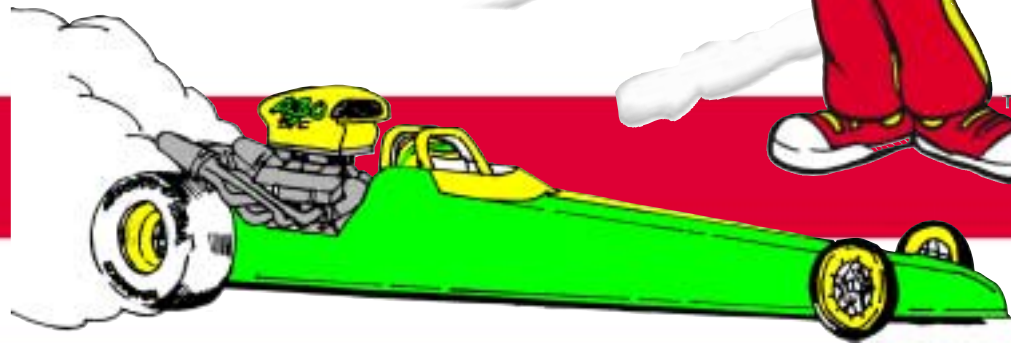


Stay on Track[®]

Activity Book



Dear Parents and Teachers:

This book is designed to deliver the message "DON'T USE DRUGS" to young people in grades K-2. I encourage you to use this opportunity to have a conversation with your children regarding drug use. Parents, remember that you are the biggest influence on our most important resource. A recent study found that 95 percent of parents "believe" that they discussed drugs with their children. The same study found that only 40 percent of the children remember the conversation. Talk to your children often. Remind them that drug use is harmful and illegal. Be sure they understand to tell you or another adult if someone offers them drugs.

Teachers, I encourage you to use this activity book in conjunction with other activities designed to reduce the likelihood of future drug use. This book is designed to increase several important skills including reading and hand-eye coordination. The National Clearinghouse for Alcohol and Drug Information (NCADI) at www.health.org is an excellent resource for free prevention/education materials. For more information about RAD visit our web site at www.raceagainstdrugs.org. No individual can win this race. We must work as a team and focus on our task of raising drug-free youth.

Good luck. With your help we can "Win the Race Against Drugs"!

Best Wishes,

Ronald M. Steger
Executive Director

Additional Resources:

The following resources are just a sample of what is available from the National Clearinghouse for Alcohol and Drug Information web site at www.health.org or 1-800-729-6686. These materials are designed to provide information to adults to help keep kids drug free. Please refer to the inventory control number when ordering and let them know that you received this information from Race Against Drugs.

	English	Spanish
Growing Up Drug Free: A Parent's Guide to Prevention	PHD 533	
Keeping Youth Drug Free: A Guide for Parents, Grandparents, Elders, Mentors, & Other Caregivers	PHD 711	
Marijuana Facts for Teens	PHD 713	PHD 713S
Marijuana Facts for Parents	PHD 712	PHD 712S
What Families Can Do To Prevent and Intervene With Alcohol and Drug Problems	VHS138	
Under-Age Drinking Prevention Action Guide and Planner	PHD858	
Keeping Teens Drug Free Planner and Activity Guide	PHD857	
Tips for Teens: Inhalants	PHD8631	
Tips for Teens: Methamphetamine	PHD861	
Tips for Teens: Heroin	PHD860	
Current Drug Terms	On web site updated frequently	

Additional information about Race Against Drugs is available on our web site www.raceagainstdrugs.org.

A message from Radpup:



There are lots of different kinds of drugs. Drugs are chemicals that make changes inside your body. Some drugs can hurt you and make you sick. Medicines are drugs and should only be given to you by a parent or doctor. You never take medicine on your own.

SAY "NO!"

if anyone else tries to get you to take drugs. Then...

RUN AWAY!

Tell a grown-up right away. Some people you can tell are teachers, your parents, and police officers. Keep your body and mind healthy. Stay away from drugs!

**Enjoy my new
activity book.**

Get high on pulling not drugs.

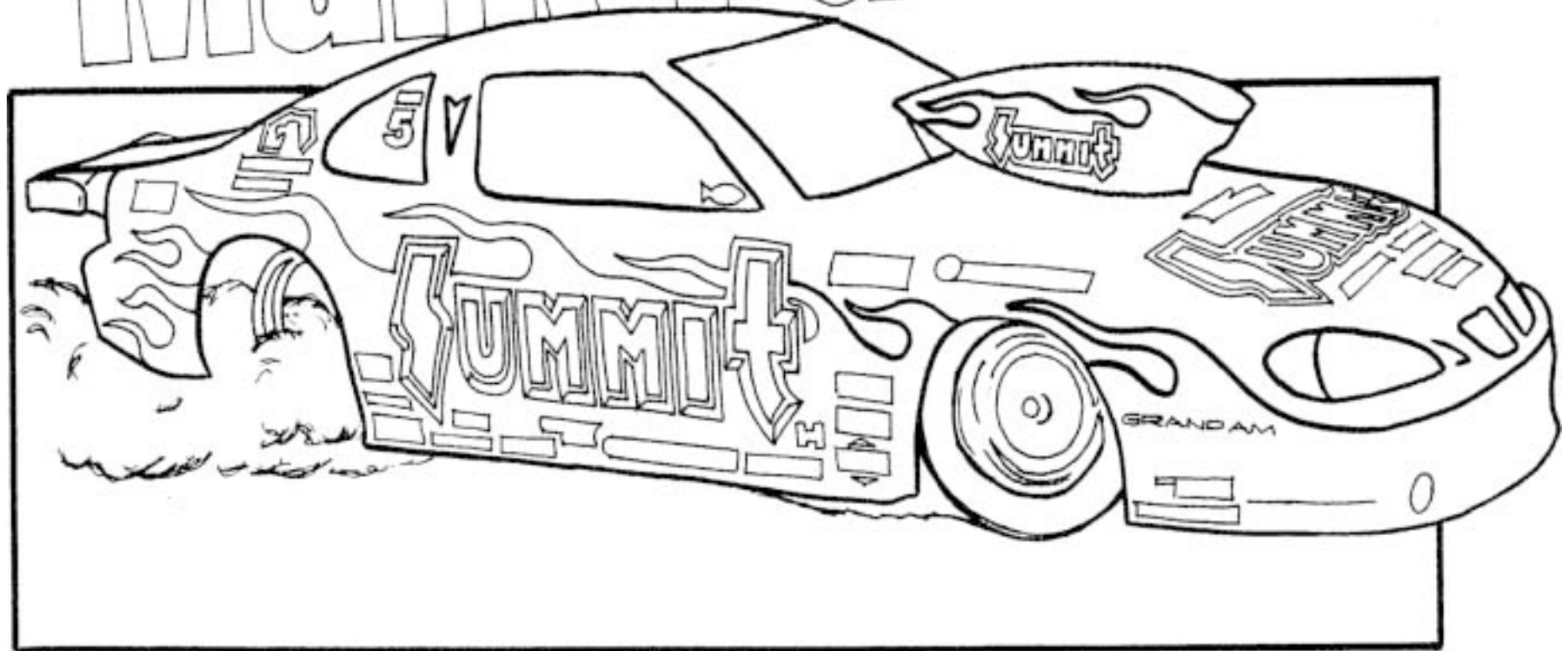


NTPA tractor by 12-year-old Drew Krogman from Celina, OH

Circle the food that would be the best for a race car driver to eat before a race.



Mark Pawuk



Summit's NHRA Pro Stock 2001 Grand Am driven by Mark Pawuk from Cleveland, OH

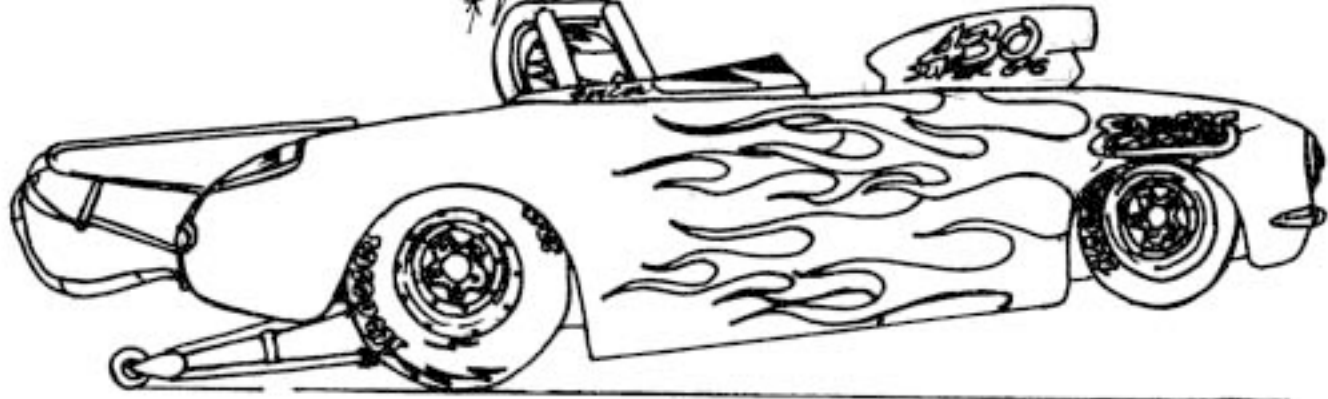
Don't go up in smoke. Live drug free.

Color the vowels blue and the consonants red in the above two sentences. What vowel is not used? ____

How many letters are there all together? ____

Is the number of letters odd or even? ____

Erica
Enders



NHRA dragster driven by Erica Enders from Beaumont, TX

Don't be a drug magnet and attract a bad attitude. Make good choices and stay drug free.

Name two parts of the car that would attract a magnet.

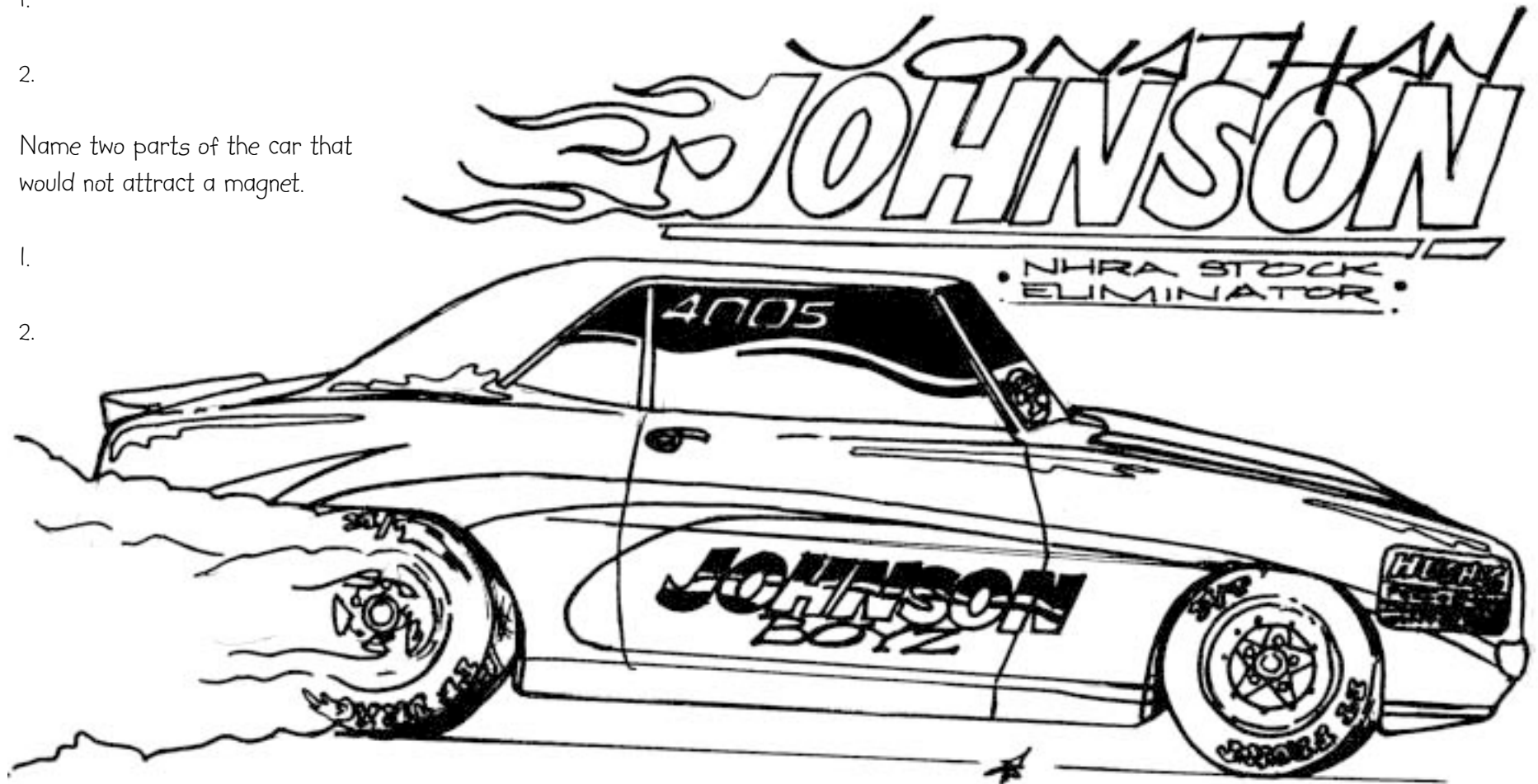
1.

2.

Name two parts of the car that would not attract a magnet.

1.

2.



NHRA dragster driven by Jonathan Johnson from Beaumont, TX

Show how many people participate in the following healthy activities by drawing the correct number of tire pictures next to the activity.

Number of Students	Healthy Activity	Tire Pictures
8	Jumping Rope	
3	Running	
4	Swimming	
6	Playing Ball	
10	Biking	



How many tires did you draw all together?

**Peppler
Racing**
Presents



Super Chevy Show Rock-n-Roll Thunder Jet Funny Car driven by Fran Peppler from Saint Charles, IL

Keep your body
and mind clean.
Stay drug free!



What might happen to
the driver if he doesn't
eat a healthy meal
before the race?

- A. He may get sleepy.
- B. He may lose the race
because he doesn't
have enough energy.
- C. He may feel weak.
- D. All of the above are
correct.

NASCAR # 32 Tide Ford Taurus driven by Ricky Craven from Newburgh, ME

Don't let drugs

drown your dreams.

When this boat went by it blew
some letters away. Complete the
words by filling in the missing
letters.



APBA # 90 Hydroplane driven by Ann Fitzgerald from Rio Grand, NJ

Race car drivers build friendships with each other. Discuss with a parent, teacher, or friend some ways you could build friendships. Draw a picture of you and your friends with the car below.



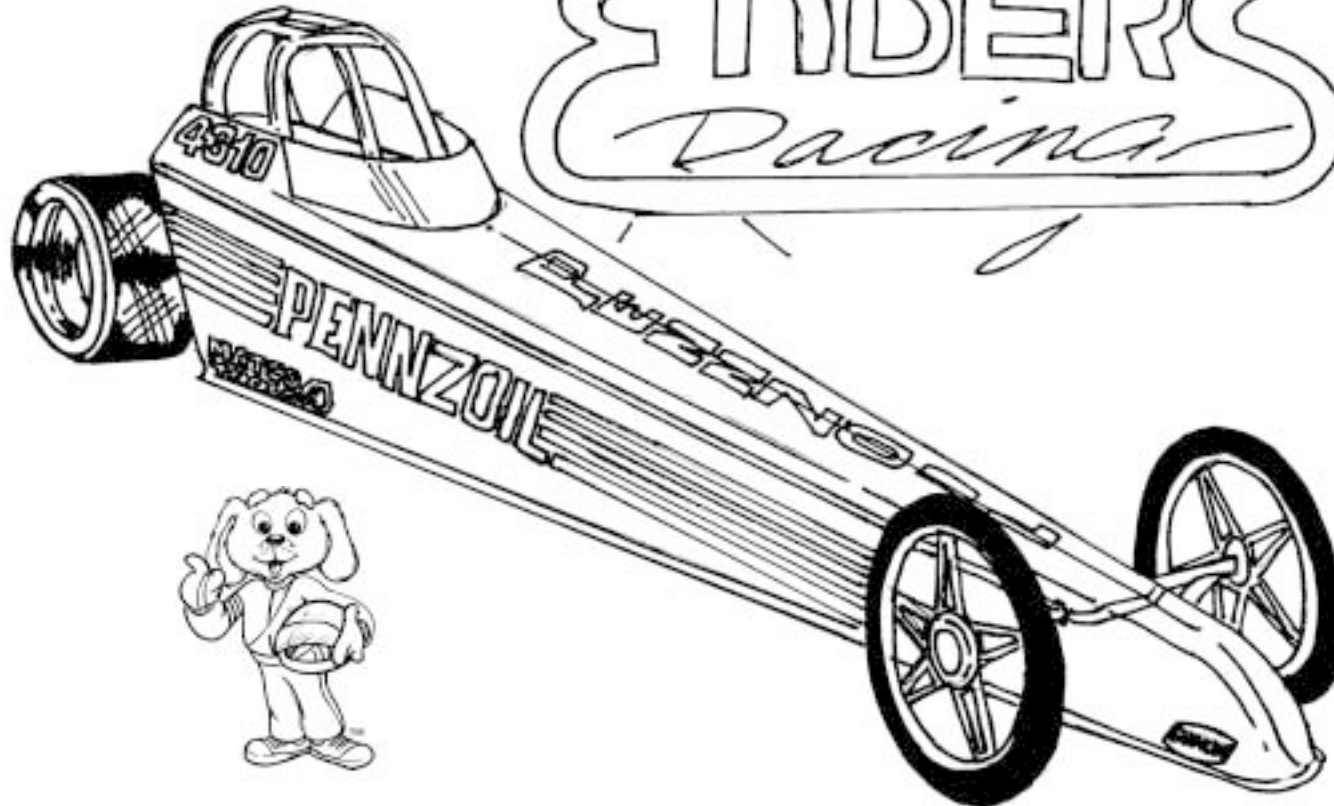
NASCAR # 43 Cheerios Dodge Intrepid driven by John Andretti from Indianapolis, IN

Everybody is different. Discuss with a parent, teacher, or friend why it is okay to be different.
One of the Radpups below is different. Draw a circle around the Radpup that is different.

COURTNEY ENDERS



ENDERS *Racing*



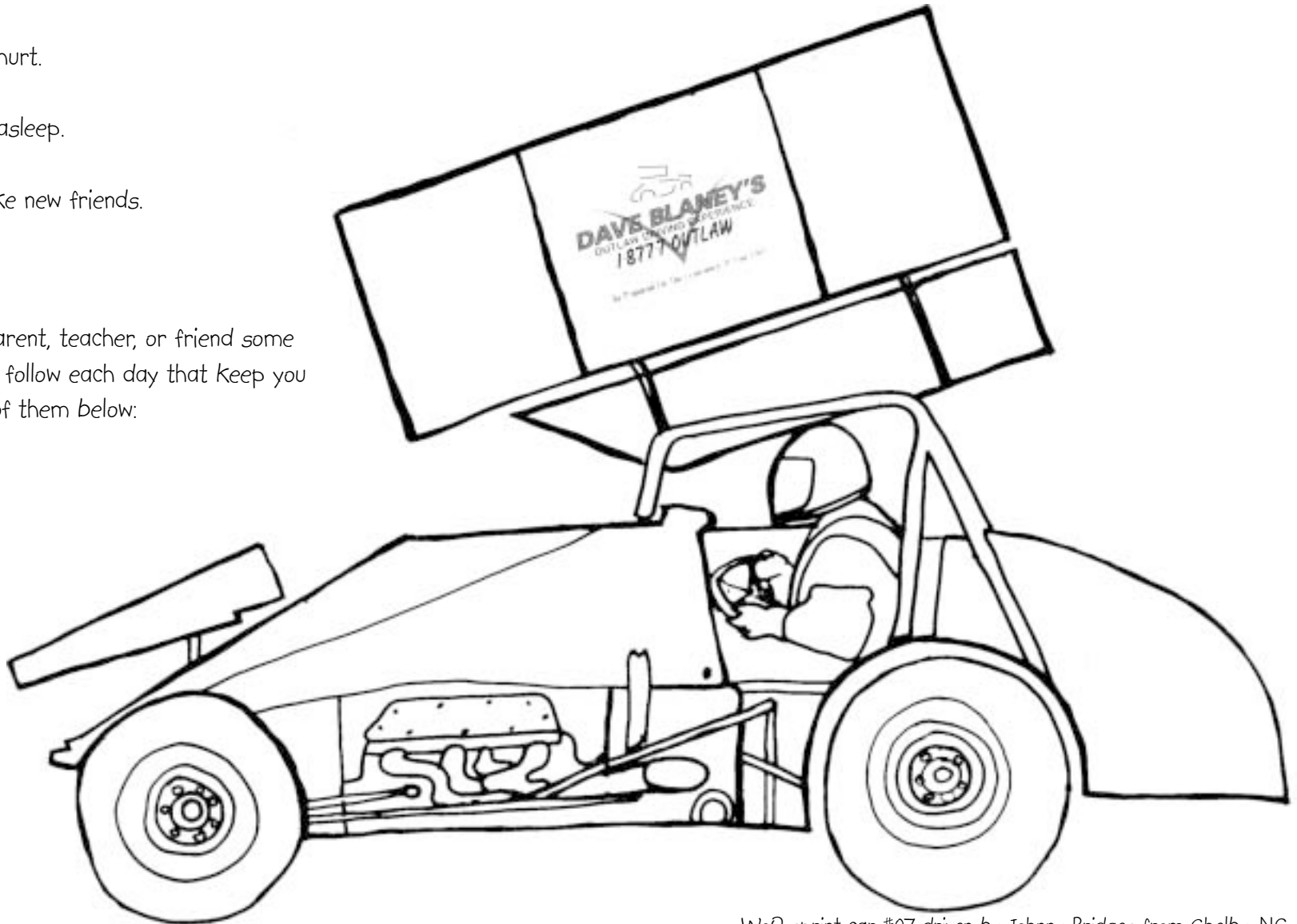
NHRA dragster driven by Courtney Enders from Beaumont, TX

It is important to follow rules in life. Rules help to keep us safe. The driver below has to wear a seat belt in the race because it is a rule. What could happen to the driver if he doesn't wear a seat belt?

- A. He could win the race.
- B. He could get hurt.
- C. He could fall asleep.
- D. He could make new friends.

Discuss with a parent, teacher, or friend some rules you have to follow each day that keep you safe. List three of them below:

- 1.
- 2.
- 3.

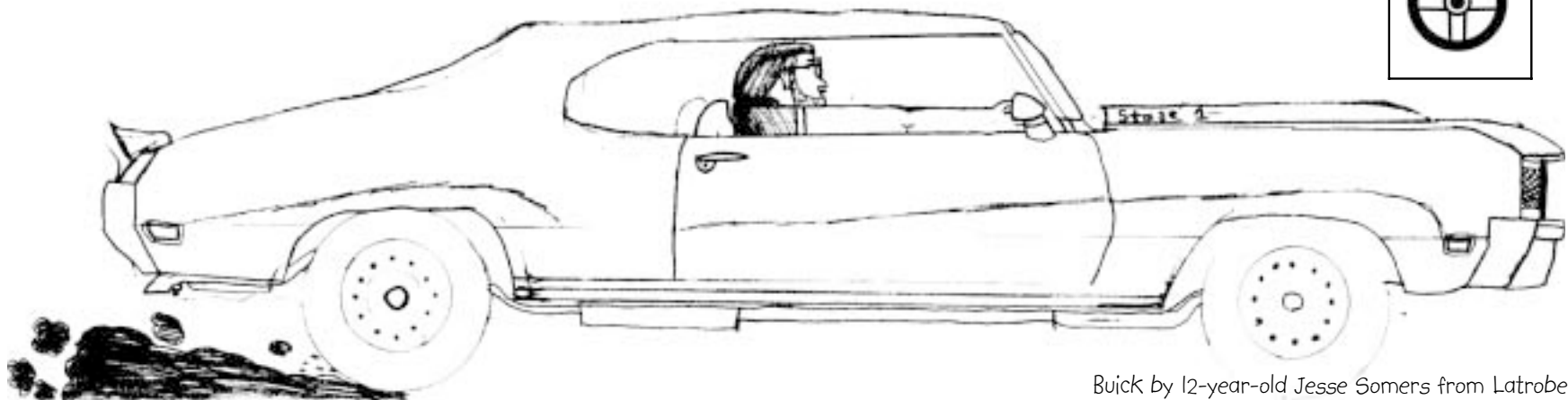
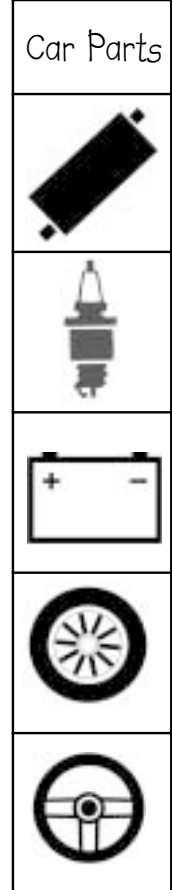


WoD sprint car #07 driven by Johnny Bridges from Shelby, NC

Buicks going fast with class. Don't let drugs be your drag!!

Race car drivers have to make "good choices" when they race to keep them and others safe. Use tracing paper to trace the car parts on the right side of the page and then cut them out. Glue a car part beside each "good choice" in the good choice column. Draw a frowning face in the "bad choice" column.

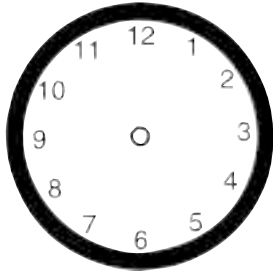
Choice	"Good Choice"	"Bad Choice"
1. You steal a pencil from the teacher's desk because your friend told you to.		
2. You help a boy in your class pick up his toys at clean up time.		
3. Your friends are talking and laughing while the teacher is speaking but you sit and listen.		
4. You hit and kick other children at recess because you saw it on a cartoon that morning.		
5. You said " Sorry" when you accidentally tripped a girl during recess.		



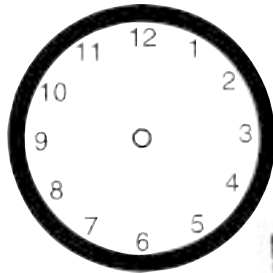
Buick by 12-year-old Jesse Somers from Latrobe , PA

Race car drivers need to be responsible. Part of a race car driver's responsibility is to be on time and to know how to use a clock. Fill in the missing hour and minute hands.

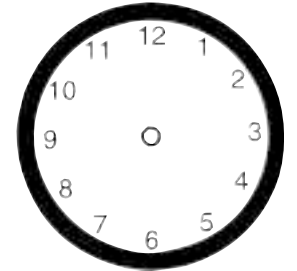
1. 7:30



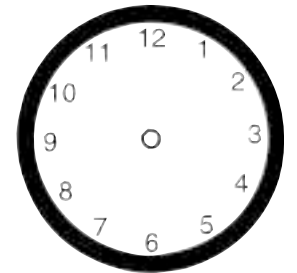
2. 10:30



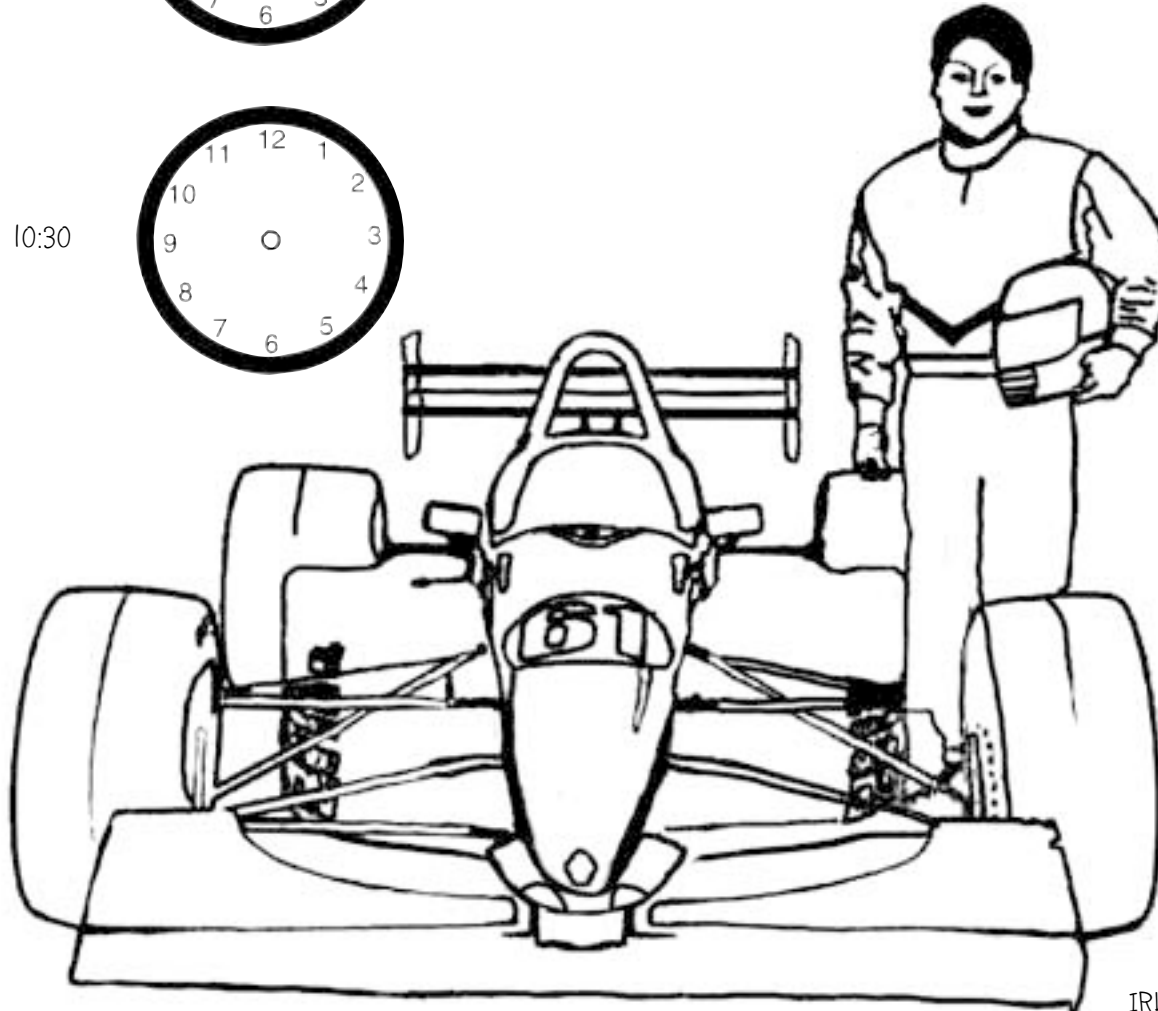
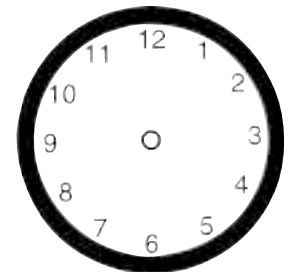
3. 12:30



4. 4:15



5. 9:45

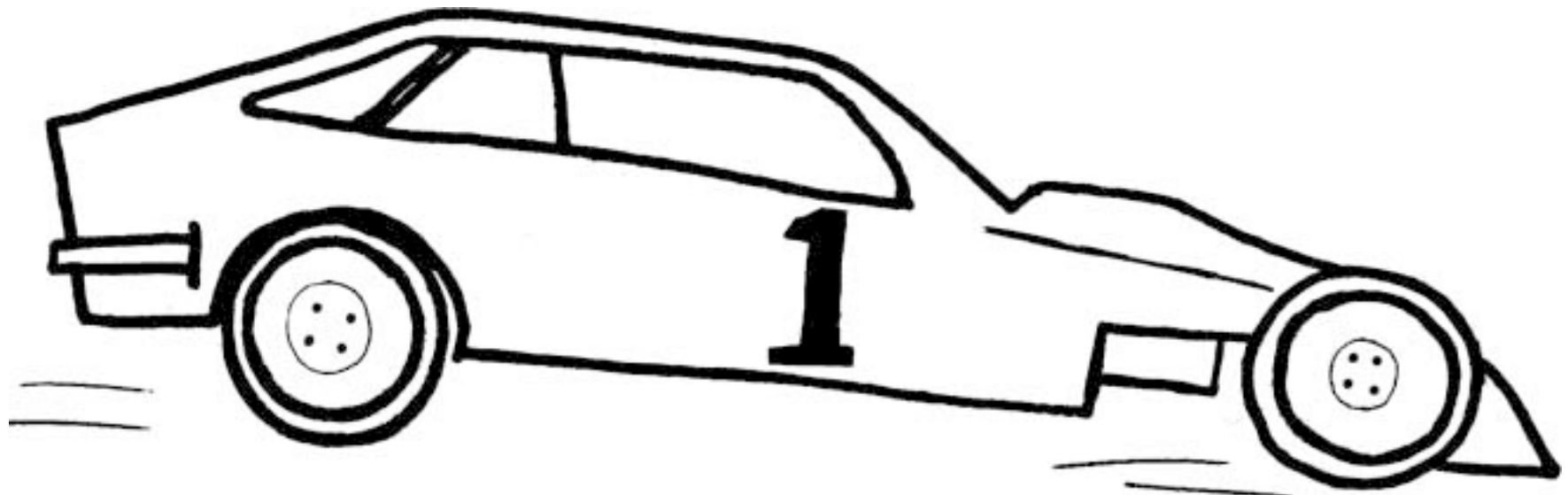


IRL car driven by Cory Witherill from Santa Monica, CA

Race car drivers use several different parts of their body to drive their cars. Name three parts of the *body* and tell why they are important.

1. _____
2. _____
3. _____

Draw a picture of a race car driver *below* and color the three parts of the *body* you listed red.



DIRT car by 8-year-old Joseph Kelly from Palermo, NJ

Working Together

Race car drivers work very closely with their racing team. They share, cooperate, and work together. Discuss and role play ways in which you work with others in teams or as partners. Complete the word find below using the following words:

COOPERATION
PLAY
TOGETHER

FRIENDS
SHARE
WORK

FUN
TEAM

R E O E P F D Z I C U
S E T A U A H S A W R
D E H N H K D R F L X
N O I T A R E P O O C
E Z W T E R T E A M P
I U C O A G Y F N Z L
R G V H R P O J R B A
F M S I I K U T G D Y



10-year-old Lauren Irwin



10-year-old Ashley Norwood



13-year-old Mare Krynski



13-year-old Omar Klan



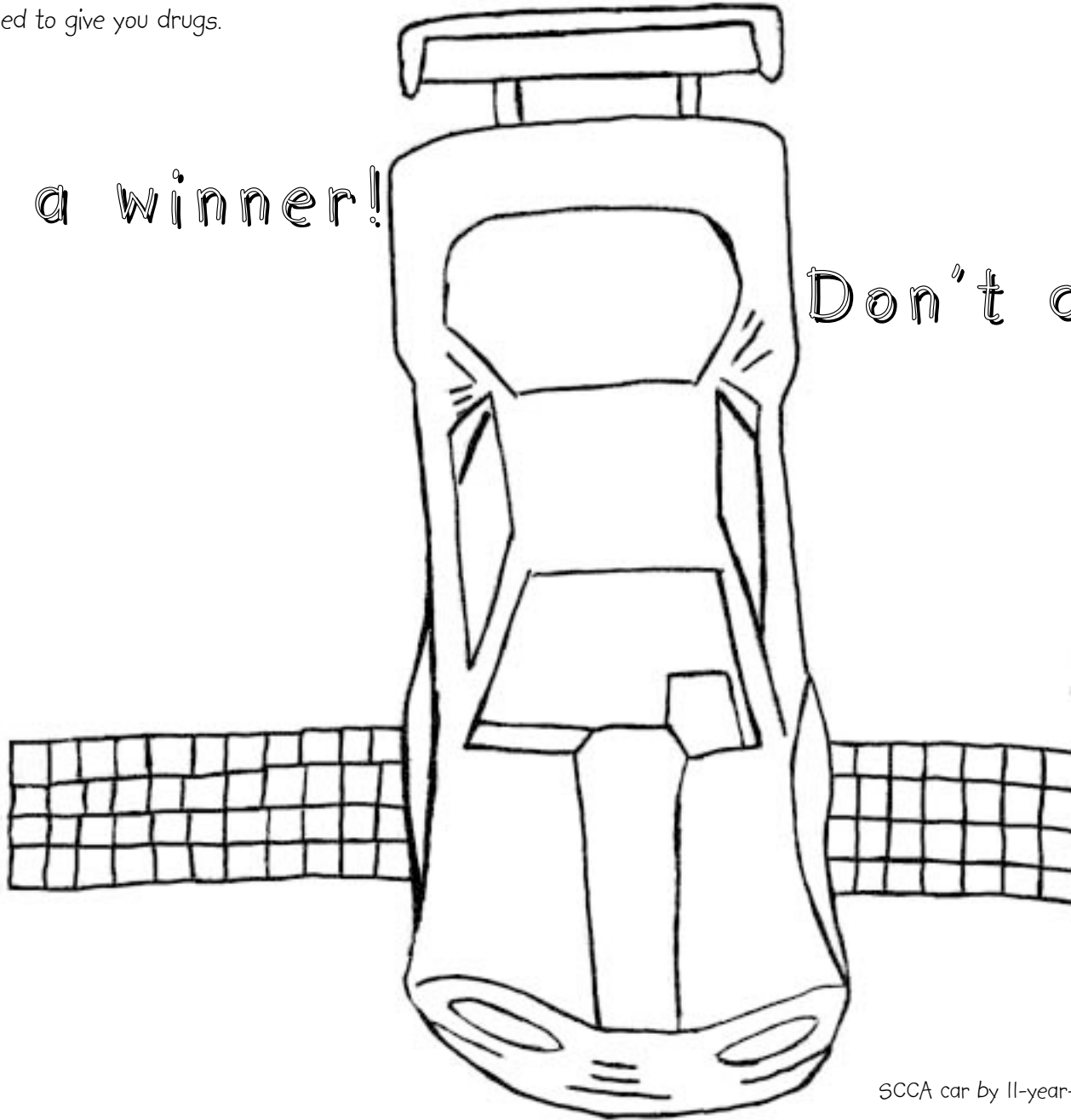
13-year-old Derek Schuman



Race car drivers never take drugs. They know that it is bad and unsafe. Draw 3 people around the race car below that you could talk to if someone tried to give you drugs.

Be a winner!

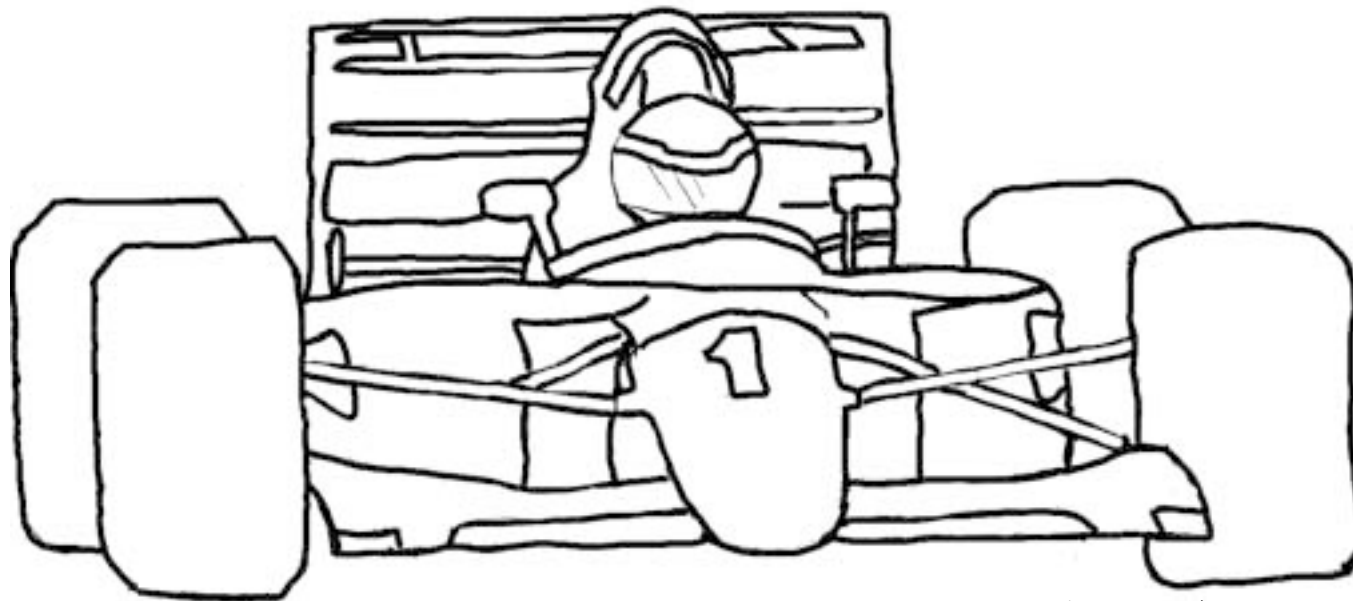
Don't do drugs.



SCCA car by 11-year-old Alexis Alfonso from Cape May, NJ

If you want to get into the winner's circle, don't use drugs.

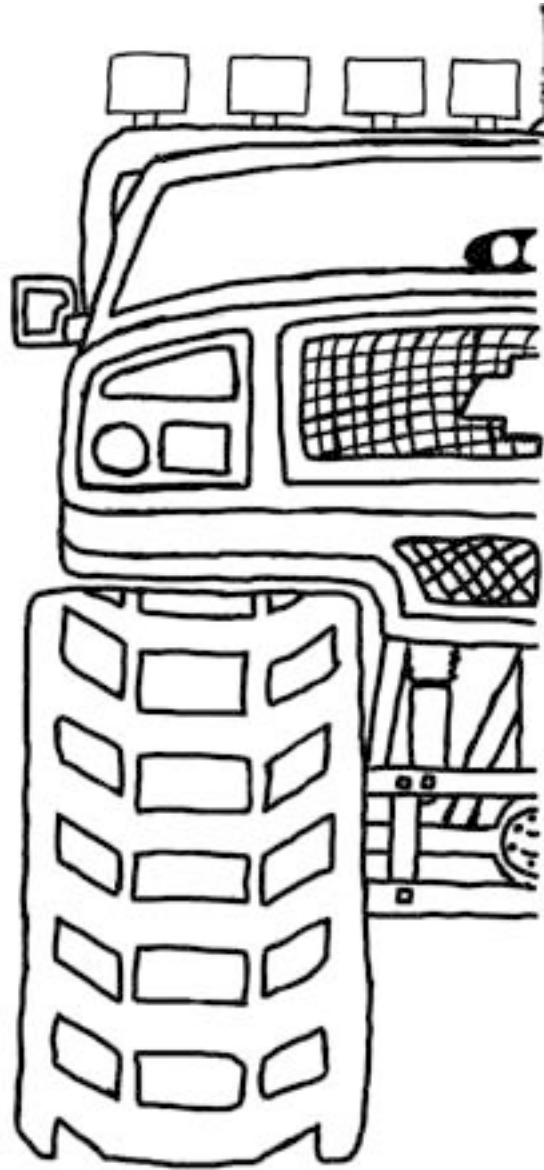
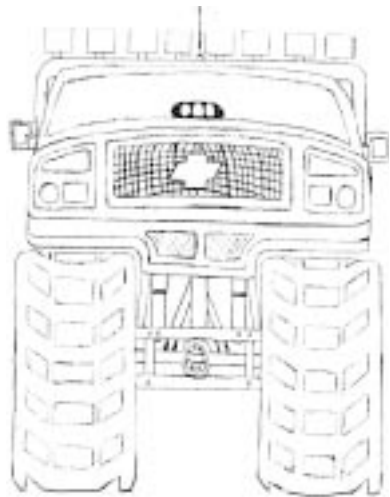
Race a friend to see who can get to the winner's circle first.



Champ car by 12-year-old Timmy Sanderson from Sheridan, OR

Just like you, race car drivers have friends. Friends can make them feel better when they are sad. Friends can also help them when they need something. Friends that are about the same age as you are called peers. Peers are an important part in a race car driver's life, and in yours. Peers can make you a whole person by making you feel complete. Take turns with one of your peers completing the monster truck below.

Stay on
track:
say NO
to
drugs!



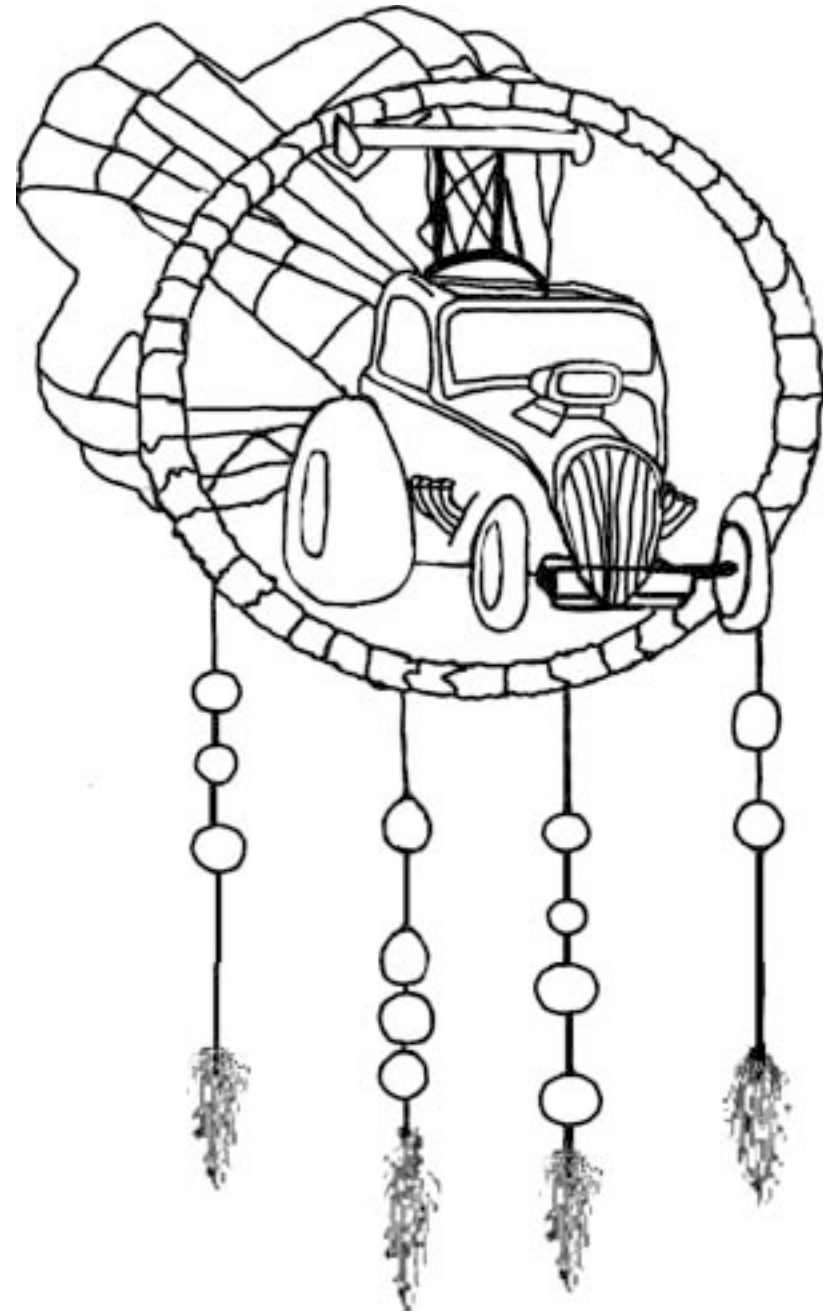
USHRA Monster Truck by 14-year-old Luke Johnson from Germantown, IL

A race car driver wanted to make sure his fans got to see his racecar. He decided that he would show it on television. He made a commercial so that people would see his car and be eager to come see him race. To make the commercial, it cost the driver \$100.00 for a new racing suit. He also paid \$20.00 to have his car cleaned for the commercial. How much did the driver pay to get ready for the commercial?

Answer _____

Write your own story problem and have a friend solve it.

Answer _____



IHRA Dream Catcher Race Team's 1937 Fiat driven by Raymond & Chuck Hogans from Lillian, AL


Decode this message from the Blue Angels.

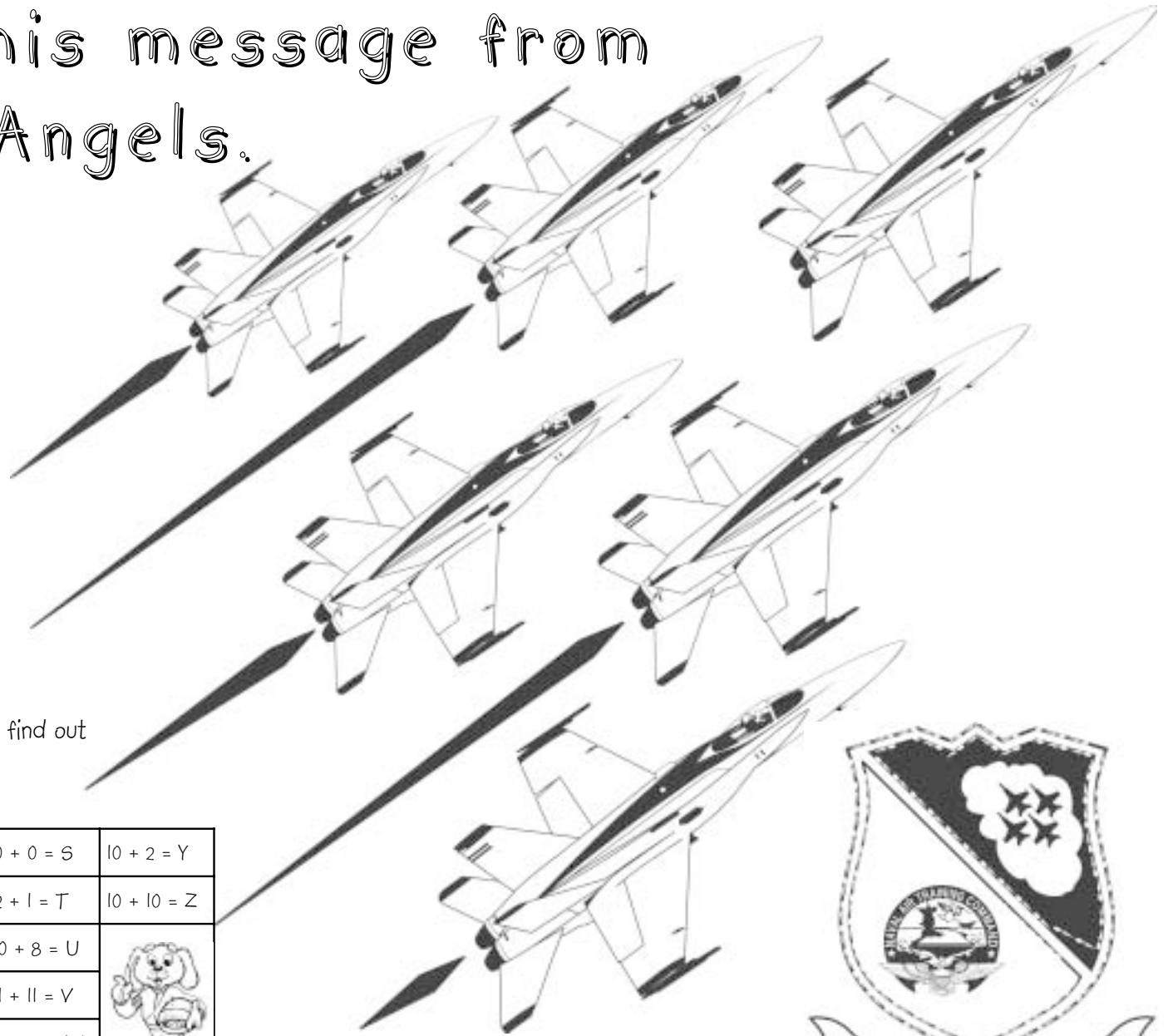
7 8 5 9 9 10

0 3 1 12 2 6

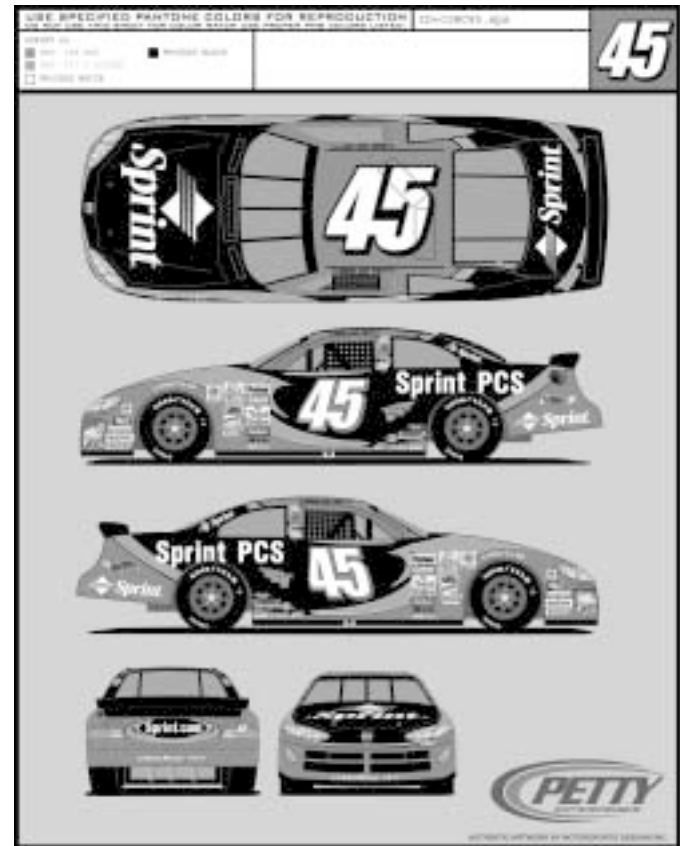
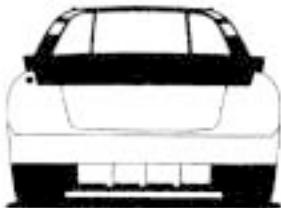
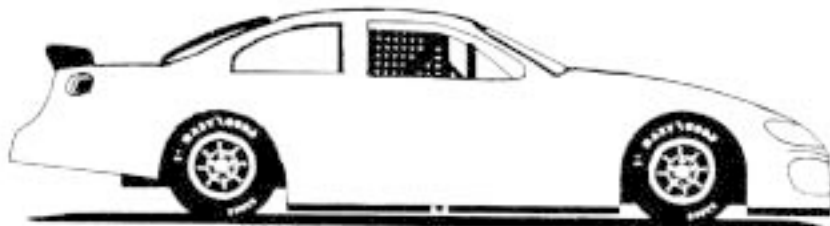
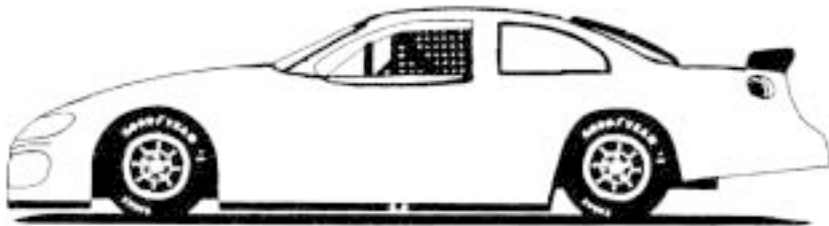
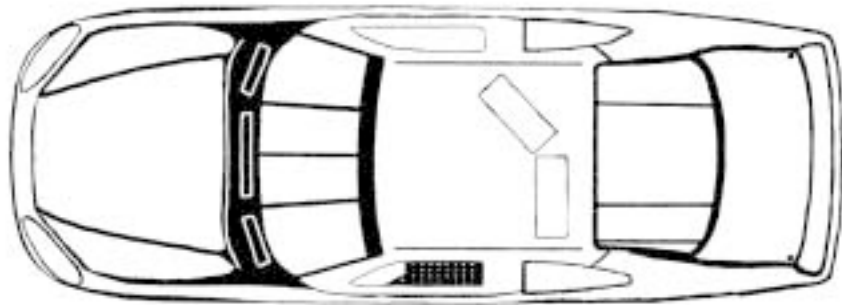
0 5 4 9 9 10

Solve the math problems below to find out what letter to put in each blank.

$1 + 0 = A$	$20 + 5 = G$	$10 + 5 = M$	$0 + 0 = S$	$10 + 2 = Y$
$2 + 5 = B$	$3 + 1 = H$	$2 + 4 = N$	$2 + 1 = T$	$10 + 10 = Z$
$0 + 5 = C$	$2 + 0 = I$	$5 + 4 = O$	$10 + 8 = U$	
$10 + 3 = D$	$7 + 7 = J$	$8 + 8 = P$	$11 + 11 = V$	
$2 + 6 = E$	$20 + 1 = K$	$10 + 1 = Q$	$10 + 7 = W$	
$6 + 7 = F$	$5 + 5 = L$	$10 + 9 = R$	$12 + 12 = X$	



Design your own race car. Fill in each block below.		Artist:	Car Number
Sponsor:	Car #:	Artists Notes:	
Car Colors:			



Above is an example of how a race car's paint and decals are designed. Use the drawing on the left to design your own race car.

NASCAR # 45 Sprint PCS Dodge Intrepid driven by Kyle Petty from Randleman, NC

Finish the
race drug free.

Color the vowels purple and
the consonants green in the
above sentence.

What vowel is missing? _____

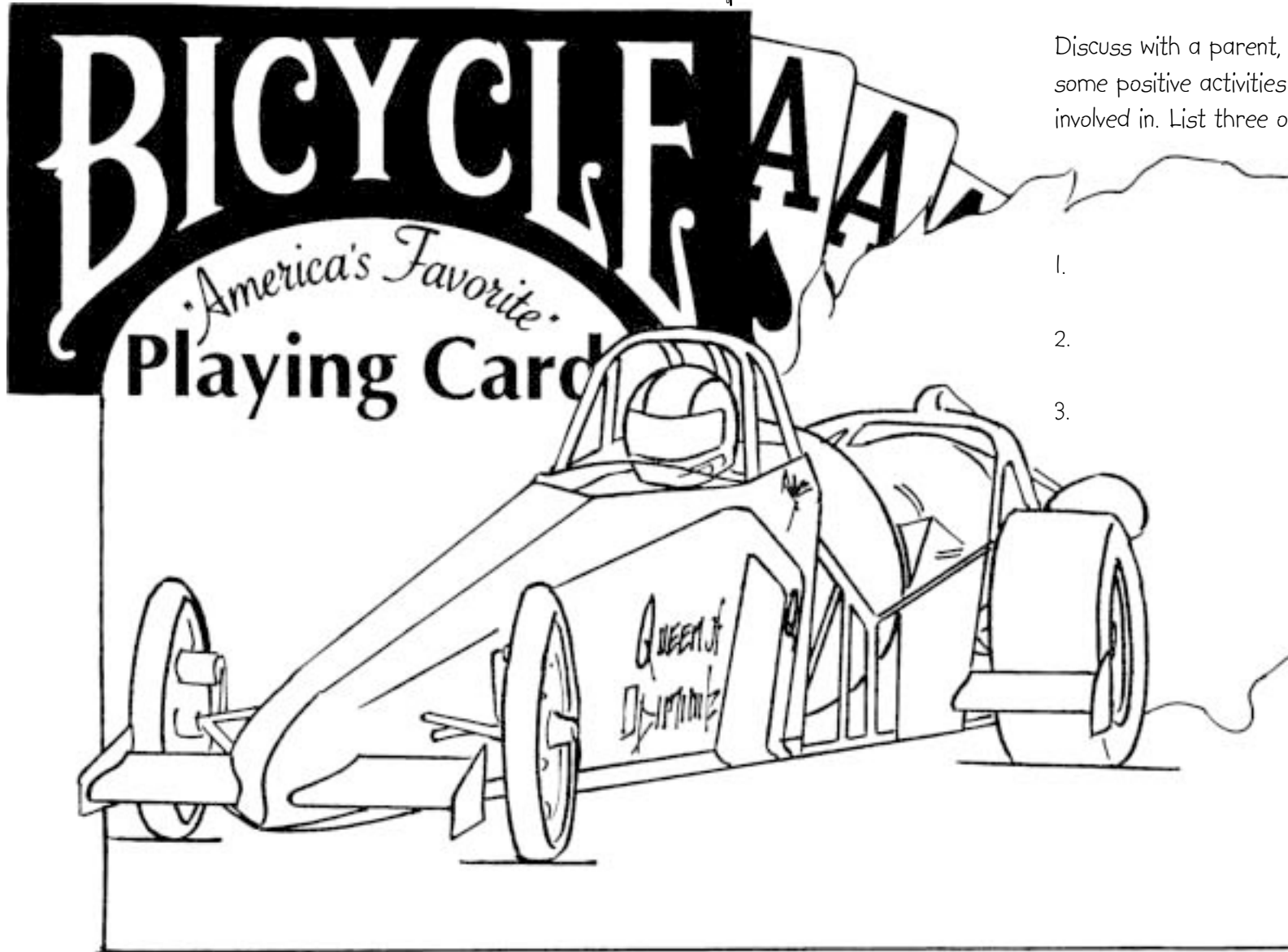


FMI Motorsports Off Road Truck driven by Gregg Foutz from Phoenix, AZ

Don't play games with drugs.
Get involved in positive activities.

Discuss with a parent, teacher, or friend
some positive activities that you can get
involved in. List three of them below:

- 1.
- 2.
- 3.

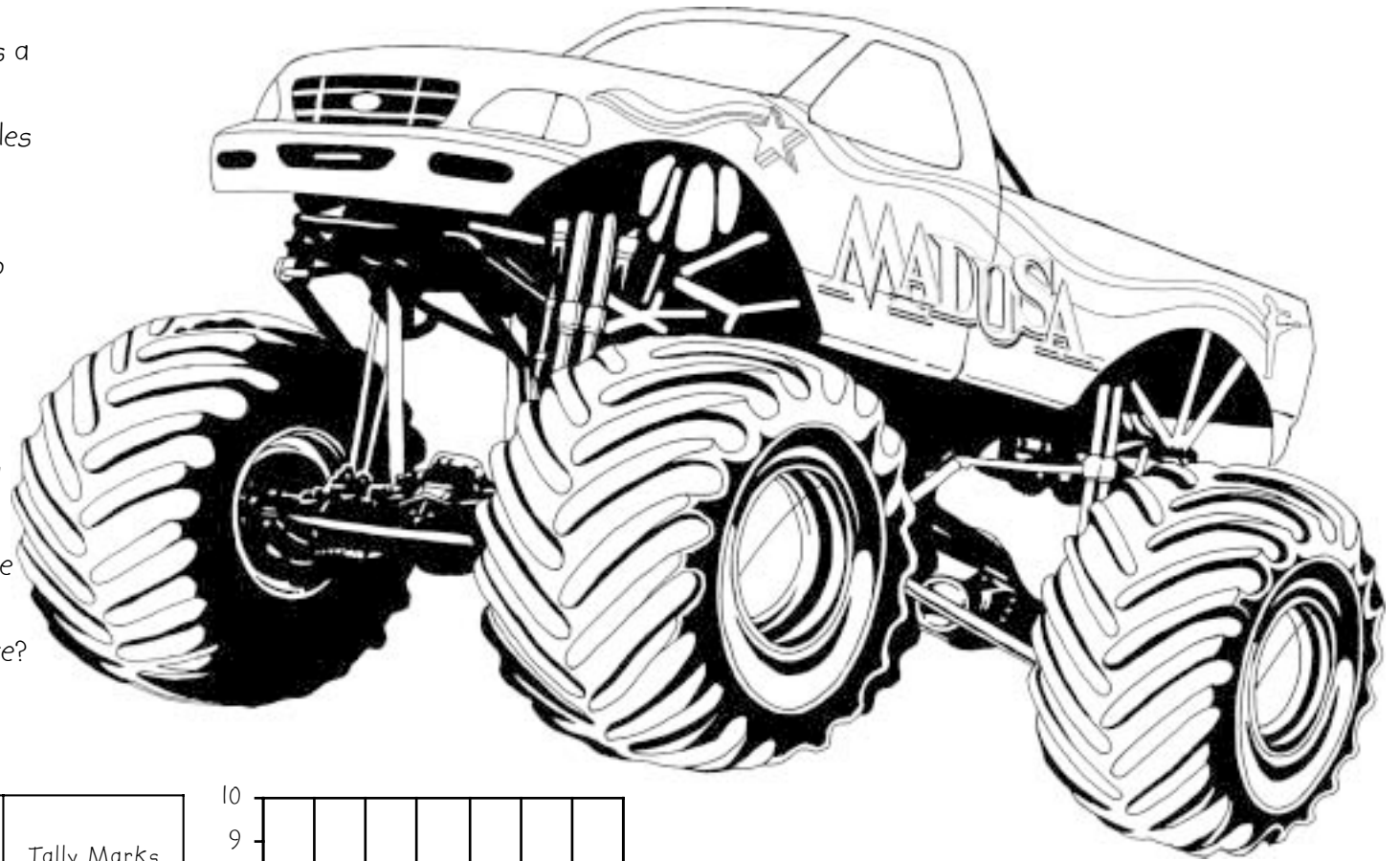


Hanna Motorsports Queen of Diamonds Jet Dragster driven by Jessica Willard from Leominster, MA

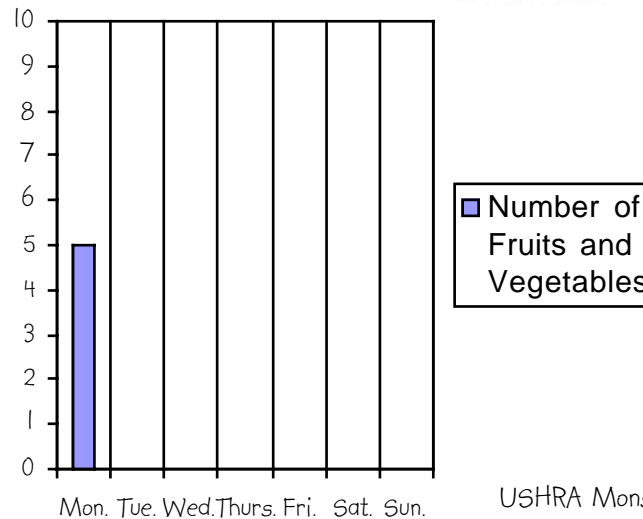
Fruits and vegetables help to keep our bodies healthy. It is a good idea to eat at least five servings of fruits and vegetables every day.

The racer to the right likes to eat fruits and vegetables because it keeps her healthy and gives her energy.

Complete the tally marks and the bar graph to show how many fruits and vegetables the racer ate each day last week. Is she making a healthy choice?

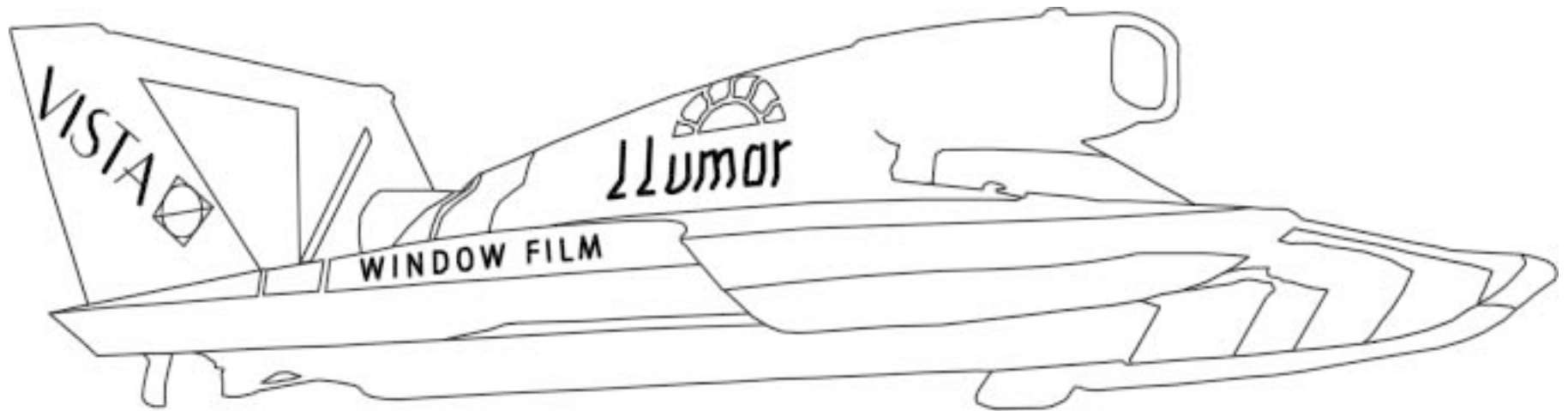


Day	Number of Fruits and Vegetables	Tally Marks
Monday	5	///
Tuesday	6	
Wednesday	5	
Thursday	7	
Friday	8	
Saturday	5	
Sunday	9	



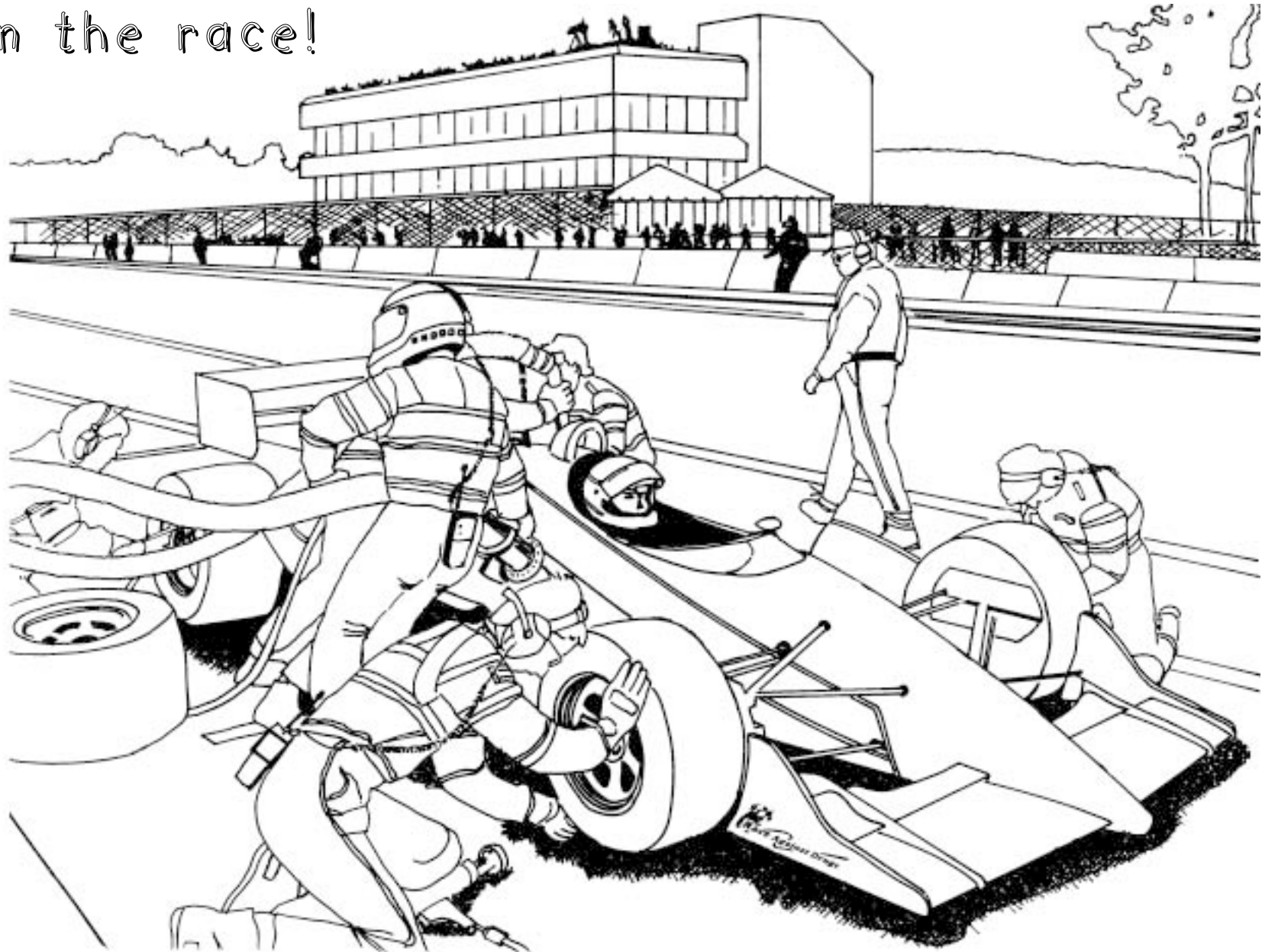
USHRA Monster Truck driven by "Madusa" from Minneapolis, MN

A race boat has to be cleaned before and after each race and it has to be taken care of in lots of other ways to keep it running well. Just as it is important to take care of the race boat, it is important for you to take care of your body. Draw a picture of one way you can take care of your body next to the race boat below. Write a sentence to tell about your picture.



APBA LLumar Hydroplane driven by Jimmy King from Richmond, MI

There is no "I" in team. Work together and win the race!





Racecar drivers set goals to help them win races. You can win races in life by setting goals and making the right choices. Help Radpup get to the winner's circle by staying away from wrong choices and by making the right choices!

START

Tease

Follow Rules

Cheat

Listen

Smoke

Exercise

Read

Skip School

Lie

Eat Healthy

FINISH



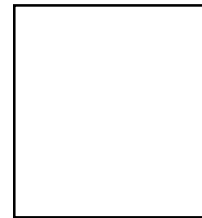
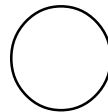
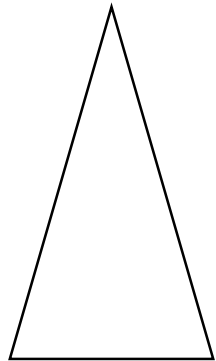
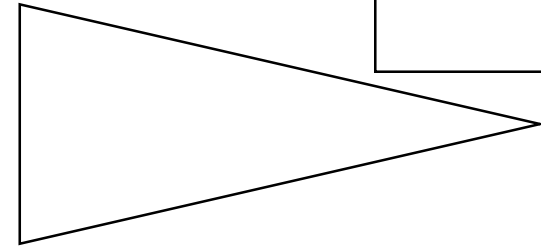
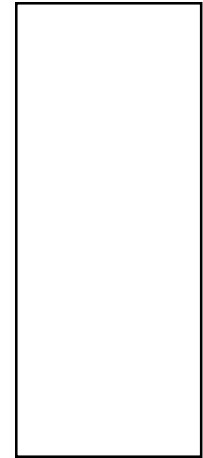
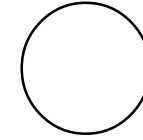
Don't do drugs. Do math.



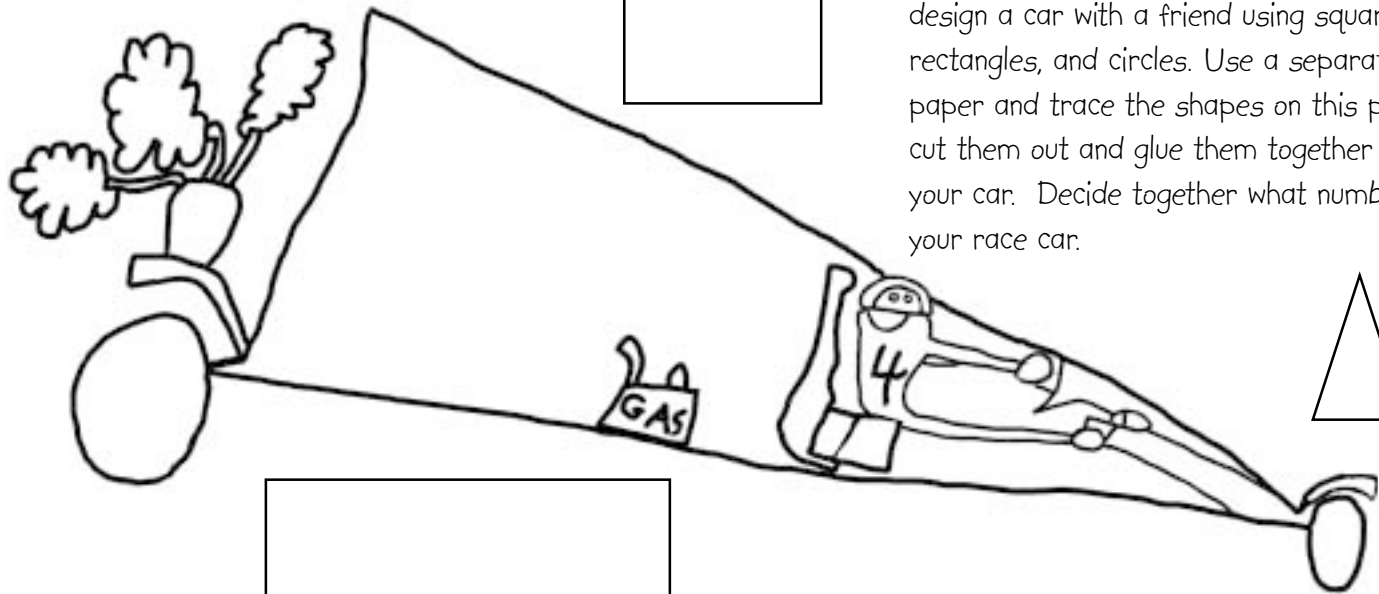
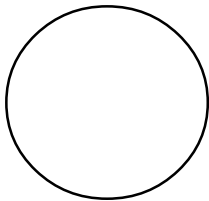
Help Radpup with his addition and subtraction by completing the math problems to the right. Look at the sign (+ or -) first.

Have an adult check your work..

$8 - 8 =$	$8 + 8 =$
$1 + 5 =$	$1 - 5 =$
$6 - 5 =$	$6 + 5 =$
$6 + 6 =$	$6 - 6 =$



Racers use team work to help win a race. Help design a car with a friend using squares, triangles, rectangles, and circles. Use a separate sheet of paper and trace the shapes on this page. Then cut them out and glue them together to design your car. Decide together what number will be on your race car.



Triangle car by 7-year-old James McGinness from South Bend, IN

Federal Partners:



The content of this publication should not be an endorsement of the FBI organization, its policies, programs, or services. The use of the FBI name, initials and seal(s), or colorable imitation thereof is prohibited by statute and regulation without the express written authorization from the Director of the Federal Bureau of Investigation.



The Drug Enforcement Administration (DEA) has supported Race Against Drugs in many ways. Our Demand Reduction Coordinators have been speaking at RAD events and providing drug prevention materials for their programs. The DEA will continue to support RAD activities by providing, at no cost to participating schools, resource packets that RAD uses in its 8-week program. The DEA Drug Demand Reduction Coordinators have also assisted by printing several thousand RAD posters that have been distributed to schools across the United States.



The Center for Substance Abuse Prevention (CSAP) values Race Against Drugs for its ongoing commitment to community-based substance abuse prevention. This innovative program offers exciting activities and a stimulating curriculum that get students, their families, and teachers involved in building safer, healthier drug-free communities.



This publication was made possible in part by Grant 98-JD-FX-0001 from the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice to Race Against Drugs under the auspices of the National Child Safety Council. Point of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

The Race Against Drugs Activity Book is the result of a collaborative effort between many different parties. Most of the artwork is the result of a contest that lasted almost a year. The next printing will also use a contest to supply the art. For information on how to enter call 800-327-5107 or visit www.raceagainstdrugs.org for entry information. Please encourage your children to enter.

Race Against Drugs owes a great debt of gratitude to the following individuals and organizations that helped with this project. The list is in no specific order.

- Teachers: Hope Massalon Carter, Lara Latto, Madeline Thompson-McMillan, and Iris Sube
- Artists: Harley Harp, Pat Hulcey, Jonathon Johnson, and Rory Ward
- Procter & Gamble-Tide Racing
- National Child Safety Council
- Office of Juvenile Justice and Delinquency Prevention
- Center for Substance Abuse Prevention
- The young people who submitted artwork for the contest—you're all winners.
- Federal Bureau of Investigation
- Drug Enforcement Administration
- RAD Race Sanctioning Organizations (see rear cover)
- The Learning Center, Charleston, SC

A special thanks to Jeffrey L. Clarke, Director of Program Development, for his tireless efforts to bring this activity book to reality.



Race Sanctioning Organizations



Federal Partners



DEA



FBI

