

The Running Magazine



By Aletheia Bigelow

Running
Adrenaline pumping
Crowd cheering
Incline starting
Never ending pain
Gold medal at last



Racing Weather

A Haiku By: Aletheia Bigelow

Running through the trees
Wind whipping leaves crackling
Big balloons in the sky



The Girl From the Run

A Limerick By: Aletheia Bigelow

There once was a girl from the run
Who tripped once she heard the gun
She fell on her face
Much to her disgrace
Oh that poor, poor girl from the run



An Average Girl with some Not-so-Average Speed

A Astounding Article By: Aletheia Bigelow

The crowd watched in awe as little 11 year old Gianna Rahmer tore her way down the home stretch of her cross-country race. She ran with such confidence and a surprisingly long stride for her size. She was almost there--straight towards the finish. Would she be able to do it?

Earlier in the day we had a chance to speak to Gianna. She was very excited to get back to running after the long quarantine, but even though she was very excited she was still nervous. She said that she has found the best way to deal with nerves is to listen to music.

Then it was time for her race. They started off. The crowd was screaming and cheering, and some people were running down to the course to cheer for the runners. There was a rival of Gianna's close on her heels. Until the last quarter mile, they were neck and neck. This though was Gianna's home course, and she knew where to push. There was giant hill right at the end of the course, and once they got to it, Gianna just took off. She tore away from the other girl. When she finished the other girl was still over a 100 meters from the finish.

Gianna won first place with a time of 13:48 for a 3k(1.9 miles). It was incredible. Then in December Gianna went to the USATF National Junior Olympic Cross-Country Championships. She placed sixth with a mind boggling time of 12:00 exactly. Gianna's advice to new runners is to try really hard and never give up. Well I know we all hope she never gives up because we would love to see her in the Olympics one day.



Picture of Gianna with sister

Picture of Gianna with teammates

Trying to fit in when you were born to stand out

A Short Story By: Aletheia Bigelow

The boy walked up the hill to the track. He spotted a group of boys around his age. "Hi" he said. "My name is Robert today is my first day." "How long have you been running". The boys looked at him like he was a piece of gum they had found on the bottom of their shoe, and they didn't say a word just went back to their conversation.

The track coach walked him and said "you're Robert right"? "I am coach John". "Yes I am Robert" said Robert. "Great said coach John do you want to be a distance runner or a sprinter". "Those are the distance runners" he said gesturing towards a group of kids who smiled and waved at him, "and those are the sprinters" he said pointing to the group of boys he had talked to. The sprinters looked so cool with shiny shoes, and new clothes. The distance runners though looked very weird with crazy bows, and weird socks. Robert wanted to be hanging around cool people, and not weirdos. What would his friends at school think about him? "I would like to be a sprinter he replied".

Robert had been running for a few weeks now unfortunately he had not made any progress with becoming friends with the other sprinters. It was now time for their monthly time trial. Robert was nervous but luckily for him the distance runners were going first. All the distance runners would be running the 800m. "What nerds" said David one of the sprinters. "Yeah" laughed Robert uncomfortably "they are so weird".

Then the distance runners were about to start coach John said "go" ,and

they were off. Not ten steps into the race one of the distance runners a girl named Ally fell flat on her face. David was laughing so hard "what a loser" he gasped into between fits of laughter. David didn't think it was all that funny but he laughed anyway. "Wasn't that hilarious" said David. "Yeah" said Robert "who trips right at the start of their race like that". "You know" said David "you just get my sense of humor". "Do you want to come over to my house after practice". "Sure" said Robert it was the invitation he had been looking for this whole time, but now that the invitation was here it didn't quite feel right. He pushed it down and decided just to go with it.

Robert had been working and training hard everyday and then after practice he would go over to Davids house. It was finally time for the first meet of the season. Robert was so excited. They had just finished all the 400m's finally. He had not realized how long the 400m's would take, But luckily because of that he had enough time to warm up for his 100m.

He checked in and walked up to the start line. The crowd was cheering like crazy. The starter said "on your marks". He jumped a few times then got into the blocks. He could feel the heat radiating off the track, pulsing through his veins. The starter said "set", he rose up in his blocks. Then the starter said "go" and he took off. He took one step, two steps then his foot caught on a loose part of the track and he toppled down,down,down hard onto the ground with a splat. He could hear the crowd it sounded like they were laughing at him. He just managed to pick himself up and hobble to the finish line in last place.

David walked up to him after the race "dude what happened" he said. "You looked like Ally falling like that". "I don't know if we can be friends after you did something so stupid". "I have a reputation to hold up, but you know what I will give you one last chance". "Well" shot back Robert "maybe I don't want to be friends with someone who thinks people are stupid for just tripping", and he walked away leaving David standing there looking with his mouth hanging open.

Robert then walked up to Ally. "Sorry for laughing at you when you tripped" he said. "It was a rude thing to do".

"I understand if you don't want to have anything to do with me but I would love it if we could maybe be friends". "Of course" said Ally "I would love to be friends", and they walked off talking together.

Advice column

Q:

Dear Martha,

I have been thinking about starting running, because my friend says it reduces stress is this true?

A:

Dear Reader,

After you run endocannabinoids are released into your bloodstream and to your brain giving you a short term feeling of reduced stress or calm. For me though running tends not to calm me down, so you will have to figure out what works for you.



Daisy and the hurdles

A Short Story By: Aletheia Bigelow

There once was a girl named daisy. She had been running track for three years and now she was eleven, finally old enough to do hurdles. Her mom had done hurdles in the Olympics and was excited to pass down the tradition to her daughter. Daisy and her mom were driving to the first practice of the new season "So" said daisy's mom "you are finally old enough to do hurdles make sure you go up to coach smith and tell her you want to do hurdles she was my hurdle coach and she will be yours to". "OK" said daisy trying to sound excited she really didn't want to do hurdles it seemed so scary running at a giant obstacle and just hoping you would be able to jump over it. She wanted to make her mom happy though so she decided to give it a try. I'm sure it wouldn't be so bad she thought I just need to practice, but the truth is

no matter how hard she tried to convince yourself that it would be fine and she would be good at it. She couldn't convince herself. Then they arrived at the track. Daisy saw her friends Bella and Lydia. She also saw hurdles already set up on the track. "hurry up and go said daisy's mom what is taking so long. Daisy gripped her water bottle and started walking to the track.

She waved at Bella and Lydia. "Hi" said daisy. What events are you thinking you'll do this year asked Bella. "I want to do long jump". I want to get better at the 400m said Lydia. My mom is making me do hurdles because I'm finally old enough to she said. "I'm sure you'll be great at hurdles" said Lydia "I mean your mom was". "I will be terrible at hurdles" said daisy "remember how bad I was at long jump". They all shuddered at the thought. Daisy had tried long jump last year. She had jumped such a short distance she didn't even make it into the pit. "My knees still hurt from that"she said. "Maybe this will be different" Lydia said cheerily. "Lydia stop you're not helping" said Bella "why can't you just tell your mom you don't want to do hurdles". "I should try it at least" said daisy "it never hurts to try". "unless it's long jump" said Bella. They all laughed.

Daisy walked up to coach smith the hurdles couch "hi" said daisy "I'm here for hurdles". "run one lap and come back here" barked the couch. "Run a lap around where"? asked daisy. "The track dingbat" yelled the couch "OK" said daisy and started running around the track. "Now" said the couch "we are going to start hurdling". "You will be hurdling the shortest hurdle witch is 30inches" said the couch. "OK" said daisy sounding very afraid "I will try". The couch set the hurdle up. Daisy ran at it preparing to jump "what was that said the couch". "you were supposed to jump". "It's to high" said daisy. "That's the shortest the hurdles go" said the exasperated couch "let's just be done for the day we'll try again on Wednesday". Daisy trudged back to the car. "how are the hurdles going" daisy's mom asked "great" daisy lied "that's great" said her mom "i knew you would carry our family's honer" on.

Many more practices went by and daisy still couldn't make the jump she was just to scared. She was scheduled to do the hurdles in the meet though. Then it was the day of the meet and daisy had to do the hurdles "you just got to jump" said coach smith. She nodded and then took her place in the blocks "set" said the starter and then the gun fired daisy took off in a burst of speed the first hurdle was getting close she jumped and fell on top of the hurdle she crashed to the ground she felt a piercing pain in her ankle and then everything

went black when she came to it she was in the hospital and she saw her mom standing over her "what happened" said her mom "I thought you said you were doing well in hurdles

" daisy started to cry "whats wrong" said her mom "I'm so bad at hurdles I was never even wanted to do them do begin with" she said "its my fault said her mom I pushed you into doing hurdles without taking into consideration what you wanted to do you can do what ever events you want" said her mom "thanks" said daisy.