A MAGICAL ATHLETICS JOURNEY

Written and illustrated by Christel Saneh
Hey there,

You might be an athletics fan, an athlete, or someone who has found interest in this sport. This book is made for you. It is a fictional story about two young people, probably your age, that go on a magical experience when they enter the Museum of World Athletics – MOWA.

You might already know some of the athletes in there. If not, you will learn more about them. They are the building blocks of the sport, they pushed the limits of the human body and helped the ones after them push the limits even higher. They clearly put on a big show for the people who watched them compete.

This adventure through MOWA will hopefully inspire you. If not, you will still learn something from it. Most importantly, we hope you will simply enjoy the read.

Make sure to visit MOWA by scanning the QR code on the previous page.

Enjoy the journey.
HEY MOM, HEY DAD

HOW WAS PRACTICE?

EXHAUSTING! WE HAD 8X200M TODAY

I'M HEADING TO MY ROOM. I HAVE THINGS TO DO. LET ME KNOW WHEN DINNER IS READY

A MAGICAL ATHLETICS JOURNEY

A comic book for teenagers.

Genre: fiction.

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Author and illustrator: Christel Saneh.

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Enquiries: MOWA@worldathletics.org

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MOWA? MUSEUM OF WORLD ATHLETICS?

OH WOW! THIS IS HUGE!

LET'S SEE WHAT THIS IS ALL ABOUT...

CATHY FREEMAN?

IT'S WORLD CHAMPIONSHIPS YEAR, SO LET'S SEE WHAT'S IN THERE

THERE IS ALL OF THEM!
THAT'S THE FIRST WORLD CHAMPS HELSINKI 1983!

OH WOW!

MIKE POWELL

THE CURRENT LONG JUMP WORLD RECORD-HOLDER

WOAH! HIS WORLD RECORD JERSEY!

WHAT WOULD IT FEEL LIKE TO JUMP A WORLD RECORD AND BEAT YOUR RIVAL WHO WENT UNBEATEN FOR A DECADE?

WELCOME TO THE 1991 WORLD ATHLETICS CHAMPIONSHIPS IN TOKYO! WE'RE ABOUT TO WATCH ONE OF THE GREATEST DUELS OF ALL TIME IN THE MEN'S LONG JUMP!

WE WILL WITNESS A GREAT COMPETITION HERE BETWEEN CARL LEWIS AND MIKE POWELL. THE LATTER CAME SO CLOSE TO BEATING LEWIS EARLY THIS YEAR BUT LEWIS CAME BACK ON THE LAST JUMP TO WIN IT. HE REMAINS UNBEATEN SINCE 1981!

WHERE AM I?

CARL LEWIS OPENED HIS COMPETITION WITH 8.68M. THE WIND WAS WITHIN THE LEGAL LIMIT THEN.

HE FOLLOWED WITH A NO JUMP THEN LEAPED 8.83M. THE WIND WAS JUST OVER THE LIMIT. NEVER BEFORE HAVE WE SEEN SUCH A DISPLAY OF LONG JUMPING, EVEN BY THIS MAN.

THE WORLD RECORD STANDS AT 8.90M ACHIEVED BY BOB BEAMON IN MEXICO CITY AT THE 1968 OLYMPIC GAMES.

THESE ARE THE FACTS.

WHERE AM I?

THIS IS CARL LEWIS! WHAT AM I DOING HERE? HOW IS THIS EVEN POSSIBLE?
OHHHHHHH!
THAT'S A HUGE JUMP
BY LEWIS

OH! WHAT'S GOING ON WITH ME?

I'M ABOUT TO JUMP!

THIS IS INSANE!!!

WHAT A SHAME THAT THE WIND IS A LITTLE BIT OVER THE LIMIT BUT THAT IS THE LONGEST JUMP WE'VE EVER SEEN!

8.91M!
THE LONGEST LONG JUMP IN HISTORY!
OH MY! I'M DOING THE SAME ROUTINE START AS MIKE POWELL! WHAT'S GOING ON?

LETS SEE IF MIKE POWELL WILL BE ABLE TO DELIVER

I'M MIKE POWELL!
I'M FLOATING...

I'M FLYING...

OH!
THIS FEELING
IS AMAZING

OOOOUUUUF!!!!

WHAT A FEELING!

THAT WAS HUGE!
THIS IS IT!

+ 0.3

8.95m! That's a new world record!

YESSS!

So that's what it feels like when you break a world record. No one has ever jumped further, wow!

Joey!!

Dinner is readyyyyy!

Dad, did you watch the 1991 long jump final between Carl Lewis and Mike Powell?

Oh yes! Never missed a world champs since I married your mom, and this one was the best of all time!

It was on our second date. You should have seen your dad's reaction after the world record!

I'm here!

What took you so long?

I'm coming!
HI MAMA!

HEY FLORENCE!

HOW WAS YOUR DAY AT SCHOOL?

GREAT, WE LEARNED ABOUT MUSCLE FIBERS TODAY...

WHat ABOUT TRAINING?

MMM... CAN YOU HELP ME SET THE TABLE FOR LUNCH?

I DID ANOTHER DISTANCE SESSION

LUNCH IS READY!
DISHES DONE!

NO ONE IS GOING TO STOP ME FROM DOING WHAT I LOVE!

YAHHHHHHH!!!!

YAHHH!!!!

ENOUGH FOR TODAY
LET'S CHECK OUT THE LATEST WORLD ATHLETICS NEWS...

ELIUD! LOOK WHAT I'VE DONE!

WAIT FOR IT!

OH THIS IS BIG. I'M CURIOUS TO SEE WHAT'S INSIDE...

A MUSEUM? MOWA? WHAT'S THIS THING?

THE WORLD CHAMPIONSHIPS SECTION...

THIS IS A BIG HALL... AND IT STARTS IN 1983, THAT'S A LONG TIME AGO.

LET'S SEE WHAT'S ON THE WALLS...

THE WORLD CHAMPIONSHIPS SECTION...
THE FIRST ETHIOPIAN WOMAN TO TAKE A WORLD CHAMPIONSHIPS GOLD MEDAL

JAN ZELEZNY! WHAT A LEGEND OF JAVELIN THROW.

OH! HAMMER THROW! ANITA WŁODARCZYK! SHE’S THE CURRENT WORLD RECORD-HOLDER!

IT’S BEAUTIFUL. ANITA IS A LIVING LEGEND OF THE HAMMER THROW. OH I'M SO EAGER TO LEARN MORE ABOUT HER CAREER. LET’S SEE!
OH WOW!

MY HEAD IS SPINNING!
WHAT’S HAPPENING?
WHERE AM I?

I’M THROWING
THE HAMMER!!!

AND IT FEELS
GOOD!

SO GOOODDD!!!
YAYYYYY!!!

YESSS!!!

OUCH!!!
I DON'T EVEN FEEL THE PAIN BECAUSE THIS FEELING OF VICTORY IS SOMETHING ELSE

I JUST THREW ANITA'S WORLD RECORD! HOW DID THIS HAPPEN?

OH WOW! I'M POSING WITH THE SIGN!

NEW WR
77.96 M

IT'S AMAZINGGGG!!!

FLOOOORENCE!!!

YOUR BIG BROTHER IS HERE!

WHAT??

IS ARTHUR HERE?

I MISSED YOU!

ME TOO FLORENCE
LET'S GOOOOO!!!
IT'S COMPETITION DAY!!

I HAVE TO GO!!
I'LL BE LATE FOR COMPETITION!

READY!
READY!
I'M SO READY FOR THIS.

I SHOULD ONLY REPEAT THE SAME FEELING I GOT IN MOWA.

COME ON! WHAT'S WRONG?

AHH!! THIS FEELS HARDER THAN IT WAS!

ARGHHH! IT DOESN'T FEEL THE SAME AT ALL.

OH NO! THIS IS A VERY POOR THROW...
THIS IS SO DISAPPOINTING...

WHAT DID I DO WRONG?

WHY CAN'T I JUST REPLICATE THE FEELING I GOT FROM MOWA?

SHOULD I CHANGE MY EVENT?

WHAT AM I DOING?

MAYBE THROWING IS JUST NOT FOR ME AND OUR PEOPLE WILL ALWAYS EXCEL AT DISTANCE EVENTS

I'M DEFINITELY WASTING MY TIME. THE ONLY WAY TO ENJOY IT WOULD BE TO GO TO MOWA AGAIN...

I WENT THROUGH MOWA AND EXPERIENCED SOMETHING INCREDIBLE WORDS CANNOT DESCRIBE. IF ANYONE HAD THE SAME EXPERIENCE PLEASE REACH OUT.

HEY! I'VE SEEN YOUR COMMENT ABOUT MOWA.

WOOWWWW!!! YES I KNOW WHAT YOU'RE TALKING ABOUT! I WAS ANITA WŁODARCZYK AND BROKE THE WORLD RECORD IT WAS A VERY INTENSE FEELING...

FLORENCE

ME

HEY! I'VE SEEN YOUR COMMENT ABOUT MOWA.

FLORENCE

HEYY! HAVE YOU HAD A SIMILAR EXPERIENCE TOO???

ME

YES! THAT'S WHY I'M REACHING OUT! I WAS IN MIKE POWELL'S BODY DURING THE 1991 WORLD CHAMPIONSHIP!

ME

IT WAS GREAT THOUGH! I FELT THAT I WAS FLYING. IT IS HARD TO DESCRIBE THE FEELING... IT FELT LIKE I WAS A SUPERHERO AND THAT I HAVE NO LIMITS TO MY POWER...

ME

IT WAS GREAT THOUGH! I FELT THAT I WAS FLYING. IT IS HARD TO DESCRIBE THE FEELING... IT FELT LIKE I WAS A SUPERHERO AND THAT I HAVE NO LIMITS TO MY POWER...

JOEY

YOU KNOW WHAT? LET'S DO IT AGAIN NOW TOGETHER!

FLORENCE

ME

GREAT IDEA! LET'S DO IT! I'M READY WHENEVER YOU ARE!

ME

NOW!

JOEY
VIRGILIJUS PASSED ON THE PASSION TO HIS SON. AMAZING.

USAIN BOLT! THE FASTEST MAN IN HISTORY! THIS SHOULD CERTAINLY BE A GREAT EXPERIENCE

ALLYSON FELIX! THE MOST DECORATED ATHLETE IN OUR SPORT! I'M GOING FOR IT!

Caterine Ibarguen (COL) Long & triple jump

Mondo Duplantis (SWE) pole vault
AND HERE’S THE WORLD RECORD-HOLDER FASTEST MAN ALIVE, USAIN BOLT!

OH NOOO!!! OH NOOO!

THAT WAS USAIN BOLT!

OH NO!

MASSIVE, MASSIVE DISAPPOINTMENT!

WHAT HAPPENED???

THIS IS WEIRD!

BAM

I’M SUPPOSED TO WIN THIS RACE! WHAT DID I JUST DO? WHY DID IT TURN OUT LIKE THIS?
I was supposed to have this wonderful feeling again!! Usain Bolt is the fastest man in the world...

But the championships are not done! Usain Bolt ran the 200m later on and won the world title as well as the 4x100m relay! I should pull myself together and focus on what is next. False starts are part of this sport, it is part of the game. I should try and focus on my next race and deliver what I am truly capable of. The 200m is an opportunity for me to unleash all this excitement that I have inside now, all this anger and defend my title.

Game on!
Let's do this!
Let's put all my focus on this 200m start. If everything goes well, I'm the fastest man on the planet. No one should be able to catch me!

World Athletics Championships Daegu 2011, Men's 200m

He hasn’t lost since the Brussels Grand Prix meeting in 2007 over the 200m, astonishing record.

Bolt in Lane 3, it’s a tight band...

Bolt in front!

Bolt is going to win this one! 19.40!

The big man reeved and smiles. He has defended his title quite magnificently, he ran a superb bend.
HERE’S FELIX, SEEKING TO WIN A NINTH WORLD CHAMPIONSHIPS GOLD MEDAL.

IT WOULD BE HER FOURTH INDIVIDUAL 200M TITLE.

OFF THEY GO!

SHELLY-ANN FRASER-PRYCE IS STORMING AWAY

ALLYSON FELIX IN LANE 3

OUCH!

AND FELIX HAS PULLED UP!

OOOOH! WHAT A TRAGEDY FOR HER!
INJURIES ARE PART OF THE GAME. ATHLETES PUSH THEIR BODIES TO THE LIMITS AND SOMETIMES THEY BREAK, BUT THIS SHOULDN'T STOP US FROM REACHING OUR DREAM. ALLYSON FELIX CAME BACK STRONGER AFTER THIS CHAMPIONSHIP AND ENDED HER CAREER AS THE MOST DECORATED ATHLETE IN WORLD CHAMPIONSHIPS HISTORY. SHE EVEN WON THE 400M AT THE NEXT WORLD CHAMPIONSHIPS!

I CAN'T JUST GIVE UP LIKE THAT. ALL ATHLETES ARE PRONE TO INJURIES BUT A LOT OF ATHLETES CAME BACK EVEN STRONGER. LET ME USE THIS DESIRE TO RETURN TO MY TOP GAME AS A MOTIVATION AND SEE WHAT HAPPENS. I'M GOING TO PUT IN THE WORK AND DO THE TALKING IN MY RUNNING. I CAN DO THIS! I'VE READ ABOUT ALLYSON'S JOURNEY AND OTHERS WHO HAVE BEEN THERE, I CAN DO IT TOO!
Hey! How did it go for you?

Yes, these setbacks definitely contributed to their success.

Exactly! That’s what I learned too. I think these people are the most decorated athletes of our sport because of what they went through.

True. Not only these two. If we look closely, we will see that every athlete on any level goes through the same low points. It is how you overcome this phase that matters the most.

Yeah. Same thing happened to me. I chose Allyson Felix and was injured in the final.

Yeah, for me too. But I feel empowered; I didn’t experience the same feeling as before but I false started like Bolt!

Yes, same thing happened to me. I chose Allyson Felix and was injured in the final.

Completely agree with you. This is our case as well. Good luck in your competition this Saturday. I have one as well and will try to enjoy it as much as possible.

Yeah, I always thought Usain Bolt was invincible but even he can lose.

Yeah! How did it go for you?

It was different this time.

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Yeah, I always thought Usain Bolt was invincible but even he can lose.
WELL, YOU DON'T HAVE TO DECIDE NOW. I ALSO LIKE BOTH THE LONG JUMP AND SPRINTS, BUT THEY WORK WELL AS A COMBINATION.

OH YES, HE IS ONE OF MY IDOLS OF THIS SPORT. YOU KNOW, YOU CAN'T JUST HAVE ONE WITH ALL THESE GREAT ATHLETES AND THE ONES TO COME!

I CERTAINLY DID! I FINISHED ON THE PODIUM FOR THE FIRST TIME EVER!

WHAT ABOUT YOU? HOW DID IT GO? YOU SAID YOU WERE COMPETING IN THE JAVELIN, HAMMER AND DISCUS THROW!!

SO DID YOU ENJOY THE COMPETITION?

I'M SO HAPPY FOR YOU!

FLORENCE

FLORENCE

JOEY

OF COURSE THEY DO! CARL LEWIS USED TO DO BOTH, YOU MIGHT BE FOLLOWING IN HIS STEPS! HAHAHA

ME

ME

ME

JOEY

ME

ME

BIP

TAP

TAP

BIP

BIP

BIP
JOEYYYY!! COME ON IT'S STARTING!

ONE SECOND!

LET'S MAKE A PROMISE, THAT ONE DAY WE WILL MEET AT THE WORLD CHAMPIONSHIPS.

FLORENCE!!! WHERE CAN WE WATCH THE CHAMPS?

I PROMISE.
Scan here to enter the 3D world of athletics

THE END
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