



Our Running Team

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Phonics Skill

Consonant Digraphs

athlete
coach

champs
trophy

pitcher
weather

finish
when

Michigan
machine





Shasta, Beth, Cher, and I run each day. We joined the track team together. We train after school. We run even when the weather is wet and cold. We are training for the big race and we hope to be this year's Michigan state champs!





We run on the relay team. In a relay race, runners wait at different places around the track. As one runner races up, she hands a stick to the next runner, who takes off as fast as she can. The last runner sprints for the finish line.





Beth is the fastest I have seen. She can take off in a flash—like a rabbit! Beth just came to our class this year, but she fit in well on our team. I am glad she is here. So is the rest of our team! Beth's speed will help our team do well in that race.





Shasta is the best athlete on this team. She was a state running champ last year, but she has never been on a relay team. She is afraid of dropping the stick as she runs. Our coach told Shasta not to think about it too much. She is going to be fine as she races!





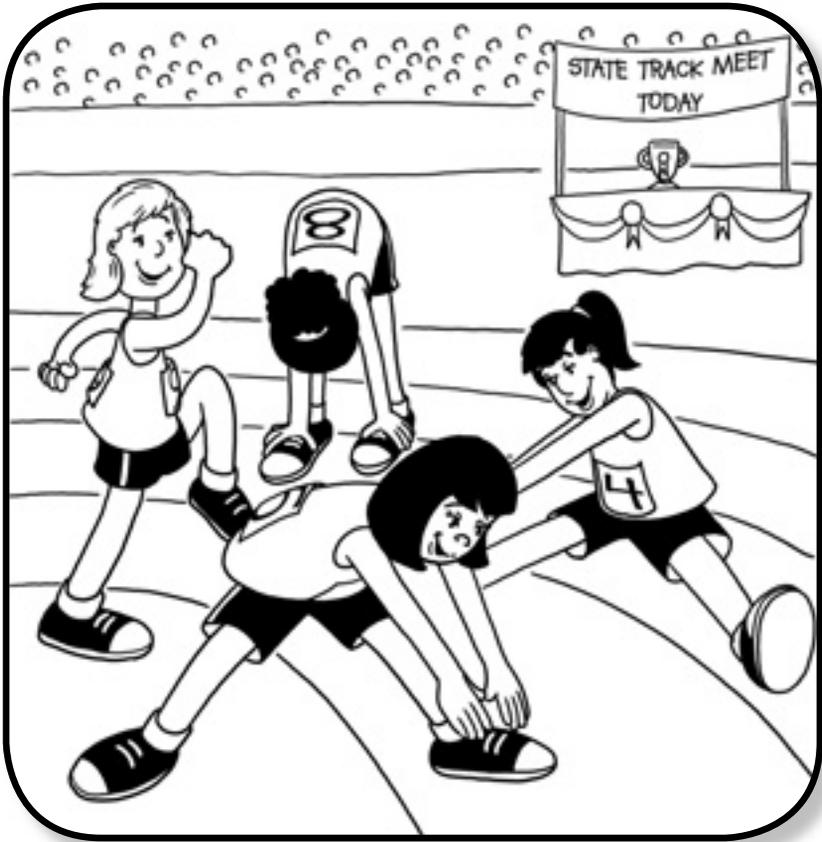
Cher is the best at sprinting. She will be our last runner. She looks like a machine when she is running. She goes high speed and nonstop! Cher plays a lot of sports when she is not running. She is a pitcher and a swimmer too.





I just run because I like it! I think about flying when I am running. It is nice when gentle wind rushes by my ears. Our coach said that helps me run well. When we enjoy our training, we can do our best.





This is the day of our big race! Our team has trained for weeks. Our coach thinks that we will win that trophy if we do our best and help each other. That is our goal. We cannot wait!

