



I Bet You Didn't Know! Sports Trivia

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Entering the 2009 baseball season, it's time to start talking about St. Louis first baseman Albert Pujols as among the greatest players of all time. Get this: In his first eight seasons in the majors, Pujols never hit below .314, never cracked less than 32 home runs, never drove in fewer than 103 runs, and never finished out of the top 10 in MVP voting. He was always a natural. In his senior year of high school in Independence, Mo, Pujols was intentionally walked 55 of the 88 times he came to the plate. In the 33 at bats he actually received, Pujols blasted eight home runs.

The 2008-09 NBA's version of "The Natural" is Cleveland's LeBron James. In March of '09, James joined Hall of Famer Oscar Robertson as the only players in league history to register 2,000 points, 500 assists and 500 rebounds in one season at least four times. Robertson – who once actually averaged a triple-double for an entire season – did it six times. Larry Bird reached the 2,000-500-500 mark three times in his career, while Michael Jordan and John Havlicek each did it twice.

How important is it for a NASCAR driver to be in top physical and mental shape? According to recent medical research, the answer is – very. Drivers use as much physical energy and lose as much weight in each contest as athletes in other sports. And the mental challenge is even greater. Sports psychologists working with NASCAR determined that a driver has to make as many as 50 decisions on a single lap, all at an average speed of nearly 200 miles per hour.



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