# Off to the Races

## Beanbag Race

Here's a racing game you can play with a group. You will need a beanbag and a timer. If you don't have a beanbag, put rice in a small re-sealable bag instead.

- Find an open area and set up a start and finish line.
- Take turns balancing the beanbag on your head. Without touching it, see how many laps (start to finish and back) you can run in four minutes.
- Each lap is one point. If the beanbag falls off, start over at the nearest start or finish line. The person with the most points at the end is the winner.

## Running Trivia

**The Word of Wisdom (D&C 89) tells about the blessings we can receive as we obey God's law of health. One promised blessing has to do with how we'll feel when we run (see D&C 89:20). To discover this blessing, solve the puzzle below.**

**In each of these word pairs, the first word has one letter that the second word doesn't. Write each extra letter in the matching blank space to find the answer. The first one has been done for you. (Answer on page 48.)**

| | | | |
|---|---|---|---|
| 1. | Game | Gem | A |
| 2. | Stony | Tons | ___ |
| 3. | Horse | Shoe | ___ |
| 4. | Soaring | Grains | ___ |
| 5. | Knees | Seek | ___ |
| 6. | Strange | Ranges | ___ |
| 7. | Table | Late | ___ |
| 8. | Seasaw | Eases | ___ |
| 9. | Deal | Lad | ___ |

A

___ ___ ___ ___ ___ ___ ___ ___ ___

5 4 6 7 9 8 9 1 3 2

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