

Being a hero or villain for charity
为了慈善成为一名英雄或恶棍

Last month, a Heroes and Villains Obstacle Course charity event was jointly organized by the Social Services Club and the Sports Club in Kowloon Park.

上个月，社会服务组织（Social Services Club）和体育俱乐部（Sports Club）在九龙公园（Kowloon Park）合办了一场英雄恶棍障碍赛慈善活动。

The race was held to raise funds for Homeless Help, a charity that benefits the homeless by providing them with shelter, clothing, food and vocational training so that they can find work.

这场比赛的目的是为无家可归者募捐，这是一个慈善机构，通过为无家可归者提供住所，衣服，食物和职业培训，使他们能够找到工作，从而使他们受益。

As the club's vice-president, I was invited to be one of the team captains.

作为组织的副主席，我被邀请成为一名队长。

The event was modelled after the insanely challenging obstacle course on a well-known television game show.

这项活动是仿照一个著名的电视游戏节目的疯狂障碍挑战赛而设计的。

As the course on the show is extremely challenging and almost impossible to complete, we had to greatly simplify ours for the event!

由于节目中的比赛极具挑战性，几乎不可能完成，我们不得不大大简化我们的比赛！

Members of the Sports Club provided us with much needed advice and support in designing our obstacles. 体育俱乐部的成员为我们设计障碍提供了建议和支持。

They also aided us in setting up everything at the venue and in making sure all contestants performed adequate warm-up exercises before competing on the still rather strenuous course.

他们还帮助我们准备好了场地上的一切，并确保所有参赛者在比赛之前进行了充分的热身运动。

Unlike the game show, contestants were required to dress up as either superheroes or villains.

与游戏节目不同，参赛者被要求装扮成超级英雄或恶棍。

They could participate either individually or in teams like on the game show.

他们既可以单独参加，也可以像比赛节目那样以团队形式参加。

However, there were additional stations where they had to solve a series of codes and mental puzzles to advance.

然而，比赛添加了中途站点，在那里，他们必须解决一系列的密码和智力难题才能继续前进。

These puzzles were added to level the playing field so that even those who were not athletic had a shot at winning.

这些谜题被添加到比赛里，这样即使是那些不擅长运动的人也有机会获胜。

On the day of the event, I was absolutely blown away by all the contestants' passion and dedication.

在比赛当天，我被所有参赛者的热情和奉献精神彻底震撼了。

I discovered that one contestant in the individual event had spent six whole months crafting his impressive Iron Man costume from scratch!

我发现在个人项目中有一位选手花了整整六个月的时间从头开始制作他那令人印象深刻的钢铁侠服装！

He did such an admirable job that I could swear he had just walked off a film set!

他干得如此出色，我敢说他刚从片场走下来！

He eventually won the prize for best homemade costume, even though parts of his costume broke off when he was completing the course.

他最终获得了最佳自制服装奖，尽管他完成比赛时部分服装脱落了。

It was heartbreaking to see how battered his costume had become by the time he reached the finishing line.

当他到达终点线时，看到自己的服装已变得如此破旧，真是令人心碎。

Yet being a true superhero, he just brushed it off and smiled widely at the cheering spectators.

然而，作为一个真正的超级英雄，他只是轻描淡写地对欢呼的观众微笑。

Meanwhile, Charity Chipper and Black Batter were chosen as the most creative original superhero and villain respectively.

同时，Charity Chipper 和 Black Batter 分别被选为最具创意的原创超级英雄和恶棍。

Next was the team challenge, club president Jennifer Lee was Volunteer Viper and commanded Team Villains, while I was Captain Care-Cat, the leader of Team Heroes.

接下来是团队挑战赛，组织的主席詹妮弗·李（Jennifer Lee）是 Volunteer Viper，指挥恶棍队，而我则是 Captain Care-Cat，英雄队的队长。

Scaling a rock wall then wriggling through a tight tire tunnel in a caped cat costume was no walk in the park since my cape kept getting caught on everything, yet it was so exhilarating!

爬上一堵石墙，然后穿着斗篷猫的服装在一条狭窄的轮胎隧道里蠕动，这可不是在公园里散步，因为我的斗篷总是被什么东西缠住，但它是如此令人兴奋！

I also screamed myself hoarse from yelling encouragement at my teammates.

我也因为对队友大声鼓励而尖叫到嘶哑。

It was a very close race with no clear winner till the very end!

这是一场势均力敌的比赛，直到最后都无法断定谁赢谁输！

The champion's trophy was eventually awarded to my team.

冠军奖杯最终颁给了我的队伍。

Go, Team Heroes!

加油，英雄们！

One of my teammates was Homeless Help director Ronnie Song, a former gymnast who had once represented Hong Kong in the Olympics.

我的一个队友是无家可归者救助主任 Ronnie Song，一位曾经代表香港参加奥运会的体操运动员。

He was dressed as his childhood hero, Spiderman, and was definitely a valuable asset to my team.

他打扮成他儿时的英雄蜘蛛侠，对我的团队来说绝对是一笔宝贵的财富。

We could not have won without him!

没有他我们不可能赢！

However, everyone was a winner and a hero because more than \$50,000 was raised!

然而，每个人都是赢家和英雄，因为一共筹集到了 5 万元！

Interested in participating in or contributing to our future events?

有兴趣参与或支持我们未来的活动？

Follow us on Twitter for the latest news!

在 Twitter 上关注我们的最新消息！

Unless we have your support, we will not be able to organize such enjoyable and fulfilling activities every

year!

除非有您的支持，否则我们将无法每年组织如此令人愉快和充实的活动！