



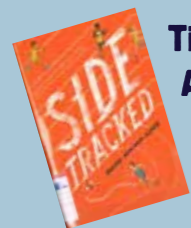
# Just Keep Running!

## Excerpt

I hear Coach T's voice, and the girls on the team are shouting, "Run! Go, Joseph, run!" but the best I can do is push myself into a semi-controlled forward fall. I'm down on the ground, then I'm up. My legs are shaking and I go right down again. When I finally feel my feet connecting to the ground I start to run, but I'm so far behind I know I'll never catch up.

The only reason I keep going forward is because I can't turn back. I can hear Heather's voice calling, "Go! Keep going!" My legs are all wobbly and I'm hardly moving, but I don't stop. The other boys are running single file halfway across the field. They're so far away, they look like a trail of ants. Even the slowest ant is about half the field ahead of me.

One by one they start to disappear behind the school building. I keep putting one foot in front of the other until finally I get there, way behind everybody else. I'm by myself. Everyone is out of sight. I follow the path, hoping this is the way the New Kingsfield kid told us to go, wishing that for once I'd paid attention. I'm doing okay, until the path forks and I have to make a decision. Do I go left or right?



**Title:** Sidetracked, pages 110-111  
**Author:** Diana Harmon Asher  
**Call Number:** J ASH  
**Publisher:** Amulet Books, 2017

## Let's Discuss!

- *In the excerpt above, Joseph is running a cross-country meet. What are the differences between what a runner does in a short sprint versus a cross-country race?*
- *Have you ever felt like giving up on something but persevered?*
- *Name a famous sportsperson you admire. What are some of the qualities you admire in this athlete?*

## Challenge 1: Create A "Running Man" Flip Book

### Steps:

1. Complete the running man sequence in the boxes below.
2. Tear along the lines.
3. Arrange the pieces in ascending order. Place piece one on top.
4. Slot the tab into the slits to secure your flip book.

## Challenge 2: Word Seek

'Sidetracked' is one of the many books with a one-word title. Discover other must-read books with one-word titles below.

Matilda      Frankenstein      Crenshaw      Chopsticks      Escargot  
Unschooled      Smile      Sidekicked      Restart      Pax

H	U	M	C	R	E	N	S	H	A	W	N
W	N	C	E	K	H	S	E	D	R	I	A
E	S	I	D	E	K	I	C	K	E	D	H
D	C	M	Q	A	X	T	E	T	S	E	W
M	H	A	I	S	H	M	S	B	T	X	C
C	O	T	M	L	Q	N	C	H	A	I	A
S	O	I	T	D	E	I	A	P	R	M	N
A	L	L	D	K	F	M	R	K	T	O	E
I	E	D	N	M	S	R	G	E	H	J	D
E	D	A	K	D	I	W	O	G	D	C	M
L	R	C	H	O	P	S	T	I	C	K	S
F	M	K	G	H	E	A	H	S	O	B	D