APPLE FLINGSHOT

Throw a green apple the length of a football field.

THE SETUP

A flingshot is sort of like a slingshot. With it, you can throw an apple a lot farther than you can with your arm alone. Where can you get such a powerful missile launcher? No problem. A flingshot is just a thin flexible stick about three feet long that will spring back when you whip it through the air.

There are always green apples under an apple tree in the summer. Ask permission to use the “drops.” If it's okay, impale one on the end of your flingshot. But be careful! You are now in the possession of a potentially dangerous plaything.

When you’ve cleared your apple for takeoff, grasp the end of the stick. Hold the flingshot so the apple is touching the ground in front of you. In one motion, bend your elbow and swing the apple back over your shoulder and then quickly bring your arm forward in a whipping motion. At the fullest extension of your arm, flick your wrist as your arm comes to an abrupt stop. The apple will rocket off in the direction your arm is pointing. As in other sports, flingshot skills improve with practice.

INSIDER INFORMATION

The ideal quarterback would have arms that hung to the ground. Extra length multiplies the speed and the distance of a thrown object. The flingshot is an arm extender, a kind of lever that increases the speed of the apple. The faster the apple moves, the greater the distance it will travel before it hits the ground. The little flick of the wrist that you give when you stop your arm is to shake the apple loose.

The texture of a green apple is absolutely perfect for this sport. Other fruits and vegetables can be launched but we haven’t found any that rivals an apple for distance. Maybe you’ll discover a record-setting veggie or flying fruit.