Running Riddles

Solve the clues, then color the page!



Running Basics

1. I go on your feet when you run.

   What am I? _____

2. I am a path where runners race.

   What am I? _____

3. I help you see where you are going.

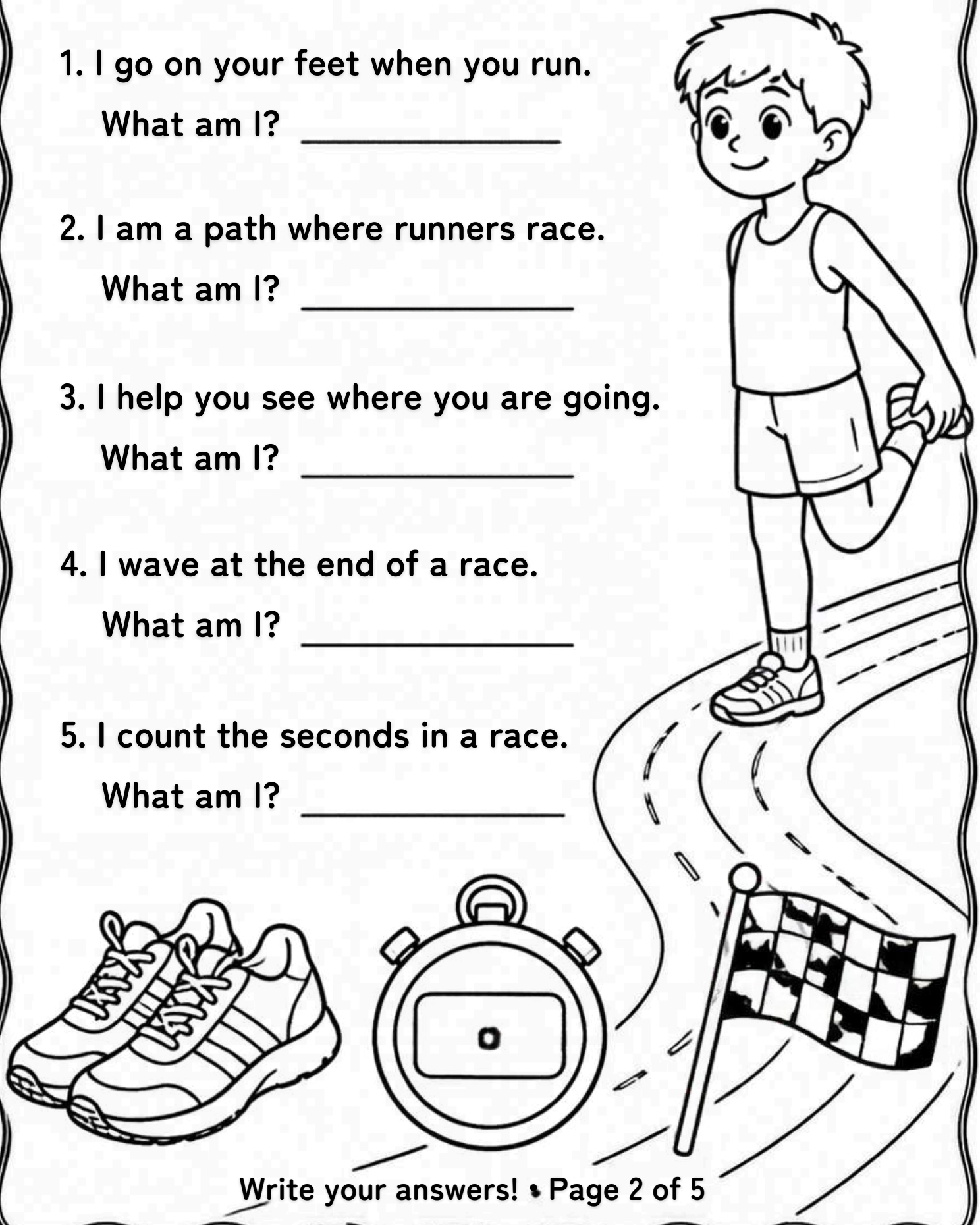
   What am I? _____

4. I wave at the end of a race.

   What am I? _____

5. I count the seconds in a race.

   What am I? _____

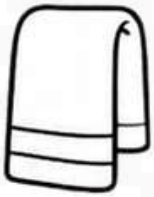


Race Day Riddles





6. I am a drink runners take when they feel thirsty. What am I? _____



7. I help wipe sweat from your face. What am I? _____



8. I show how fast a runner is moving. What am I? _____



9. I am the person who runs in a race. Who am I? _____



10. I am the line that marks the end of a race. What am I? _____

Running Fun



11. I help protect your head during outdoor activities.
What am I? _____

12. I am a short rest during a long run.
What am I? _____

13. I help runners stay on a planned path.
What am I? _____

14. I am a group of runners moving together.
What am I? _____

15. I make a runner's heart beat faster during exercise.
What am I? _____

Draw yourself running!

Running Riddles Answer Key

1. Running shoes Track
   Eyes Finish flag
   Stopwatch Water Towel
   Speed
9. Runner
10. Finish line
11. Helmet
12. Break
13. Route
14. Team
15. Exercise

