Race Day



Adaptation by Samantha McFerrin Based on the TV series teleplay written by John Loy

> Houghton Mifflin Company Boston 2008

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Library of Congress Cataloging-in-Publication Data is on file.

Design by Afsoon Razavi and Marcy Goldberg Sacks

www.houghtonmiffinbooks.com

E-ISBN 078-0-007-76836-6

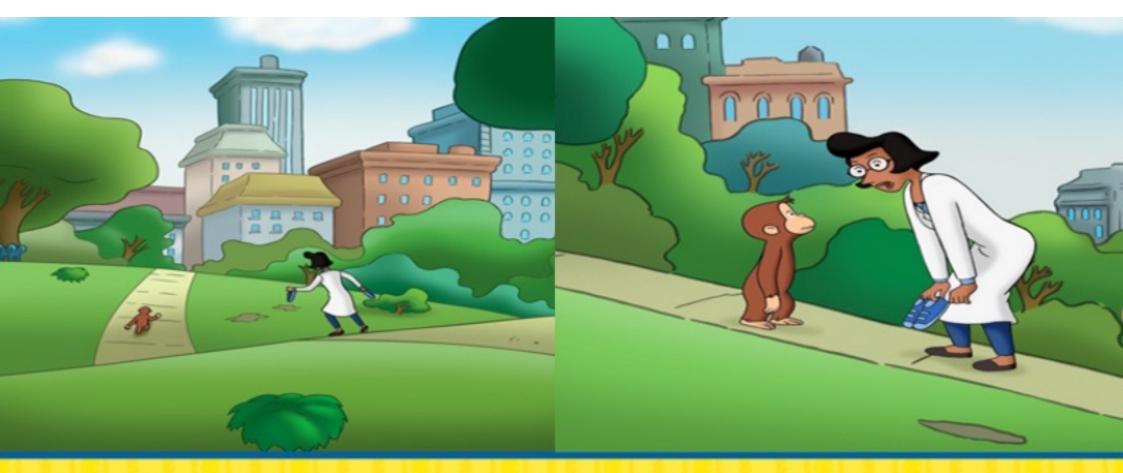


Today, George was helping Professor

Wiseman train for a race.

George had never coached anyone.

It seemed fun and easy.



George started running.

"Wait for me!" said the professor.

She tried to follow George.

But very soon the professor said,

"I'm tired! Can we stop now?"

George was puzzled.

They had barely begun.



George returned home.
The man with the yellow hat told him not to give up.
He gave George a fitness video.

George watched the video.

He took many notes.

He was ready to coach

Professor Wiseman!



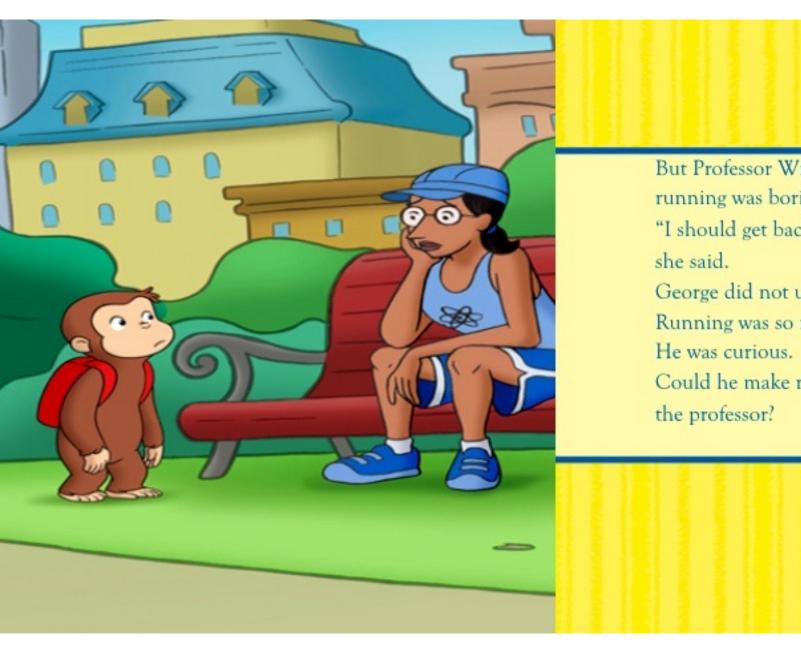
George used his notes.

First, he and the professor stretched.

Then they ran at a steady pace.

George gave her some water.

So far so good!



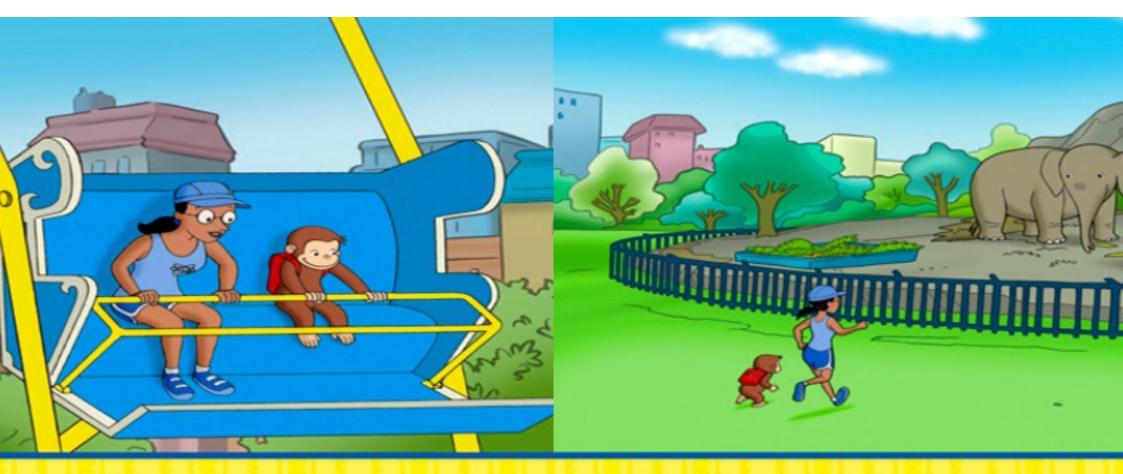
But Professor Wiseman thought running was boring.

"I should get back to the museum,"

George did not understand.

Running was so much fun.

Could he make running fun for



The next day, they ran to the Ferris wheel.

"The museum looks so small from up here," said the professor.

Then they ran to more of his favorite places.

They ran to the puppet show and to the zoo to see the elephants.



They even ran with balloons!

One day, the professor outran

George.

She was ready for the race!



On race day, George and the man went to the park. There were so many people there!

"Runners, take your marks!"

The whistle blew, and the runners took off.

George watched the professor as she ran.

It looked like she was having fun!





Then the professor surprised George.

"Will you finish the race with me?" she asked.

George and Professor Wiseman ran together across the finish line. She received a medal for finishing the race.



The professor thanked George for making exercise fun.

She had another surprise for George.

She wanted him to have her medal!

Having Fun Getting Fit!

In the story, George shows Professor Wiseman that running can be fun. Here's a game to get you jumping like a monkey—you won't even know you're exercising!

HOPSCOTCH

 Use chalk or masking tape to creat a diagram with eight sections. Each player has a marker, such as a stone or button.

2. The first player tosses her marker into the first square. She hops over square one to square two, then continues hopping to square eight and back again. She pauses in square two to pick up her marker, hops in square one, and hops out.

All hopping is done on one foot unless two squares are side by side.

4. The rest of the players take their turn, and then everyone continues by tossing his marker into square two.

5. A player is out if he misses a square, steps on a line, puts a foot down, or hops or lands in a square where there is a marker.