

R4YL

Sudoku Challenge

Degree of difficulty:
Marathon (i.e. difficult)!

Prepared by Shannon Jones

THE Sudoku is a puzzle game of logic and reasoning. The goal of Sudoku is to fill in the missing letters in a 9x9 grid... BUT you must fill in the grid so that every row, every column, and every 3x3 box contains the following letters (representing the sporting brands below):

- X = 2XU
- A = Asics
- P = Polar
- B = Brooks
- PB = Power Bar
- M = Mizuno
- S = Skins
- G = Gu
- L = Loco

R4YL

B			S			P	L	
	S				X			B
P			M		B	X		
					PB	B		
S								PB
		PB	G					
		M	B		A			L
A			X				B	
	G	B			M			A

HOROSCOPES

Aries: (March 21-April 19)
Should you run in an autumn marathon? If your response to the question "are you insane?" is in the affirmative, send your entry in NOW! (www.iwannaruntoofar.com.au)

Taurus: (April. 20-May 20)
In a designer inspired moment, this month sees you convince all those you come into contact with that gaunt is indeed the new black.

Gemini: (May 21-June 21)
Geminis have a good side and a bad side. The next couple of weeks prove differently for you - there is only one side, and that is the one that is best served cold.

Cancer: (June 22-July 22)
Your plan to wear Dunlop Volleys in your next marathon will be thwarted when you discover they aren't actually the Dunlops used by the Ferrari racing team.

Leo: (July 23-Aug. 22)
You may find yourself wearing a wetsuit at some stage during this month. Good for your scuba trip to Portsea, bad for the fun run held on the Saturday night.

Virgo: (Aug. 23-Sept. 22)
This month you are fair dinkum kidding yourself if you don't beware the Wolfman. If you hear him rolling up behind you during a track session, get thee to the infield and out of his path immediately.

Libra: (Sept. 23-Oct. 23)
Ignore anyone who says "you run like a busted tram" over the next few weeks. Trams are cool: they go all day, generally run on time, are kings of the track and look good in green and gold!

Scorpio: (Oct. 24-Nov. 21)
Unfortunately for Scorpios, it's highly likely you will succumb to a rare disease only found amongst the skinny, pale runner population known as ican'tmissadaystraining-itis. Don't worry,

it's curable ... via a healthy dose of stress fractures to the lower limb, and a liberal drowning with beer.

Sagittarius: (Nov. 22-Dec. 21)
This month sees you with a mouth full of teeth, hair all over your head, and fast moving fetlocks. Don't question astrological predictions - just go forth and run fast!

Capricorn: (Dec. 22-Jan. 19)
Capricorns always struggle with what to wear on race day. Don't stress. Just remember to cover those nipples with band aids and everything else will fall into place.

Aquarius: (Jan. 20-Feb. 18)
Just because you're a water sign, does not mean you are good at steeplechase

Pisces: (Feb. 19-March 20)
Have you ever seen what happens to someone who takes 12 Voltaren in one day? You'll get to find out this month when your niggling Achilles injury starts to get the better of you. Keep some rubber gloves and a large beaker close by at all times.

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Pete Pfitzinger is the founder of LocoRunning in NZ & Olympic Marathonner in 1994, 1998
He says, "I love the Perfecto and put over 1400km on my first pair." His best times are 10K 28:41 Half-Marathon 1:03:14 Marathon 2:11:43

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