

I'm ready to run

by Lindsey Parsons

"My legs are cramping," groaned one runner.

"Here we go again," sighed another.

"I'm gonna die," someone else cried.

These are just a few of the things heard as dedicated members of the track team practice on a warm day in March.

We've all heard football players, basketball players, and other sport participants talk about how tough their practices are--you know, running until you throw up. And I'm sure they are, but what if your main purpose at practice is to run? How often do you hear a member of this team complain about their coach making them run laps?

Sure they run because they like to, but it's a tough job being on the track team. How do I know that? I'm not a member, but I did observe the team and I'm here to say that I have a whole new respect for them. I'm not sure enough people know just how hard they really do work.

How hard can it be to go to practice and run around the track a few times?

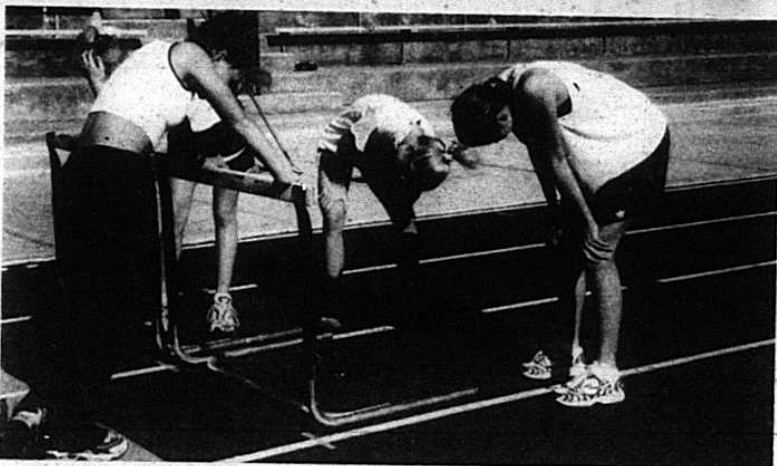
Well, in the hour and a half I was there, they ran enough to make me tired just watching, and they perfected their form with even more exercises, too.

"Sometimes you have to sacrifice fun to be good, I guess," commented Coach Mark Brumett, though I did catch smiles on the faces of runners here and there. Maybe they were having fun, but me, I enjoyed sitting back and watching everyone else run.

Before the actual practice began, everyone ran a mile to warm up. That right there would have been the end for me, but it was just the beginning.

"I'm warm right now, but I'll be dead in a minute," junior runner Theresa Chislum said after her mile.

More warm-up exercises came next and then it was time to really begin running. They ran to a hill near the middle school where the rest of practice would take place. Yes, that's right, I said ran.



After a hard workout at practice, members of the girls' track team take a breather. Pictured are (from left) Tara Abney, Amber Thacker, Cheyenne Carmack, and Rachelle Hammond.

Now this kind of confused me. Why did they run? I know they are the track team, and I guess they were supposed to, but they would be running enough when they got to the hill, I just couldn't understand this, so I thought about it as I walked leisurely behind them.

Once at the hill, I counted five laps up and down. And this is no wimpy hill! While they ran,

Coach Brumett told them to "work on those arms" or "little bit faster this time." Cries of "ow, ow, ow," "oh my gosh," and "WATER!" were heard afterwards. But that wasn't the end.

Just after running, they began to work on their forms which, by my observations, required a lot of concentration, coordination, and balance. After this, it was off to run again.

This time they were sprinting. "Concrete hurts your knee like a dill," complained junior Mindy Bullock as she prepared to run on the concrete path, which I assume means it hurts really bad. A few more laps and then they were able to rest for just a short while.

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