

Alex feels nervous, there are butterflies fluttering in his tummy . Conserving his energy, he slowly walks to the starting line . As soon as Alex approaches the starting line, he coils like a tightly wound spring. The judge loudly counts down from three and squeezes the air horn HONNNNK! and the runners spring into action like cheetahs chasing their prey!!

At the sound of the air horn Alex sprints as fast as he can forgetting about the butterflies in his tummy . Alex remembers he needs to be in front of all the other runners .

Alex gathers all his power and energy to pull ahead , his heart pumping , fit to burst . With the FINISHING line in sight and legs ready to drop off Alex makes one last spurt and crosses the line first .