner) 在芝加哥出生和长大，10 月 1 日她在 Skydive Chicago 进行了令人难以置信的双人跳伞壮举。多萝西的卓越冒险创造了一个新的世界纪录，组织者正在积极努力让吉尼斯世界纪录认证她的历史性跳伞。

A 104-year-old Chicago woman ditched her walker and climbed into a plane to become the world's oldest person to tandem skydive — and it wasn't even her first freefall.

一位 104 岁的芝加哥妇女放下了她的助行器，爬上了一架飞机，成为世界上最年长的双人跳伞者，而这甚至不是她的第一次自由下落。

重点词汇：

104-year-old: 104 岁的

ditch: v. 抛弃；丢弃

walker: n. 步行器



climb into: 爬进；登上

tandem skydive: 双人跳伞

freefall: n. 自由下落

 **固定搭配:**

climb into: 爬进；登上

She climbed into the car and drove away. (她爬进车里开走了。)

world's oldest person: 世界上最年长的人

The world's oldest person celebrated their 110th birthday. (世界上最年长的人庆祝了他们的 110 岁生日。)

Dorothy Hoffner first skydived four years ago on her 100th birthday, but she wanted a redo because, she said, she didn't want to be pushed out of the plane, CNBC reported. She wanted to lead the jump.

据 CNBC 报道，多萝西·霍夫纳 (Dorothy Hoffner) 在四年前的 100 岁生日那天首次跳伞，但她想重做一次，因为她说，她不想被推出飞机。她想带头跳。

 **重点词汇:**

skydive: v. 跳伞

redo: v. 重新做；再做一次

push out of: 推出

lead: v. 领导；带领

 **固定搭配:**

push out of: 推出

She was pushed out of the crowded bus. (她被挤出了拥挤的公共汽车。)

On Sunday, she did just that. Hoffner tumbled out of a plane 13,500 feet in the air while strapped to



an instructor from Skydive Chicago, NBC Chicago reported. White hair billowing in the wind, she parachuted down to a grass landing area in the countryside of Ottawa, Illinois.

周日，她就是这样做的。据 NBC 芝加哥报道，霍夫纳被绑在 Skydive Chicago 的一名教练身边，从 13,500 英尺高空的飞机上下落。她的白发在风中飘扬，然后降落到伊利诺伊州奥图瓦乡村的一个草地着陆区。

重点词汇：

tumble out of: 从...摔下

feet: n. 英尺（复数形式）

strap to: 系在...上

instructor: n. 教练；讲师

billowing: adj. 翻腾的；飘荡的

landing area: 降落区

countryside: n. 乡村；农村

固定搭配：

tumble out of: 从...摔下

The book fell off the shelf and tumbled out of the cupboard. (书从书架上掉下来，从橱柜里摔出来了。)

billowing in the wind: 在风中飘荡

The flag was billowing in the wind on top of the mountain. (旗帜在山顶上在风中飘荡。)

parachute down to: 降落到...

They parachuted down to the open field. (他们降落到了开阔的地方。)

grass landing area: 草地降落区

The skydivers aimed for the grass landing area. (跳伞者瞄准了草地降落区。)



"Age is just a number," Hoffner told a cheering crowd shortly after she touched the ground, according to The Associated Press. After cheers and congratulations from friends and family, she was handed back her red walker.

据美联社报道，霍夫纳在落地后不久对欢呼的人群说：“年龄只是一个数字。”在朋友和家人的欢呼和祝贺后，她拿回了她的红色助行器。

重点词汇：

cheer: n. 欢呼声，喝彩声

crowd: n. 人群；观众

touch: v. 触摸；碰触

ground: n. 地面；地面

according to: 根据；按照

The Associated Press: 美联社（一家国际新闻机构）

congratulations: n. 祝贺；恭喜

hand back: 递还

固定搭配：

age is just a number: 年龄只是一个数字

Don't let your age hold you back; age is just a number.

（不要让年龄成为你的障碍；年龄只是一个数字。）

tell (someone) that: 告诉（某人）...

He told me that he would be late.（他告诉我他会迟到。）

according to: 根据；按照

According to the weather forecast, it will rain tomorrow.（根据天气预报，明天会下雨。）

hand back: 递还

She handed back the book to the librarian.（她把书递还给了图书馆管理员。）



Hoffner lives in an assisted living facility in Chicago. That's where she got the idea for her extreme hobby.

霍夫纳住在芝加哥的一家辅助居住设施中。这就是她的极限爱好的灵感来源。

重点词汇:

extreme: adj. 极端的; 极限的

hobby: n. 爱好

固定搭配:

live in: 居住在

They live in a beautiful house by the lake. (他们住在湖边的一幢漂亮房子里。)

assisted living facility: 助养设施

The assisted living facility provides care for the elderly. (助养设施为老年人提供照料。)

get an idea for: 得到...的想法

She got the idea for her novel while traveling in Europe. (她在欧洲旅行时得到了写小说的灵感。)

extreme hobby: 极限爱好

His extreme hobby is mountain climbing. (他的极限爱好是攀登山峰。)

She told The New York Times that a friend of hers mentioned that he was going skydiving and that she told him, "I want to do that."

她告诉《纽约时报》，她的一个朋友提到他要去跳伞，她告诉他：“我也想尝试一下。”



 **重点词汇:**

mention: v. 提到; 提及

skydiving: n. 跳伞

 **固定搭配:**

tell (someone) that: 告诉 (某人) ...

He told me that he would be late. (他告诉我他会迟到。)

mention (something): 提到 (某事)

She mentioned her upcoming trip to Europe. (她提到了即将进行的欧洲之行。)

go skydiving: 去跳伞

They decided to go skydiving for their adventure vacation. (他们决定去跳伞度过冒险假期。)

“It’s fun, and it seemed so nice and peaceful, coming down with a parachute on top of you,” Hoffner said in an interview with CNBC. “You can see the whole countryside; it was so beautiful.”

霍夫纳在接受 CNBC 采访时表示：“这很有趣，这很有趣，感觉很宁静，带着降落伞从空中下来，你可以看到整个乡村；真的很美。”

 **重点词汇:**

peaceful: adj. 宁静的; 和平的

parachute: n. 降落伞

interview: n. 面试; 采访

CNBC: CNBC (美国全球商业新闻电视台)

whole: adj. 整个的; 全部的

countryside: n. 乡村; 农村

beautiful: adj. 美丽的



固定搭配:

have fun: 玩得开心; 有乐趣

We had a lot of fun at the amusement park. (我们在游乐园玩得很开心。)

so nice and peaceful: 如此愉快和宁静

The garden is so nice and peaceful; it's a great place to relax. (这个花园如此愉快和宁静, 是一个休闲的好地方。)

come down with: 从...降落

The helicopter came down with a loud noise. (直升机降落时发出巨大的噪音。)

see the whole: 看到整个...

From the mountaintop, you can see the whole city. (从山顶上, 你可以看到整个城市。)

Hoffner has submitted her application to Guinness World Records, which said it is awaiting evidence to review the record-breaking attempt. The review process typically takes 12 to 15 weeks.

霍夫纳已经提交了她的吉尼斯世界纪录申请, 吉尼斯表示正在等待证据以审查这项突破记录的尝试。审查过程通常需要 12 至 15 周的时间。

重点词汇:

submit: v. 提交

application: n. 申请

Guinness World Records: 吉尼斯世界纪录

evidence: n. 证据

review: v. 审查; 回顾

record-breaking: n. 打破记录

attempt: n. 尝试

process: n. 过程; 程序



typically: adv. 通常；典型地

 **固定搭配:**

submit (an) application: 提交申请

She submitted her application for the job yesterday.
(她昨天提交了求职申请。)

Guinness World Records: 吉尼斯世界纪录

He broke a Guinness World Record for the longest swim.
(他打破了吉尼斯世界纪录，游了最长的一次游泳。)

awaiting evidence: 等待证据

The investigation is still ongoing, and we are awaiting evidence.
(调查仍在进行中，我们正在等待证据。)

review process: 审查过程

The review process for this project took several weeks.
(这个项目的审查过程花了几周的时间。)

typically takes: 通常需要

The repair typically takes about two hours.
(修理通常需要大约两个小时。)

The previous world record holder, 103-year-old Rut Linnéa Ingegärd Larsson, set the tandem parachute record last year in Sweden. Larsson was born the same year as Hoffner: 1918. The oldest person to solo parachute jump is Maria Yegella, who set the record last year in Florida when she was 84 years old.

前吉尼斯世界纪录保持者是 103 岁的瑞典人鲁特·琳尼娅·英格嘉德·拉尔松 (Rut Linnéa Ingegärd Larsson)，她去年在瑞典创下了双人跳伞记录。拉尔松与霍夫纳同年出生：1918 年。最年长的单人跳伞的人是玛丽亚·叶杰拉 (Maria



Yegella))，她去年在佛罗里达创下了这项记录，当时她 84 岁。

重点词汇:

previous: adj. 先前的; 之前的

world record holder: 世界纪录保持者

tandem: adj. 联合的; 双人的

parachute: n. 降落伞

solo parachute jump: 单人跳伞

set the record: 打破纪录

固定搭配:

previous world record holder: 先前的世界纪录保持者

The previous world record holder for the marathon was from Kenya. (马拉松的先前世界纪录保持者来自肯尼亚。)

set the record: 打破纪录

He set the record for the fastest mile run. (他创造了最快一英里跑步的记录。)

Hoffner told the the AP the next adventure she has set her sights on is a hot-air balloon ride.

霍夫纳告诉美联社，她的下一个冒险目标是乘坐热气球。

重点词汇:

adventure: n. 冒险; 探险

set one's sights on: 瞄准; 把目光投向

hot-air balloon: 热气球

ride: n. 骑行; 乘坐

固定搭配:

have one's sights set on: 瞄准; 把目光投向

She has her sights set on a career in medicine. (她把目光投向了医学事业。)



hot-air balloon ride: 热气球乘坐

We took a hot-air balloon ride over the countryside.

(我们乘坐热气球飞越了乡村。)

