SETTING THE PACE

Staff photo by E.J. Harris

ABOVE: A group of McNary Heights Elementary fifth-graders run around the perimeter of the school's grass field during recess on Monday while participating in the McNary Marathon in Umatilla. BELOW: Carol Clements uses a hole punch to mark student score cards as they complete a lap.

By JAYATI RAMAKRISHNAN
STAFF WRITER

On Monday morning, some students from McNary Heights Elementary School ran at full speed around the perimeter of the school's grass field, while others took a slower approach.

All of them were working toward the school's fitness goals, as part of the 33rd annual McNary Marathon, which had started that day. The marathon is a two-week event, where students are encouraged to spend their 20-minute lunch recess doing laps around the field.

Mairiani Aparicio flew through the laps. The second-grader will start track this week, and said she is looking forward to getting better at the sport.

"My favorite thing being out here is to run fast," she said.

While not all students were sprinting, most said they enjoy getting out and walking or jogging a few laps every day.

Several of them set goals for themselves, to run a certain amount each day, or by the end of the two weeks.

"I want to do 10 laps in one day," said second-grader Aryanna Banda.

"The kids will fine-tune," said Principal Rick Cotterell. "They pace themselves over the two weeks."

Each student is given a card, and adults are stationed at each corner of the field to punch the card every time they complete a lap. Each student aims to complete a certain number of laps in the two-week period, to meet grade level standards.

After the two-week event is over, school P.E. teacher Brandt Lind said they will have an assembly. Children who met the standard, as well as those who ran the most laps, get recognized. Students also have the opportunity to win prizes for completing laps.

He said the point of the event is to encourage all levels of fitness, rather than to run a certain distance. Still, he said, there are students who will run the whole time, and cover a lot of ground.

"If a fourth- or fifth-grader can make it above 80 laps in eight days, essentially they're doing a couple of miles each day, which is pretty impressive," he said.

Lind said they encourage the students to set personal goals.

"It's the idea that fitness is an investment," he said. "You put something in, and you get something back."

There are several running-themed programs at McNary Heights. The Marathon happens every spring, and fifth-grade teacher Frankie Garcia runs the McNary USA program, a cross-country team for students. The kids practice every day during the fall, and once a week during track season.

"We have some third- and fourth-graders who are really good," he said. "Track starts this week, so this (the marathon) gets them excited and in shape."

Cotterell, who went to McNary Heights, said he remembers doing the McNary Marathon when he was a student. He said they hope to invest more in the program.

"We've been working on a grant to put in a trail, so we wouldn't have to put cones on the field," Cotterell said. "And I'd love in the future to look into some kind of technology to track laps and get rid of the cards."

Lind said he's pleased the marathon has been such a success over the years.

CRYPTOQUIP

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **J** equals **R**

UYGS EJPFRQCRSD URKY T UGFF-EGH UGI-EPPKGH IRJH, R BVNNPBG MPV'JG NFTMRSD URKY T EVFF HVQC.

well-fed web-footed bird, I suppose you're playing with a full duck.

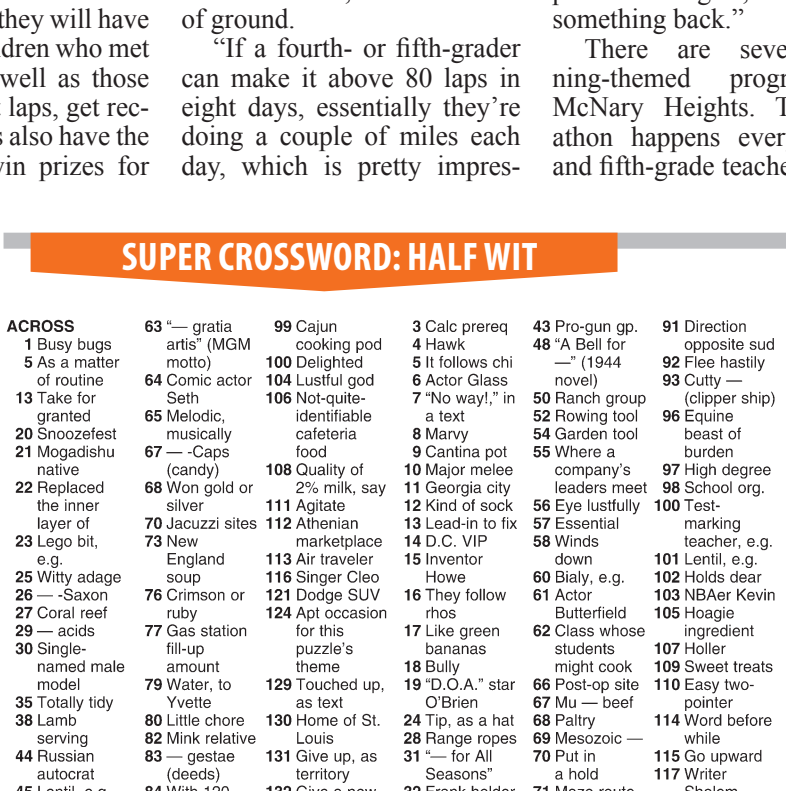
Cryptoquip answer

When frolicking with a

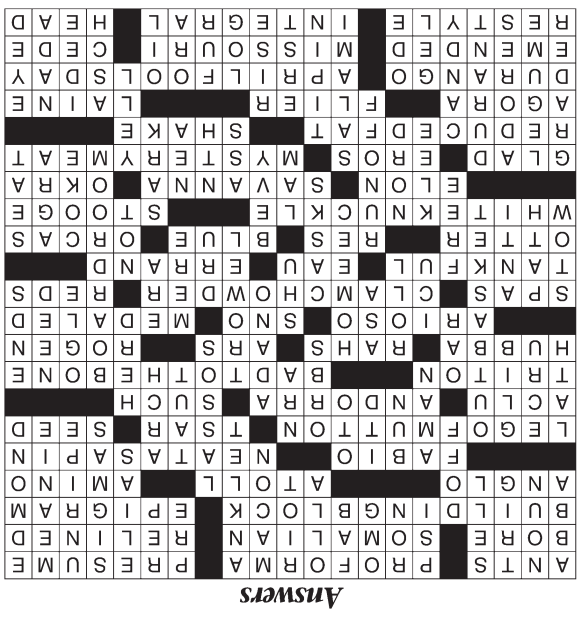
SUPER CROSSWORD: HALF WIT

ACROSS
1 Busy bugs
5 As a matter of routine
13 Take for granted
20 Snoozefest
21 Mogadishu native
22 Replaced the inner layer of
23 Lego bit, e.g.
25 Witty adage
26 — -Saxon
27 Coral reef
29 — acids
30 Single-named male model
35 Totally tidy
38 Lamb serving
44 Russian autocrat
45 Lentil, e.g.
46 Free speech
47 Tiny neighbor of France
49 — as it is
51 Son of Poseidon
53 Totally evil
59 — Bubba (bubble gum brand)
60 Stadium cheers
63 "— gratia artis" (MGM motto)
64 Comic actor Seth
65 Melodic, musically
67 — -Caps (candy)
68 Won gold or silver
70 Jacuzzi sites
73 New England soup
76 Crimson or ruby
77 Gas station fill-up amount
79 Water, to Yvette
80 Little chore
82 Mink relative
83 — gestae (deeds)
84 With 120-Down, like Siamese cats or Frank Sinatra
85 Nasty whales
89 Like a scary ride in a vehicle
93 Moe, for one
94 Tesla CEO Musk
95 African plain
99 Cajun cooking pod
100 Delighted
104 Lustful god
106 Not-quite-identifiable cafeteria food
108 Quality of 2% milk, say
111 Agitate
112 Athenian marketplace
113 Air traveler
116 Singer Cleo
121 Dodge SUV
124 Apt occasion for this puzzle's theme
129 Touched up, as text
130 Home of St. Louis
131 Give up, as territory
132 Give a new look to
133 Essential
134 Word that can follow the ends of 23-, 35-, 38-, 53-, 73-, 89-, 106- and 108-Across

DOWN
1 "Waterloo" pop group
2 Gerund, e.g.
3 Calc prereq
4 Hawk
5 It follows chi
6 Actor Glass
7 "No way!," in a text
8 Marvy
9 Cantina pot
10 Major melee
11 Georgia city
12 Kind of sock
13 Lead-in to fix
14 D.C. VIP
15 Inventor Howe
16 They follow rhos
17 Like green bananas
18 Bully
19 "D.O.A." star O'Brien
24 Tip, as a hat
28 Range ropes
31 "— for All Seasons"
32 Frank holder
33 "— be a real shame if ..."
34 Siouan speaker
36 Drawn tight
37 Brow shape
38 Trellis strip
39 Light beige
40 Insincerely eloquent
41 Desk tray for to-be-sent documents
42 Space balls
43 Pro-gun gp.
48 "A Bell for —" (1944 novel)
50 Ranch group
52 Rowing tool
54 Garden tool
55 Where a company's leaders meet
56 Eye lustfully
57 Essential
58 Winds down
60 Bialy, e.g.
61 Actor Butterfield
62 Class whose students might cook
66 Post-op site
67 Mu — beef
68 Paltry
69 Mesozoic —
70 Put in a hold
71 Maze route
72 "Nay" sayer
74 Wine holders
75 Joanne of "Red River"
78 On the house
81 Part of n/a
83 Flee hastily
84 Quail flock
86 Pepsi rival
87 Taj Mahal's city
88 Pew or sofa
90 Artist Paul
91 Direction opposite sud
92 Flee hastily
93 Cutty — (clipper ship)
96 Equine beast of burden
97 High degree
98 School org.
100 Test-marking teacher, e.g.
101 Lentil, e.g.
102 Holds dear
103 NBAer Kevin
105 Hoagie ingredient
107 Holler
109 Sweet treats
110 Easy two-pointer
114 Word before while
115 Go upward
117 Writer Sholem
118 Notion, to Pierre
119 Zip
120 See 84-Across
122 Styling goo
123 Shelley work
125 Ship's record
126 Canine coat
127 "... Mac — PC?"
128 Iraq export



Super Crossword answers



SUDOKU

	1				9			5
		6	5			7		
4				2			3	
		1	6				9	
2	7			8		1		
8					2			7
		3		5			6	
	4				1	8		
7			4					2

DIFFICULTY THIS WEEK ★★

Weekly SUDOKU answer

2	1	5	6	3	4	8	9	7
3	7	8	1	9	2	5	4	6
4	6	9	7	5	8	3	2	1
7	5	3	2	1	9	4	6	8
6	9	4	8	7	3	2	1	5
8	3	6	9	4	5	1	7	2
1	2	7	3	8	6	9	5	4
5	8	2	4	6	1	7	3	9
9	4	1	5	2	7	6	8	3

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