

“Wimps need not apply”

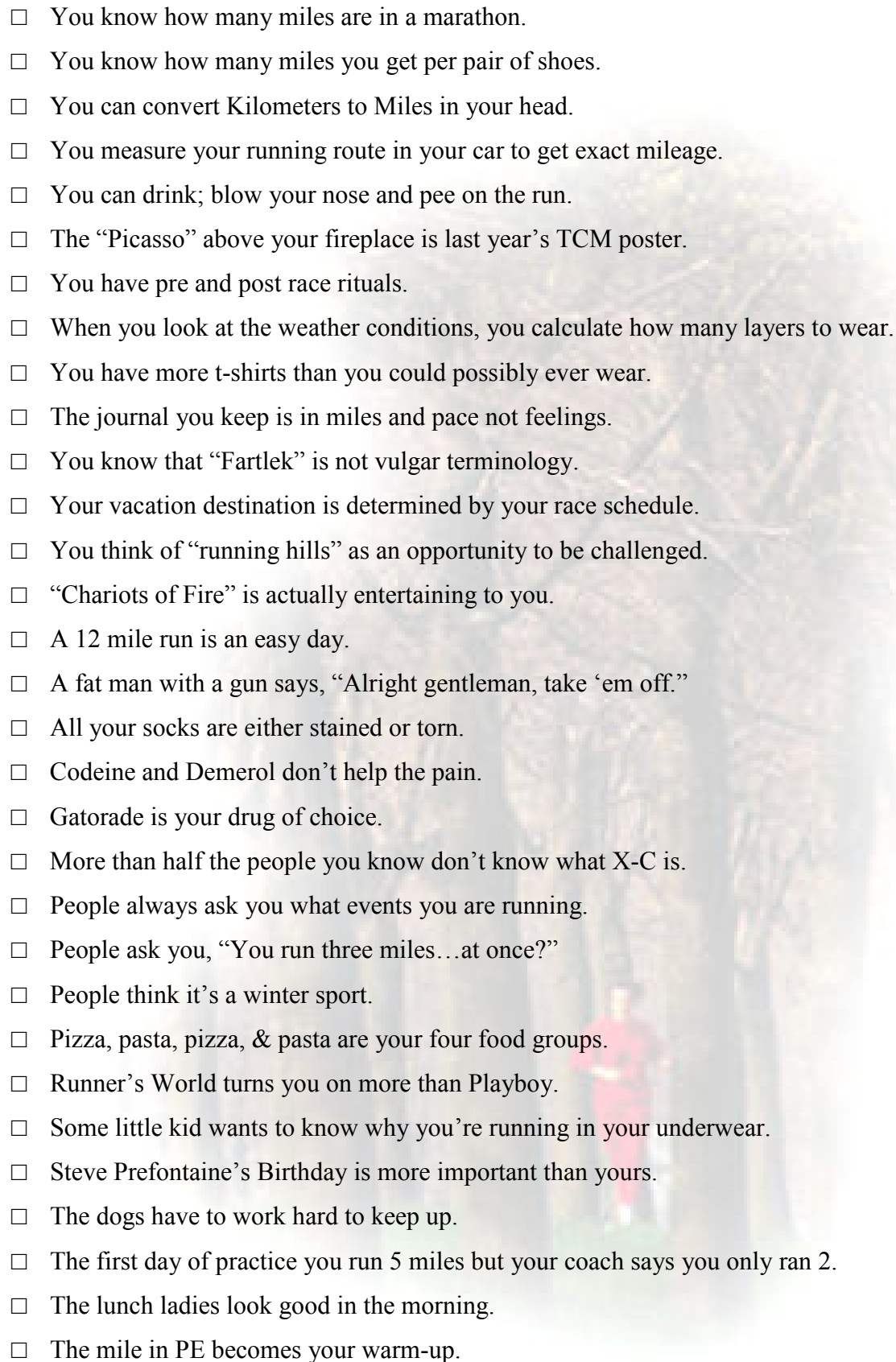


2006

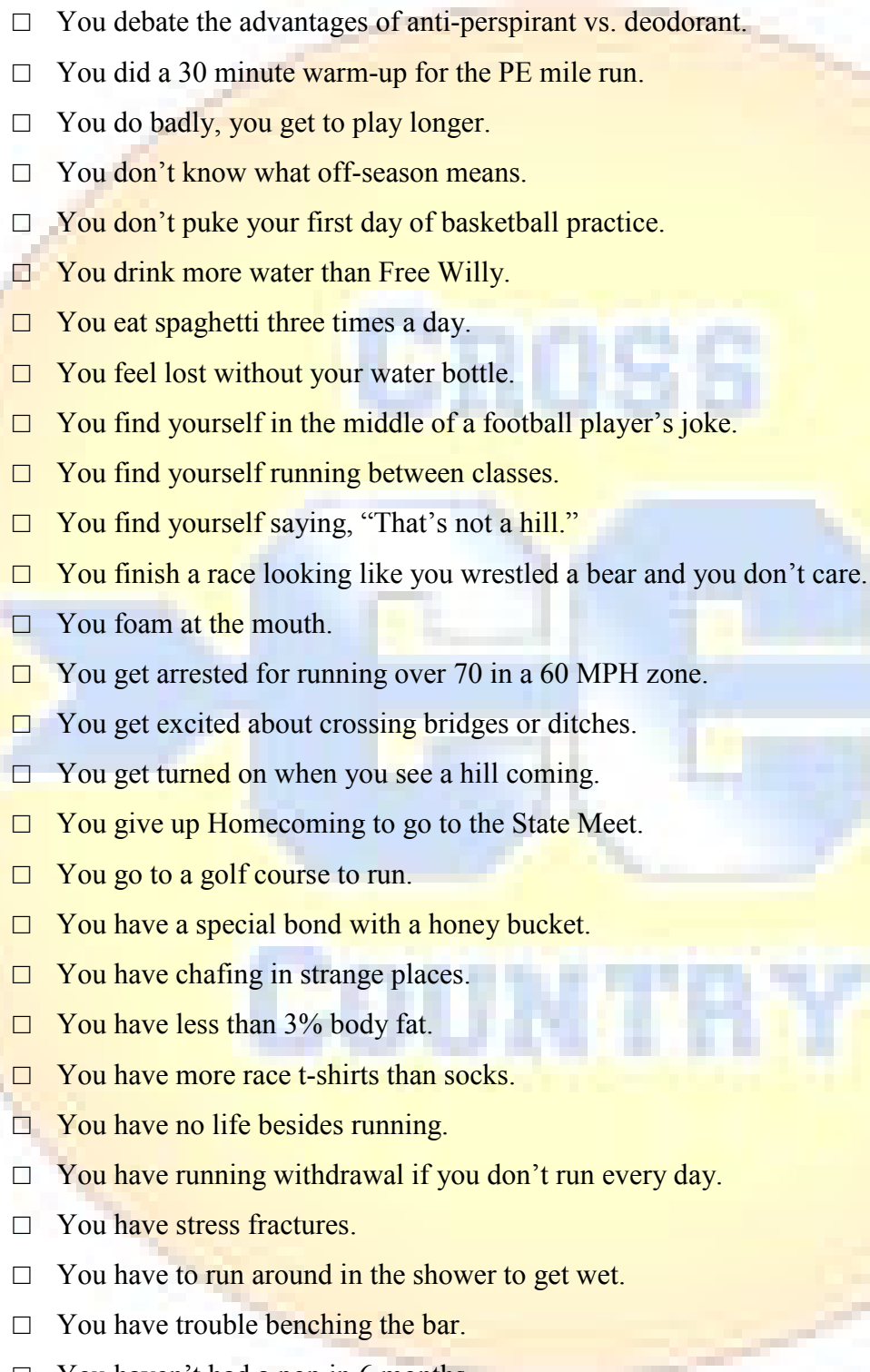
MEN'S & WOMEN'S
X-COUNTRY

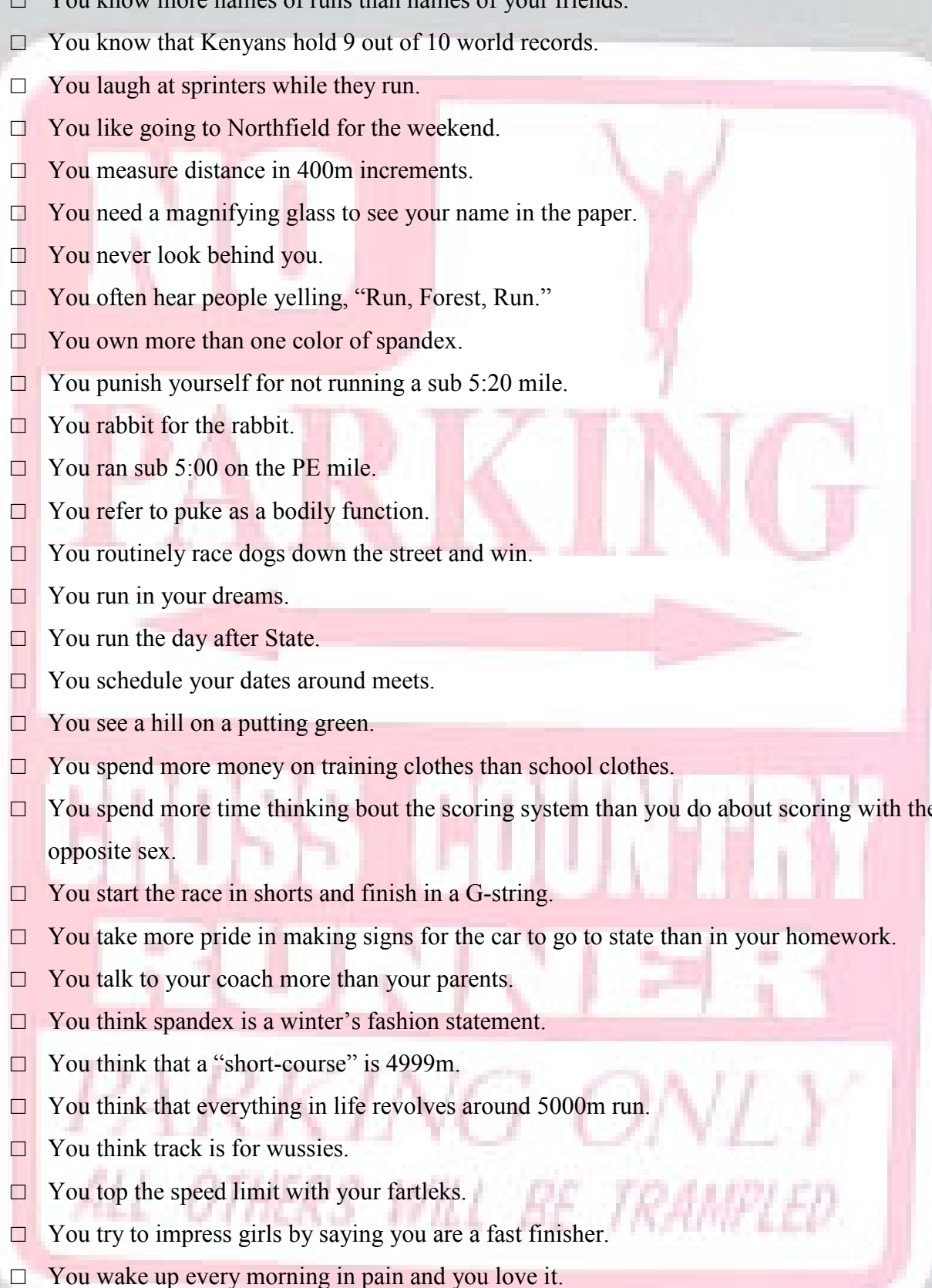
MEN'S & WOMEN'S
X-COUNTRY

MEN'S & WOMEN'S
X-COUNTRY

- 
- ☐ You know how many miles are in a marathon.
 - ☐ You know how many miles you get per pair of shoes.
 - ☐ You can convert Kilometers to Miles in your head.
 - ☐ You measure your running route in your car to get exact mileage.
 - ☐ You can drink; blow your nose and pee on the run.
 - ☐ The “Picasso” above your fireplace is last year’s TCM poster.
 - ☐ You have pre and post race rituals.
 - ☐ When you look at the weather conditions, you calculate how many layers to wear.
 - ☐ You have more t-shirts than you could possibly ever wear.
 - ☐ The journal you keep is in miles and pace not feelings.
 - ☐ You know that “Fartlek” is not vulgar terminology.
 - ☐ Your vacation destination is determined by your race schedule.
 - ☐ You think of “running hills” as an opportunity to be challenged.
 - ☐ “Chariots of Fire” is actually entertaining to you.
 - ☐ A 12 mile run is an easy day.
 - ☐ A fat man with a gun says, “Alright gentleman, take ‘em off.”
 - ☐ All your socks are either stained or torn.
 - ☐ Codeine and Demerol don’t help the pain.
 - ☐ Gatorade is your drug of choice.
 - ☐ More than half the people you know don’t know what X-C is.
 - ☐ People always ask you what events you are running.
 - ☐ People ask you, “You run three miles...at once?”
 - ☐ People think it’s a winter sport.
 - ☐ Pizza, pasta, pizza, & pasta are your four food groups.
 - ☐ Runner’s World turns you on more than Playboy.
 - ☐ Some little kid wants to know why you’re running in your underwear.
 - ☐ Steve Prefontaine’s Birthday is more important than yours.
 - ☐ The dogs have to work hard to keep up.
 - ☐ The first day of practice you run 5 miles but your coach says you only ran 2.
 - ☐ The lunch ladies look good in the morning.
 - ☐ The mile in PE becomes your warm-up.

- ☐ The most enjoyable time you've had all month is a day off from practice.
- ☐ The paint from the bathroom walls peels when you leave.
- ☐ The seniors assist the freshman into the lake.
- ☐ The song "Bad Moon on the rise" sounds like "Bathroom on the right."
- ☐ There are no flies by your gym locker.
- ☐ There is nothing like intervals to start the week off fresh.
- ☐ Track is the other "sport."
- ☐ Watching the New York marathon on TV made you get up and go for a run.
- ☐ When your mom asks you to run to the store to pick up something for her, you literally run
- ☐ You always stretch while waiting in the lunch line.
- ☐ You are always hungry.
- ☐ You are as skinny as a twig and have a stupid knit cap for the head.
- ☐ You are running and don't know why.
- ☐ You are the only person not laughing when the coach says "Fartlek Run"
- ☐ You asked to be an extra for Schindler's List II.
- ☐ You aspire to pain.
- ☐ You call bus seat number 17 your second home.
- ☐ You can eat your weight in pasta.
- ☐ You can hallucinate and get high at the same time without taking anything.
- ☐ You can maintain a 5:30 pace while throwing up.
- ☐ You can pronounce those funny Kenyan names.
- ☐ You can run farther in a week than your bus travels for meets.
- ☐ You can say "I like to run" in over five different languages.
- ☐ You can see ribs through your shirt.
- ☐ You can sharpen an axe blade on your calves.
- ☐ You can spit while running.
- ☐ You can strip and change in a bus seat in less than 2 minutes.
- ☐ You can't get the "All you can eat" at spaghetti restaurants.
- ☐ You can't pass a sobriety test from weariness and sore muscles.
- ☐ You combine phrases like "10 mile run" and "easy run" in the same breath.
- ☐ You consider school a break between runs.

- 
- ☐ You crave Power Bars.
 - ☐ You debate the advantages of anti-perspirant vs. deodorant.
 - ☐ You did a 30 minute warm-up for the PE mile run.
 - ☐ You do badly, you get to play longer.
 - ☐ You don't know what off-season means.
 - ☐ You don't puke your first day of basketball practice.
 - ☐ You drink more water than Free Willy.
 - ☐ You eat spaghetti three times a day.
 - ☐ You feel lost without your water bottle.
 - ☐ You find yourself in the middle of a football player's joke.
 - ☐ You find yourself running between classes.
 - ☐ You find yourself saying, "That's not a hill."
 - ☐ You finish a race looking like you wrestled a bear and you don't care.
 - ☐ You foam at the mouth.
 - ☐ You get arrested for running over 70 in a 60 MPH zone.
 - ☐ You get excited about crossing bridges or ditches.
 - ☐ You get turned on when you see a hill coming.
 - ☐ You give up Homecoming to go to the State Meet.
 - ☐ You go to a golf course to run.
 - ☐ You have a special bond with a honey bucket.
 - ☐ You have chafing in strange places.
 - ☐ You have less than 3% body fat.
 - ☐ You have more race t-shirts than socks.
 - ☐ You have no life besides running.
 - ☐ You have running withdrawal if you don't run every day.
 - ☐ You have stress fractures.
 - ☐ You have to run around in the shower to get wet.
 - ☐ You have trouble benching the bar.
 - ☐ You haven't had a pop in 6 months.
 - ☐ You hit targets with your snot rocket.
 - ☐ You know as many kinds of pain as Eskimos have words for snow.

- 
- ☐ You know more names of runs than names of your friends.
 - ☐ You know that Kenyans hold 9 out of 10 world records.
 - ☐ You laugh at sprinters while they run.
 - ☐ You like going to Northfield for the weekend.
 - ☐ You measure distance in 400m increments.
 - ☐ You need a magnifying glass to see your name in the paper.
 - ☐ You never look behind you.
 - ☐ You often hear people yelling, "Run, Forest, Run."
 - ☐ You own more than one color of spandex.
 - ☐ You punish yourself for not running a sub 5:20 mile.
 - ☐ You rabbit for the rabbit.
 - ☐ You ran sub 5:00 on the PE mile.
 - ☐ You refer to puke as a bodily function.
 - ☐ You routinely race dogs down the street and win.
 - ☐ You run in your dreams.
 - ☐ You run the day after State.
 - ☐ You schedule your dates around meets.
 - ☐ You see a hill on a putting green.
 - ☐ You spend more money on training clothes than school clothes.
 - ☐ You spend more time thinking bout the scoring system than you do about scoring with the opposite sex.
 - ☐ You start the race in shorts and finish in a G-string.
 - ☐ You take more pride in making signs for the car to go to state than in your homework.
 - ☐ You talk to your coach more than your parents.
 - ☐ You think spandex is a winter's fashion statement.
 - ☐ You think that a "short-course" is 4999m.
 - ☐ You think that everything in life revolves around 5000m run.
 - ☐ You think track is for wussies.
 - ☐ You top the speed limit with your fartleks.
 - ☐ You try to impress girls by saying you are a fast finisher.
 - ☐ You wake up every morning in pain and you love it.

- ☐ You wake up with cotton mouth.
- ☐ You wear skimpier clothes than Madonna.
- ☐ You wear the same training clothes to school regularly.
- ☐ You wore spikes on the PE mile run.
- ☐ You would rather take the stairs than the elevator.
- ☐ You'd rather run than watch TV.
- ☐ You'd rather run to school than drive.
- ☐ You're proud that another team has quadrupled your score.
- ☐ You've been to a golf course in every city but not to play golf.
- ☐ Your boy/girlfriend can bench more than you.
- ☐ Your calves are bigger than your biceps.
- ☐ Your chest is as flat as your back.
- ☐ Your Christmas list includes more than one pair of running shoes.
- ☐ Your coach knows more about your personal life than your parents.
- ☐ Your coach won't give you a ride.
- ☐ Your cookie jar is filled with bagels.
- ☐ Your dress shoes have spikes.
- ☐ Your entire family goes to X-C meets because they have been or will be on the team.
- ☐ Your favorite food group is carbohydrates.
- ☐ Your friends take the elevator and you beat them on the stairs.
- ☐ Your meals involve more than 3 servings.
- ☐ Your mom tells you to run to the store because it takes too long to drive.
- ☐ Your off-season starts the day after State and ends the next day.
- ☐ Your room smells like Icy-Hot and New-Skin.
- ☐ Your Saturdays for the next 4 years are ruined.
- ☐ Your shoes have more miles on them than your car does.
- ☐ Your spit strings from your chin and you don't even care.
- ☐ Your temper is shorter than the distance that you ran.
- ☐ Your underwear covers more than your uniform does.
- ☐ Your watch is more expensive than your car.
- ☐ Your women's team has leg hair longer than the grass they run on.