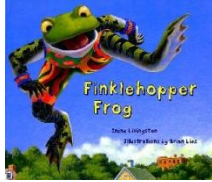


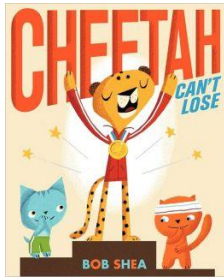
Running and races are recurring motifs in children's tales. The fable of the tortoise and the hare, for example, has a footrace as its foundation. The themes of competition, self-improvement, and whether the ends justify the means are also often a part of stories about races. Have a race with the kids at your Read-Aloud to cap off your evening of fun.



Finklehopper Frog by Irene Livingston

Ages 3 to 7

When Finklehopper Frog decides to give jogging a try, everyone laughs at his efforts. But Finklehopper learns that it's best to be himself and to do what he loves. The simple text and colorful illustrations would make this a great book to read aloud to the group.



Cheetah Can't Lose by Bob Shea

Ages 4 to 8

It's race day between the little cats and the cheetah. The cheetah may be bigger and stronger, but the clever cats have some tricks up their sleeves. Who will win?



The Really Groovy Story of the Tortoise and the Hare by Kristyn Crow

Ages 4 to 8

This modern take on the classic Aesop's fable would make a great book to read aloud because of its catchy, rhythmic text and bright illustrations.

More running books

Loudmouth George and the Big Race by Nancy Carlson

Ages 5 and up

Queen of the Track by Heather Lang

Ages 5 and up

Wilma Unlimited by Kathleen Krull

Ages 6 to 9

Activities

1. Set up your own short course (a lap around an outdoor courtyard or the inside of a large room). Make Reading Connection bibs with numbers and the TRC and your site logo for each kid to wear.
2. At the end of your race, encourage the kids to decorate medals that have been cut ahead of time and have a hole punched in them for string. Volunteers can award each kid his/her medal and take a photo.
3. If space at your site doesn't allow for a running race, try a wheelbarrow race or an egg-and-spoon race covering a shorter distance.

Conversation Starters

1. Besides running races, what other kinds of races are there? Have you ever seen one?
2. Have you ever run or swum in a race? Did you enjoy it? What did it feel like?
3. How long is a marathon? How many miles is a 5K? What does the "K" stand for in 5K?
4. Which sports use running?
5. What's the difference between sprinting and long-distance running? What skills do each require?
6. Why do runners and athletes warm up before they exercise?
7. What if running really fast was your superpower? How would you use it?
8. Try reading a little bit from *Zapato Power* by Jacqueline Jules. It's about a boy who has special shoes that allow him to run very fast.