

Compare and contrast



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Cross Country vs. Track People always ask " What is the difference between Cross Country and Track, all you do is run, is there a difference?" Just because both of these sports have to do with running doe not mean that they are the exact same. I agree there are some similarities in the two but there are also a lot of differences. To know the differences you have to have some experience and or knowledge of the sports. The reason I know how they are similar and different is because I participate in both sports for many years. " On your mark, get set, GO!" In Cross Country and Track both of them start this way. Once everyone is in their spot the gun man says those very words and then raises his arm to shoot of the gun which starts the race. Even though they both start this way each of them have their own positions to stand in. In track some of the events stand in different lanes. The reason why they do this is because certain track events have to be lined up this way in order for a fair run. In Cross Country everyone stands behind one vast white line that stretches for at least 500 meters. This significant comparison because depending on where the event starts, determines how well the race will begin. The main differences between these two sports are the distance in which they run. Cross Country runs from 2 miles all the way to 3. 1 miles depending on which course you are on. In Track the longest distance you run is 2 miles which is eight laps around the track. Once you hit college the distance gets extending and more intense. In college Cross Country you run from 3. 1 all the way to 6. 1 miles depending on if you are a male or female runner. In college track the most you can run is a 10k which is many laps around the track. Even though they have different distances to run you still have to apply the same mind set and same race plan in order to achieve the best P. R - which means personal record. In both sports you have to be <https://assignbuster.com/compare-and-contrast-compare-and-contrast-essay-samples-8/>

mentally prepared for your event or the race may not go as it was planned. The biggest difference is where each of these sports are held at. In Track you are always running on a 400 meter oval. This oval usually has 8 lanes for the different events that may go on. Every meet for Track is always the same 400 meter track. Rather than in Cross Country there are so many places that you can race. Cross Country runners are always running through many different obstacles such as running up very steep hills and difficult switchbacks. In Track, runners just run in a circle which is completely flat the whole entire time. Even though both of these sports run in different places runners still have to run them the same way. They have to run the first part with their head, the middle part with their personality, and the last part with their heart. If this is completed the runner should not end up being disappointed but should be very proud of themselves and walk off the line by saying "I gave it my heart and soul". Both of these sports may have a lot of similarities and differences but these are the three main ones that show the most. Whether you are on the Track or running through the woods, they both require a lot of speed, stamina, and endurance. Running requires a lot of skill and dedication if you want to be one of the best. Most people do not take running as a serious sport, but if you ask anyone who runs they would probably say it is one of the hardest sports out there because you can never settle. There is always that one second that you can take off your time, and you continue to say this and your time decreases more and more. To runners, running is like brushing their teeth, they don't think about it, they just do it, the decision has already been made.