



LRC 2009 XC End of Season Celebration

Friday, January 29, 2009

Running Puzzles**

1. Running/LRC XC Trivia

- a. Men's winner of the 2009 New York City Marathon? **MEB**
- b. Type of core workout? **SUPERMAN**
- c. Location of first Olympic Marathon? **GREECE**
- d. New, addition to LRC XC cheer? **SHAZAM**
- e. Holds U.S. boys high school mile record? **ALAN WEBB**
- f. LRC XC team mascot? **SCORCH**
- g. What you should do after you race? **COOL DOWN**
- h. 1.86 mile XC race? **3K**
- i. Coach Darcy's favorite sport? **CROSS COUNTRY**
- j. Post work-out drink? **CHOCOLATE MILK**

2. Word Scramble

- k. WTNOEKPM: **KEMPTOWN**
- l. KINE: **NIKE**
- m. ELIBEV: **BELIEVE**
- n. ITSRPN: **SPRINT**
- o. EROC: **CORE**
- p. AZAHMS: **SHAZAM**
- q. EDSEP: **SPEED**
- r. ERBRIRA: **BARRIER**
- s. BRTAIB: **RABBIT**
- t. IWN: **WIN**