

May/June 2013

Running for Life

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for a Race.

Learn the Correct
Track Diet.



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By: Sara Cooper

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LETTER FROM

Dear Readers,

I created this magazine to inspire new runners. Track is an amazingly awesome sport with not many people participating in it. Track is the best sport in every way. Training for track can be done many ways, running, walking, and even going from class to class can be seen as training. Even if you are not the fastest person in the world, track is still for you. You do not have to compete in track meets; you can just run for the fun of it. Shot-put and discus are also parts of track for strong athletes. In this magazine, I included articles that tell how to make track fun and improve your running abilities. Everyone should try track and the purpose of this magazine is to encourage people to do just that.

One of my favorite sports is track, which is why I published this magazine. I hope to be come a better runner in track and improve my time. Using some of the articles in this magazine, I will train harder to meet my goals. I also hope to be a strong runner, which can hold his own in any race. Another personal goal of mine is to finish eighth grade with good grades. Working hard in all of my classes, I want to achieve good grades and do my homework to be ready for high school.

In writing this magazine, I had a lot of good experiences. Making deals to sell or buy articles made it seem like I was making a real magazine for the whole world to read. Making the deadlines forced me to realize that just because someone says they will finish and article or ad for you by the deadline does not mean they will. After worrying that I may not make deadlines because someone did not give me their work, I learned to always have a back up. If I was only required to have one short story I would buy two to make sure I would have one by the time we needed it. After the first deadline, I learned that I should always ask

for articles to be done one deadline before I needed it. This gave me and the person I was buying from time to have the product to me on time even if they missed the deadline I asked them to have it by. Working on all these articles taught me to think like a real world magazine company, to do what ever I needed to have the magazine out on time.

I worked with a lot of my friends in this project and found a lot of excellent writers. Some times when I would ask at the last minute for an article to be done by the next day they would save me and have the articles done, only having one night to do it. I also found that most people would stick to their word and have what they made for me to me by the deadline. Some writers, however, would not have the product to me when they said they would and would slow me down. But when they did turn it in to me it was well done.

I struggled to have articles correctly written the first time. Writing grammatically correct is not my strong suit. I write an article for a person once and then give it to them to make corrections. Normally, they will give it back to me to make corrections two or three times. I write an article how ever many times I need to make sure it is perfect. Finding people to have articles and ads made for me was also a struggle. I had a hard time finding people to work for me because they had to be in track or know something about track. They also had to be sure they would give the article to me on time and if they did not I would remind them every day until it was done.

I was successful in many ways during this project. The deadlines were easy for me to meet and exceed. For the 5/5 deadline I turned in eleven articles and ads. By the end of the deadline I turned in eighteen articles and ads, three more than what is needed. I had no trouble making the deadline on my sales. Making sure the finished product was to my employers on

THE EDITOR

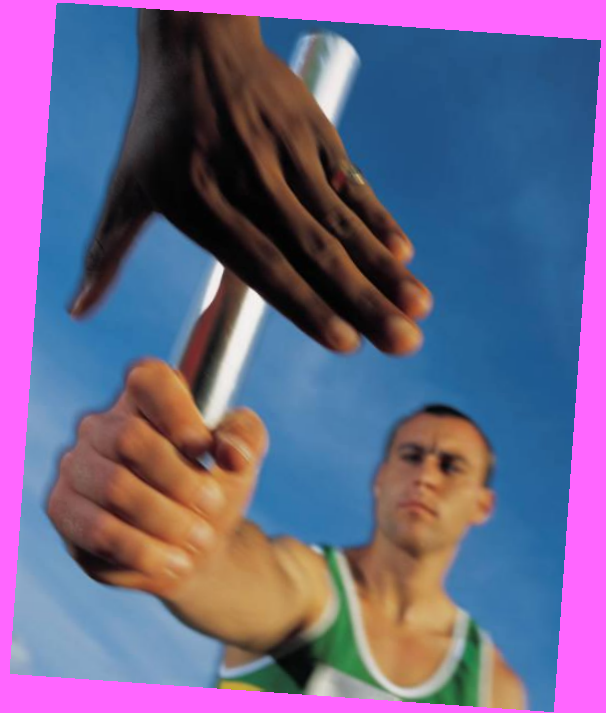
time was easy for me. I was never late giving a draft to someone or giving them a final. The financial aspect of this project was also successful and fun for me. I made sure that I kept track of my money and important documents.

My magazine includes many outstanding articles by Nathan Lichtufuss, Olivia Griesbach, and Whitney Baumen. Nathan's article is a non-fiction article on the correct track diet. It is based on his own experiences in watching his weight for wrestling. Olivia's article is about a new product called the Jagged Bolt Shoe. This shoe is specially designed to help improve your running performance. Whitney's article is about a track tragedy. A young girl, Kaila, runs track and during a relay race she falls and hurts herself. I hope you enjoyed reading my magazine, as much as I enjoyed publishing it.

Sincerely,



Jacob Ubl
Editor in Chief, *Running for Life*



LETTERS TO THE EDITOR

Dear Editor:

Your latest issue consisted of several stretching techniques that I was kind of weary about. I don't normally take athletic advice from magazines but I thought this time I would try it and see how it would work. I am really glad I did. In my last track meet I tried these stretches before my race and I felt better than I have ever felt before a race! Not only did I feel better before the race, but the day after I am usually sore from the meet, but I didn't feel sore at all. My muscles were so loose I got a best time. I am really happy with the quality advice that came from your magazine. I am defiantly going to recommend this to all my friends and teammates.

Sincerely,

Brittany Sager



Dear Editor:

I recently just bought a pair of the shoes advertised in your magazine. I very much enjoyed them! I was about ten times faster at my last track meet with the shoes. I even broke a few records with my Quick Split shoes I wore. The Quick Split shoes made all my friends and track team so jealous of how fast and stylish I looked. I just want to thank you for me being very popular today because of the shoes I wear! Thank you!

Thanks,
Blake Heimmermann

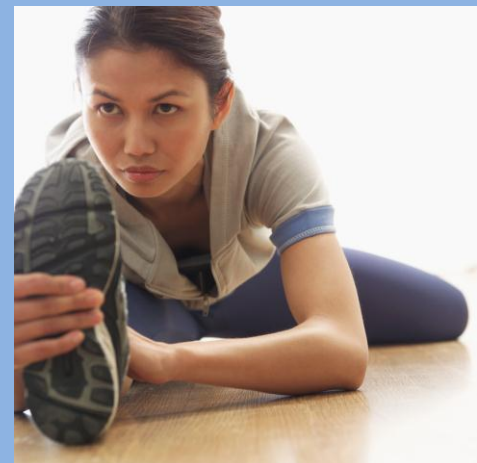
Hortonville, Wisconsin

Dear Editor:

I recently purchased a pair of "Rocket" shoes from your magazine. They made me go so fast that I tripped and fell. First of all, I was humiliated in front of the whole stadium! Secondly, I'm now out for the season due to two broken ribs, a sprained wrist, and two fractured ankles. Your magazine said they would make me run faster, not injure me! I am very disappointed with this product, and suggest you stop selling questionable items.

Sincerely,

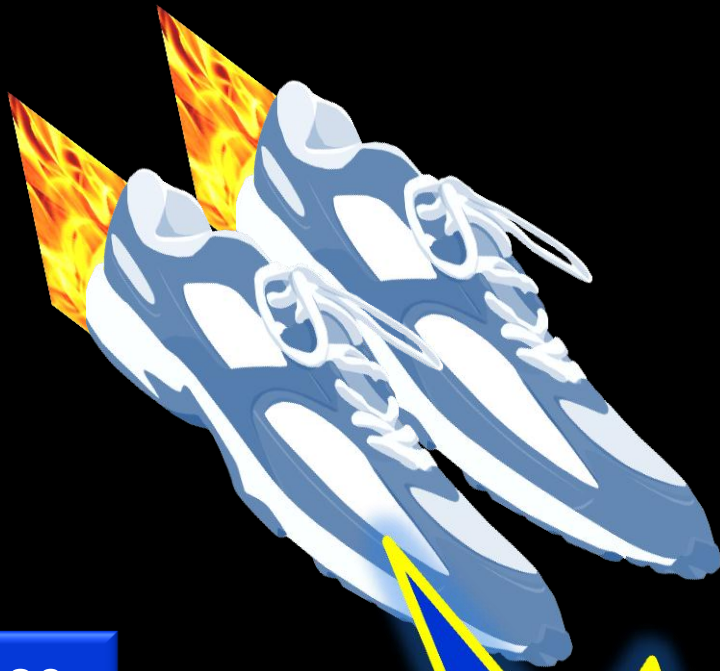
Lizzie Lohrer



Rocket Shoes

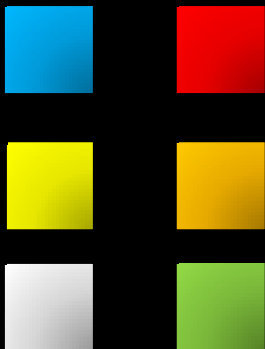
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By: Taylor Kalwitz

The Correct Track Diet

When competing with professionals in a 100 meter dash, or any race for that matter, the race is always close and any edge might earn you the gold. Athletes will always think of the obvious ways to prepare for a race like buying light shoes, stretching, and practicing like there is no tomorrow. But is there more you can do to prepare for a race? A healthy diet is essential in order to compete at your highest level.

A healthy diet consists of a balance of different foods. A professional or serious athlete, you are burning a great deal of calories and you need to replenish those calories. Not all calories are created equal. There are some types of calories known as empty calories. These come from foods that are high in un-natural sugars. These foods might give you an instant source of energy, but, in time, these foods will cause you to become lethargic and don't give your muscles the proper nutrition they need. Foods containing empty calories include sodas, many desserts, candy, and any food that is not naturally sweet. Although salt causes your body to retain water that the body needs, salty foods are very bad for the muscles as the body actually takes liquids away from them and stores it in your stomach. These are things that you should not eat, but what foods actually help you in preparation for an important race?

Any track star will tell you that drinking an abundance of water is a must. This allows your muscles to move freely without any cramps. Foods high in protein such as meat helps your muscles grow. Be weary though, because many meats are also high in salt. Saturated fats are a healthy type of fat that is found in nuts. Peanut butter and unsalted almonds are among some good sources of saturated fats. You can always eat special bars if you are not meeting a certain requirement in a food group such as fiber or

protein bars. If you are ever unsure of what you should eat, the food pyramid is always a great guideline to follow. Also, you can always change your diet as you figure out what fits you best. In summary, the three most important things to include in your diet include drinking plenty of water, eating a good amount of healthy calories, and eating plenty of protein. A healthy diet when preparing for a race makes a world of difference, and you will find yourself winning more races as a result of it.

By: Nathan Lichtfuss



Hortonville Sophomore Earns Scholarship

By Jacob Ahles

Earning the scholarship

On May third at Akin Field in Hortonville, Mathew Haas a sophomore from Hortonville High School, competed in three track events that were about to change his life. He ran the 200 meter, 400 meter relay, and the 800 meter relay. Sadly, Mathew had been in the hospital for the past two weeks due to a tragic car accident. This had made a lot of people doubt he could continue his outstanding track career. Since this was his first week back he was also going to be replaced on his two relay teams but Zoltan Wikis, but his replacement pulled a bad hamstring at the last minute. This gave Mathew his chance to shine, but he didn't know that John Lemón, a scouter from UW Madison, was watching as he crossed the finish line. That day he had finished first in every event and also broke all three school records, one of which hadn't been broken in thirty years.

After the meet, Mathew had been introduced to John Lemón who had heard of the rising track star. John Lemón remarked after the event, "At first I hadn't even heard about his injury and I was already impressed I'm sure this kid could go far. I can't wait to see more of him after he fully recovers." After hearing the news, Mathew had added, "I wasn't sure I would do so well, especially after this accident. I can't wait to get back into my normal practice and become better." Everyone is excited to see more from Mathew Haas. The Hortonville track team only has four more meets. So, if you're

planning on seeing them come now (more information at www.hasd.org).

Life Outside of Track

This scholarship didn't just come from track. Mathew is a great all around student. He has participated in the Hortonville School's jazz band since seventh grade and succeeds in several advanced classes. He has been an excellent role model for everyone and is an outstanding representative for the Hortonville Area School District. When we interviewed him we discovered that he averages in the ninety eighth percent in Math and ninety fifth percentile for science. This student obviously deserves this scholarship. He has worked hard to get where he is and is an outstanding athlete. But this student is only starting some say. Most people who know Mathew know he can accomplish more; he is only starting. Zoltan Wikis, who has also been a good friend of Mathew since second grade, remarked, "Ever since I first met him he has always been a hard worker and is extremely reliable. He is one of the most trustworthy and responsible people I have ever known."

What's next?

So what is next for this track star? He says he plans on accepting the scholarship and plans on adding to his reputation. Starting out this day people were doubting his abilities but now they can't wait to see what is next. He still has another four meets to go and is expected to only get better. His next track meet is in Shawano but he is expected to only participate in two events. Mathew is a sight to see so I would recommend coming

and supporting this local legend. He has been a great representative of this community. So, come see what is next for Mathew.

More about Mathew

- He plays drums and is first chair in the school's jazz band.
- He is a boy scout and is on his way to eagle.
- He started track in middle school as a seventh grader. Even then he started breaking school records.
- He plans on taking on a carrier path as an engineer



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The Race

By: Brooke Pernsteiner

Never have I felt so much anticipation, desperation, and exhilaration in one day than at the Valley Conference track meet during my freshman year of high school.

Stepping onto the premises of Stevensville High School, I was joined by four-dozen other athletes in old overused blue and white uniforms ready for the first track meet of the season. I was running the hundred-meter dash, and the four hundred meter relay that day, and I was pretty overwhelmed. I had always been fantastic at the hundred, but this would be my first time running at the high school level. Plus, my team had only a decent chance of winning this meet, so we needed all the points we could get.

Warm ups passed us almost like a dream. We ran a couple times around the track, stretched for about ten minutes, and then Coach Riley called us over for a quick motivating discussion. I stood at the back of the crowd craning my neck trying to see over the many people who were taller than me.

“Alright everyone, this could be a tough one. We need everyone to put in their best effort and go as hard as they can to take us to a win. There are some tough schools here, but I know we can do it.” Coach said.

He went on like this for a while, but the biggest member on the team Michael Brown stepped in front of me and I lost track of the conversation trying to find somewhere else to look.

Afterwards, everyone split in separate directions, The hurdlers left to warm up, and the jumpers went to get their steps down. I joined the three other members of my relay to team to practice our handoffs, which had always been a struggle for me. I was liable to occasionally drop the baton.

The members of my relay team were all older than me and pretty much thought I was

unreliable and in general resented my presence though they never said it. We practiced a couple hand offs. I was terrible. By this point I was so nervous about actually running I was over focusing. Over thinking, then almost forgetting to run as the baton was handed to me. Being last leg made it even worse. Matthew Tate, the blonde wiry sophomore, was running the third leg of the race, was getting more frustrated at every bad handoff made. The other two guys Josh and Ray were standing off to the side passively watching Matt’s desperate attempts to make me better. I knew it was no use they’d been trying for a week. At long last just after the announcer called the hundred-meter dash, Matt threw up his hands.

“I’m done. We’ll just take this as it comes,” he said storming off to stand by Ray.

I left to run the hundred. The results were tolerable, I took probably third overall. Our team as a whole however, was not performing as well as coach had hoped. The loudspeaker system came on to announce the current status of the teams. We were second to Stevensville by only a few points.

I waited around for a time, keeping warm and watching some of the other races until they called the four hundred meter relay. I headed over to the bullpen with my team and checked in. I was reaching a state of calm and balance in anticipation of the run. A few minutes later, I walked to my position in lane one, one hundred meters from the finish line. I got ready as I heard the gun fire, and so the race started.

Ray started off, his huge stride carrying him quickly up the track into third place. He passed the baton to Josh who passed it to Matt.

Matt was coming around the corner neck in neck with a guy wearing Stevensville orange. My arm was up and I was ready to receive the handoff, I took a deep breath. I heard Matt coming and started running.

Suddenly the baton was in my hand and I was full out sprinting, my legs pumping, my arms racing, and my hair blowing back from across my face, running as fast as I could without falling. I was pulling ahead! A few seconds later, I dashed across the finish line a full second ahead of the Stevensville relay team. Despite all the nervousness and panic, when placed on the spot, all of the training and practice had prepared me for that moment of glory.

We had won that battle for our team, but there was more to come. Several events later our team had scored enough points to pull ahead of Stevensville and win the meet.



Prepare Yourself to Race

By: Megan Bonikowske

Preparing for a track meet the correct way can take a week, and sometimes even lengthy months. It takes a lot of hard practice and self-control with the amount you intake and how often you exercise. The first couple weeks is usually started by light running, depending on which races you will be partaking in. Then, your running gets more intense and starts speeding up. You will need to keep a steady diet, run daily, and go to meets mentally prepared.

A main part of running is keeping a healthy lifestyle and diet. Staying hydrated is super important in this process. To tell if you are staying hydrated, try the hydration test. Start by squeezing your pointer finger; normally, your squeezed finger will turn from white to red in a short and quick period of time. But, if your fingers take longer than a second to change that means that you are dehydrated. Dehydration can even lead to dizziness and fainting. When you eat, consider everything that goes into your mouth. Vegetables and fruits are to be eaten in large proportions and to be eaten frequently. Make sure you eat a good balance of proteins, grains, fruits, vegetables, and dairy products. Not only do you need to worry about what goes in your mouth, but you have to consider all of the healthy food that is not going into your digestive system. All fats, oils, and sugars should be avoided when you start track season. Unhealthy foods cause you to be sleepier and more depressed. Just make sure you are not being a couch potato, eating an enormous amount of food.

Running is the key to all of your practice. You need to run every day, and be very active. To be physically prepared calls for strength workouts, abdominal workouts, leg workouts, and especially running workouts. You can start by running just a

mile a day but once you get used to the mile, you should start running from two to four miles every single day. A fun way to exercise and have fun is to listen to music at the same time. Most workout and sporting goods stores have running bands in which you can slip in your music device and have it right around your arm! Another non-boring way to run is to jog with friends. Although, it is more complicated to run while talking, company can keep you more motivated and will make the run seem less boring. Exercising should be made fun, not like a chore.

Days before the track meet drink loads of water and get lots of sleep. Also, remember to avoid an excessive workout the day before or else your muscles may be tense and extremely sore. Prepping for a meet includes setting up your starting blocks and practicing your starts over and over. Another easy way to make you are pumped up is to eat something with an excessive amount of sugar, but is also healthy. Some examples of sugary foods include: berries, bananas, and apples. Do not eat or drink candy, soda, energy drinks, energy shots, or desserts before a competition. These items give you artificial energy which ends up slowing you down in the long run. Only use items that are healthy to your body and that will benefit you.

Always make sure that you are mentally prepared at the beginning of a race. Think to yourself about pumping your arms and pacing yourself, if you are doing long distance. Another big tip is to always be warmed up, temperature wise and activity wise. If it is cold out make sure your body is warm and away from the cold; just be sure that you are not too hot. Run a couple of laps around the track and make sure you stretch your muscles so that you do not pull anything. But, the important things right before a meet is to stretch your muscles, drink a lot of water, eat healthy food, stay

warm, and know what you are going to do at the sound of the gun. Do not forget to also try your hardest and pump those arms! Follow these tips and your track meet will be a breeze. After that, you just have to sit and wait for all of those medals you will receive!



Spot The Difference

How many differences can you find?



There are
7 differences.

By: Faith Behnke

1. heel 2. laces (2x) 3. circle 4. color of stripe (2x) 5. top of shoe

New Track Race!

By: Claire Van Beek

New Race

Recently in track, coaches and runners have been complaining on how boring the track meets have become because they have had the same events for about twenty years now. I had the opportunity to interview track expert Lucy Lahn. Lucy has a few suggestions about adding some new things to the track meets. She wants to add a three hundred meter dash. Because she thinks the two hundred meter is too short and the four hundred meter is too long so she thinks the perfect race would be to add a one hundred meters to the two hundred and call it a three hundred. "The three hundred meter is the perfect race for sprinters. Almost all sprinters think the four hundred is a little long, so I thought taking a hundred off would make it a little shorter and easier to run," declared Lucy Lahn in an interview with *Track Stars Today*.

Lucy Lahn

You might be wondering who Lucy Lahn is. Lucy is an all time champion in track. She started running in sixth grade when her parents realized that she was an amazing runner. She would always go on runs with her dad or mom and always beg to keep running when her parents wanted to stop. She joined the track and cross country team as soon as she was allowed to and was breaking records all the time and winning almost every race she was in. She was amazing! When she was a freshman in high school she went to state in the mile relay, mile run, and two hundred meter sprint. She took first in the mile relay and run and second in the two hundred meter sprint! She went to state the next three years and continued to take first. When she got a full scholarship to almost every school for running, that's when she decided to try to go to the Olympics. She got accepted in and

ended up taking second in the mile run! She has been in lots of magazines and to lots of schools to give them tips on running.

Vertical Jump

Lucy also talked to the magazine *Track Stars Today* about adding another field event. Since there are already four field events and lots of people are always waiting around for their field events she decided to add another field event. Lucy invented the new field event called the vertical jump. Instead of seeing how far vertically someone can jump it will be how high they can jump. It is kind of like the high jump but instead of jumping over the bar you get a running start and jump straight up. It is set up almost exactly like pole vault except a few things are changed. One is, you don't have a pole. Two, the pole is lowered. And three, you hit the pole with your fingers. It will be determined if you were able to hit the bar by everyone puts chalk on their hands and the pole is black so when they hit the pole their finger prints will appear on the pole. So how you do the vertical jump is you start in between two lines like pole vault and long and triple jump and you run towards the bar when you get to the bar you jump and try to hit the pole and will land on the mat right behind it. If you hit the pole you will wait for everyone else in that round to hit the pole at that height and it will get raised until no one can hit that height. But, if you miss the pole you get one more try and then you are out. You get two tries to hit the pole at each height. Also, everyone might start running at a different spot, it depends how big or small your strides are. The starting height is three feet nine inches.

New Track Meet

Lucy also had another great idea to add to a track meet to make is less boring. Every year, on April 25th and May 3rd there will be a track meet. No matter what day of the week it is. What is so special about having a track meet on those days? Well,

only on those two days the track meets will be ran opposite. The track meets will start out with the last events and the runners will run the opposite way, so instead of running counter clock wise they will be running clock wise. This way the track meet will be changed up a little and all the runners who are usually at the track meet really late will now be able to leave earlier.



The Jagged Bolt Track Shoe

By: Olivia Griesbach

Have you ever wanted to own a shoe that made running easy and comfortable? Well, you got your wish! The newest track shoe brand, "The Jagged Bolt," is entirely amazing! It forms perfectly around any size foot. The Jagged Bolt is light weight and completely flexible. I can promise you, that you will not be disappointed with your purchase of this shoe.

The Jagged Bolt is no ordinary shoe. The first time you use it, you will feel like the fastest person on earth. Not only does this shoe improve your speed, but it also improves your jumping ability. I can guarantee you that your running performance and jumping abilities will improve, while wearing The Jagged Bolt.

The best use for the Jagged Bolt is for short distance races, or speed. The Jagged Bolt is the most high quality gripped shoe available. The Jagged Bolt can handle any type of track including asphalt, black top, or any other kinds. If you are participating in any of the jumping events, this shoe will increase your distance by at least an inch. Everyone will want to know where you got this product.

This high tech track shoe even has built in heaters and coolers! They can sense when your feet are hot or cold, and will automatically turn on the hot or cold air. If you do not like this system, there is a small button on the bottom of the shoe, which you can simply switch off.

Not only is The Jagged Bolt flexible and comfortable, but it also has memory foam inside of it. No matter how weird your foot is shaped, The Jagged Bolt will form into the shape of your foot. The memory foam creates a comfortable mattress for your foot to snuggle upon. Not only is your foot comfortable, but your toes will be too. The Jagged Bolt has built in padding around the

toe area, which will help your toes remain blister free! Say goodbye to blisters!

The Jagged Bolt is lace free. That means, not worrying about your shoes coming un-tied while running! So, instead of laces, The Jagged Bolt has a stretchy interior, to match the size of your ankle and comfortably fit around it.

The Jagged Bolt can be ordered online or purchased at your local Dick's Sporting Goods. Retail sales are only available at Dick's Sporting Goods. The prices depend on the size shoe you wear. The range of price is from \$62.00 to \$100.00. If you buy a pair you will receive ten dollars off of your next purchase of any shoe or accessory. Also, when you buy 2 or more pairs of The Jagged Bolt, you will receive 25% off the second pair.

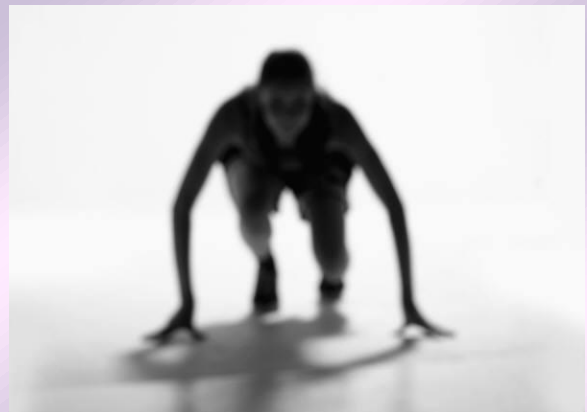
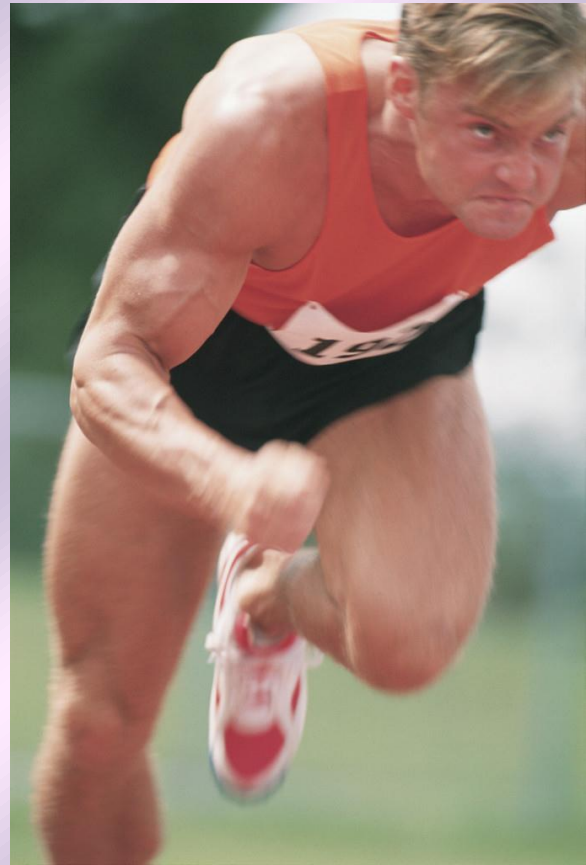
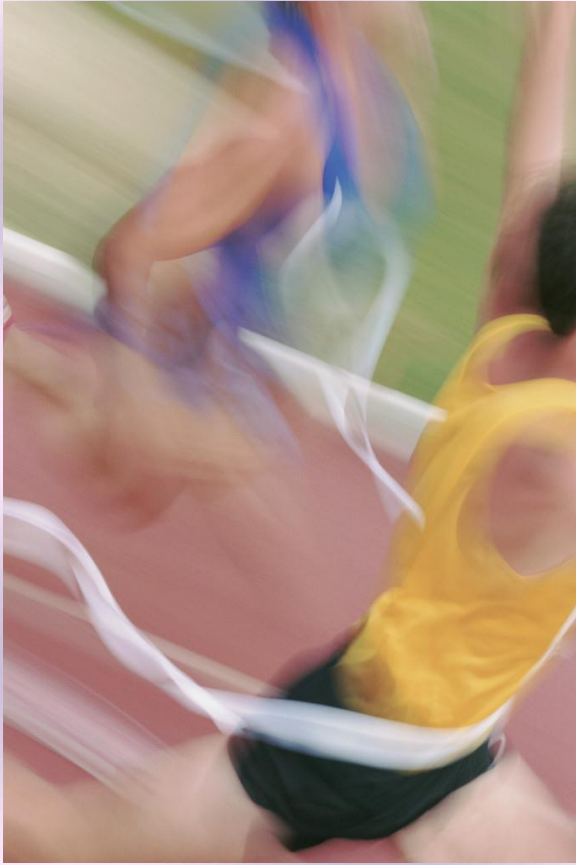
Another amazing thing about The Jagged Bolt it that you can order it as an ankle high shoe, which will help protect your ankle from future injuries or sprains. It will substitute for wearing an ankle brace.

Once you buy your very own pair, you will get jealous glances from everyone! Everybody wants these in style, sleek looking hot rods. The Jagged Bolt is for both genders to wear and enjoy. The Jagged Bolt is the newest style that will soon be worn on everyone.

The Jagged Bolt comes in all different colors to suit you. Also, on the side of the shoe, there is a striking lightning bolt logo. You can even customize your own Jagged Bolt shoe if you visit the website, www.jaggedbolt/track/shoe/customize.com. You can add different colors and letters if you customize your own shoe! The Jagged Bolt comes in sizes 5,6,7,7 ½, 8, 8 ½, 9, and 10. If you do not see your size listed here, please order off our website or call us at 887-534-4488.

The Jagged Bolt has an over the top rating! It has a perfect 10/10 rate! Both boys and girls have had positive experiences

using this extraordinary shoe! Oh, and did I mention, famous Olympic track stars have already bought The Jagged Bolt. This shoe is spreading worldwide at a fast and steady pace. Now is the time to buy your own pair before other people beat you to it!



The Track Tragedy

By: Whitney Baumann

On a chilly May morning, in the town of Sevensene, fourteen year old Kaila was preparing herself for her biggest track meet of the year. Kaila was short for her age at 5'1 feet tall, but she was very fast. She had broken five of her schools records and had easily qualified for the state competition later that day. Kaila was extremely nervous. There were going to be many talented athletes there and she really wanted to win.

Kaila was going to be participating in three events that day. She would run in two relays and one 200 meter dash. Kaila would have an hour and a half break between each race. Her coach advised her that she should eat light and keep moving because it was a chilly day. Kaila told her coach that she would, and that she would also keep track of the time so that she would have time to stretch out before her race.

Later in the day, ten minutes before Kaila's meet she met up with one of her relay team so that they could stretch together. When it was time, Kaila went to her spot and waited. She was the last person for the relay and was waiting in anticipation. Finally she saw her teammate coming closer she started to walk in the handoff zone and then BAM! The baton was in her hand and she was off. She started sprinting as fast as she could. She looked like a cheetah zooming down the track. Afterwards, Kaila found out that her relay team had broken the state record by over five seconds! Nothing like beating a record to get up pumped up for the rest of the day thought Kaila. A little while later Kaila's coach came by and said, "Great job in the race Kaila, and you looked faster than you usually do, so make sure that you stretch out your legs more than usual." Kaila said, "Thank you" and that she would follow his advice. But Kaila had a nagging

feeling that something unpredictable was going to happen today.

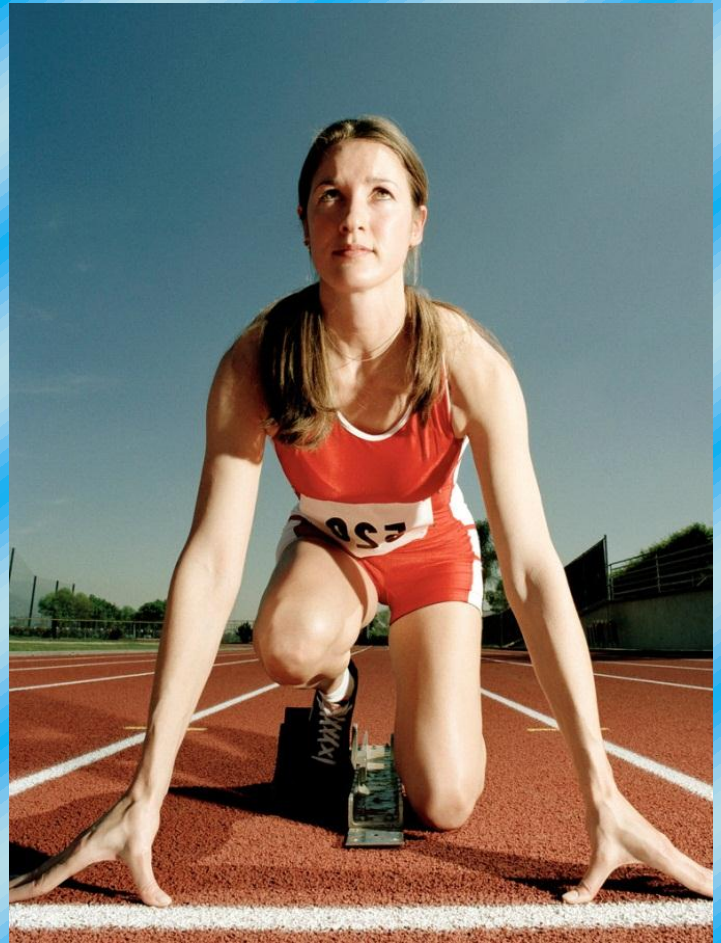
Kaila and her teammates hung out for a while until Kaila had to go get ready for her 200 meter dash. This was her favorite event of them all and she wanted to do well. Kaila did as her coach instructed and stretched out her hamstrings and quads. She did a quick jog and then it was time for her to begin her dash. She was very nervous. And then, a shot rang out and she sprinted. She felt as though she was gliding. She felt herself getting tired, but she told herself to keep going. Finally she crossed the finish line, well ahead of the other runners. After the race, her coach came by and said, "Kaila, you are doing phenomenal today! You just beat your old record by two seconds, keep up the good work!" Kaila was stunned. All though she had broken her old record, Kaila felt a sharp pain in her leg whenever she walked now. She told herself that it would go away in a little while and that she would be fine.

The rest of the day went by quickly, Kaila ate very little so that she didn't get sick and she tried to keep warm as much as possible, but with the pain in her leg it was difficult to stretch.

Finally it was time for Kaila's final race of the day. She met up with her teammates and told them how happy she was to be racing with them and she hoped they would take first in this race. Surprisingly Kaila wasn't afraid. She was kind of excited. Kaila went to her position and again, waited for her teammate. The pain in her leg was getting worse, but she told herself she would deal with it later and then she remembered she didn't stretch! All of sudden her teammate was almost behind her! She quickly scrambled and took off towards the finish line. She felt slower and knew that the pain in her leg was slowing her down. She looked up, only a couple more feet she thought to herself. And then

the unthinkable happened. She pulled a muscle! She started falling and tried to brace herself for the impact. She tried to tuck herself into a ball so that she wouldn't scrape her legs. Everyone in the stands gasped in horror. And then surprisingly, they started cheering. Kaila looked down and saw that she had rolled over the finish line! They had won the relay race! Everyone was cheering and she was carried off the track.

Kaila was the only girl in the state competitions who won all the races she qualified for. And she won the most athletic award for her superb skill and for her strength after she pulled a muscle. Many people will look up to her in the future and she will be an inspiration for many track athletes in the future.

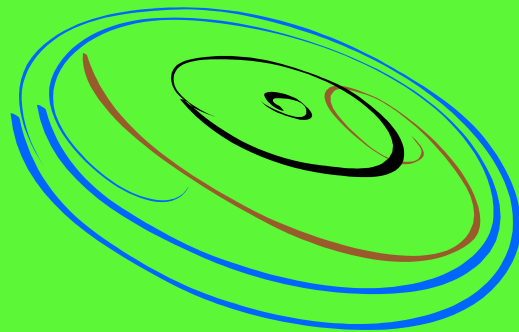


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By: Canyon Hughes

New Track Surface

By: Bethany Jennerjohn

Does running make your feet hurt? For the people who participate in track, you all know that what your feet are landing on is not always the most comfortable especially when you're not wearing shoes. This is particularly true for the people who run long distance. Running long distance on a poor surface isn't worth it. Nowadays, not all tracks are made of the same material. A new substance has become available.

Bubbles have been known to comfort bodies in a way that no other material can. Bubbles can be used for fun in the summer or even bedding. With new technology, scientists have discovered using bubbles as a track surface provides more comfort for the runner's feet, as well as their whole body in general.

The special bubble material consists of regular soap bubbles, but it has the strength of steel. So the surface will never pop. The comfort level of this surface has the texture of marshmallows; they will never hurt your feet. No matter if you're attempting to break you record, or watching the homecoming football game, you could go bare foot in any situation.

Another advantage to this spectacular surface is that if you ever happen to fall, you would never break one single bone in your body in a million years. Because of the marshmallow like texture, the bubbles support your body weight and act like a cushion to break your fall.

Multiple high school track coaches around the nation have said the new track surface is the hottest sports item around. "With the safety features this, item includes, nothing can beat it. Now all the runners have the relief of knowing that even if they trip and fall, they will never be badly hurt," states the high school Track and Field coach from Oshkosh, Wisconsin. Another coach

from Bay Port High School in Green Bay, Wisconsin states, "My long distance runners complain once in a while because of how rough the surface was on their ankles and feet. Now with most schools having this track surface, there is no need to worry. They can keep running the whole distance without a care."

As a result, the new bubble track surface has been proven to assist with the helping of comfort while running and providing more safety while competing. For more information, please visit www.bubbletrack.org. Give it a try; we are confident you'll agree that this is the best surface you'll ever run on.



Sudoku

9	3					1	5	7
6		5						
		4			7			8
		6		2				
5							8	
1		2		8				9
			3	4				6
					1	2	7	3
	2	1						

The answers will be in the next issue.



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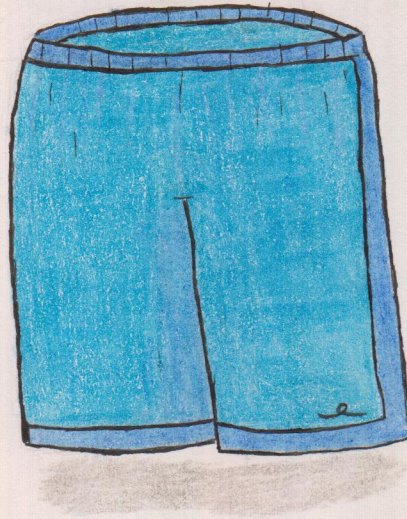
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