

奋力奔跑的喜悦

秋天的校园总是充满了生机和活力，每年的运动会更是大家最期待的时刻。操场上彩旗飘扬，学生们精神饱满，欢呼声、加油声此起彼伏。作为三年级的学生，我最喜欢的项目是接力赛，因为它不仅可以挑战速度，还可以体验团队合作的乐趣。

比赛开始前，我们班的同学们站在赛道旁，紧张而兴奋。大家互相加油，提醒彼此要稳住心态，全力以赴。轮到第一棒的同学冲出去时，我的心也跟着提到了嗓子眼，眼睛紧紧盯着赛道上的每一个动作。看到同学们奋力奔跑，我感受到一股热血沸腾的力量，忍不住大声喊着加油。

轮到我接棒时，我深吸一口气，握紧接力棒，全身的力量仿佛在一瞬间爆发。我冲刺起来，风吹在脸上，带来一种清爽的快感。耳边是同学们此起彼伏的加油声：“加油！加油！”每一句话都像是一股力量，让我更加拼尽全力。跑道上的每一步都让我感觉心跳加速，但我知道不能停下来，因为下一位队员正在等待我的交棒。

交棒的瞬间紧张而激动，我必须稳稳地把棒传给下一位同学，不能掉链子。手中的汗水和紧张感在这一刻都消散，只剩下对班级的责任感和奋力奔跑的决心。看到下一位同学顺利接棒，我的心里充满了成就感。我们班的每一位同学都在尽全力奔跑，互相鼓励，整个过程充满了热情与力量。

比赛结束后，我们班虽然没有获得第一名，但大家的笑容和欢呼声充满了整个操场。通过这次接力赛，我深刻体会到团结协作的重要性，也感受到了努力拼搏带来的快乐。这次运动会的经历让我明白，无论结果如何，只要全力以赴，享受奔跑的过程，就是最美好的回忆。

The Joy of Running with All Your Might

The autumn campus is always full of life and energy, and the annual sports day is the moment everyone looks forward to the most. Colorful flags flutter on the playground, students are full of spirit, and cheers and shouts fill the air. As a third grader, my favorite event is the relay race because it not only tests speed but also allows me to experience the joy of teamwork.

Before the race, our classmates stood by the track, both nervous and excited. We encouraged each other, reminding everyone to stay calm and give their all. When the first runner dashed off, my heart leapt into my throat, and my eyes followed every move on the track. Watching my classmates run with all their might filled me with a surge of energy, and I couldn't help shouting encouragement.

When it was my turn to take the baton, I took a deep breath and held it tightly. My strength seemed to explode in an instant. I sprinted forward, the wind hitting my face and bringing a refreshing sensation. The cheers of my classmates rang in my ears: "Come on! Keep going!" Each shout felt like a burst of power, pushing me to give my all. Every step on the track made my heart race, but I knew I couldn't stop

because the next runner was waiting for my baton.

The baton handoff was tense and exciting. I had to pass it steadily to the next teammate, without faltering. The sweat and nervousness in my hands disappeared, leaving only a sense of responsibility to my class and determination to run with all my strength. Seeing my teammate receive the baton smoothly filled me with a sense of achievement. Every classmate was giving their best, encouraging each other, and the entire process was full of passion and energy.

Although our class did not win first place, everyone's smiles and cheers filled the playground. This relay race taught me the importance of teamwork and the joy of giving your best effort. This experience showed me that regardless of the outcome, as long as you give your all and enjoy the race, it becomes the most beautiful memory.