

To find out just how fleet your feet are, go back to school. "Some of the fitness tests you took in P.E. class are still important for gauging your cardiovascular health and sports performance as an adult," says James R. Morrow Jr., Ph.D., professor of kinesiology at the University of North Texas in Denton and former chair of the President's Challenge Science Board, the committee that helps oversee the tests. Find out if you can still score the physical fitness award in the events below.

Ace Your Pace

The drill:
50-yard dash
 On a track or a football field, mark off 50 yards and sprint the distance.
Measures: speed
Time to beat:
 7.2 seconds*

The drill:
shuttle run
 Mark two lines 30 feet apart or 10 yards on a football field. Run to the 30-foot mark, touch the ground with your hand and run back. Repeat once.
Measures: agility and speed
Time to beat:
 10 seconds*

The drill:
one-mile run
 Go to mapmyrun.com to plot a one-mile path, and cover the distance as fast as you can.
Measures: endurance
Time to beat:
 8 minutes
 15 seconds*

*Represents the 85th percentile for a 17-year-old female

Q "Can I ignore the occasional popping sounds in my ankles and knees when I run if they don't hurt?"

A "Musical joints are usually nothing to worry about," says Dennis Cardone, D.O., an associate professor at New York University Hospital for Joint Diseases in New York City. The noise is probably oxygen or carbon dioxide being released from the surrounding muscles as you bend and stretch or a tendon traveling over the bone itself, Cardone explains. To make sure weak muscles around your joints aren't to blame, strengthen your inner thighs with seated leg raises and your ankles by balancing on one foot at a time for two minutes. Try five to 10 reps of each exercise per leg, three times a week. If the sounds are followed by postrun pain, check with your doc before your knees take more knocks.

Be a Walk Star Americans average 5,117 steps a day; that's way behind on-the-go Australians, who log more than 9,600 strides daily. **Clip on a pedometer (try the New Balance Via Slim, \$29, shopnewbalance.com) and see where you stand, er, stroll.**

Source: Medicine & Science in Sports & Exercise

Fresh Tracks We lent our stinky sneakers to science to sniff out the best odor busters.



Stuffitts Shoe Savers
 These cedar-filled inserts "soaked up the moisture in my sneakers and left behind a woody scent," fitness editor Jenna says. (\$25 a pair, dailygrommet.com)



Innofresh Sport Odor Eliminator
 The activated charcoal blend "got out a lot of the stink, and they're still going strong after a month's worth of daily runs," articles director Julia says. (\$19 a six-pack, innofresh.com)

Ever Bamboo Shoe Deodorizer
 The natural bamboo charcoal absorbed "most of the smell in my son's soccer cleats by the following day," art director Trish says. (\$10 a pair, dailygrommet.com)

Skunkies These cute powder-filled pouches "made my sweaty running shoes and gym bag smell great," fashion director Argy says. (\$6 a pair, skunkies.net for info)

TOP: A. GREEN/CORBIS; STILLS: PETER ARDITO; ADIDAS SHOES