

## Muscle in the Fam – part 12

### Race Day

Ethan hadn't even seen Claire and Elena over the next two days. He had gone right to track practice in preparation for his upcoming championship meet on Friday. Meanwhile, they had gone right to Gold's Gym. They were taking advantage of the Free, 10-day passes Elena had picked up while she and Ethan had been there a few days prior. This was probably actually better for Ethan that he hadn't seen the girls. This allowed him to concentrate fully on being prepped and ready to go for his race instead of thinking about his hot cousin and nicely maturing sister.

Not only that, but the girls also had been quiet on the text thread. Ethan was certainly missing the little muscle photos and videos they normally liked posting and showing to him...but probably for the best these last couple of days.

As an all-conference runner, you'd think there would have been a bunch of fans for him at the meets and some possible amount of fanfare. But not for Ethan. He ran the 3000m event and high-school track was not that popular. You pretty much had to be on the football team or the basketball team to get a bunch of fans to the games. Even the baseball team, which was really good, didn't draw any student body support. Ethan's mom would occasionally attend a meet, but that was even few and far between and his ex-girlfriend Kim had maybe been to two. His event was kind of boring to watch...running around the track almost 8 times was just not an event that drew fans anyway.

But he was good, and competing to win the 3000m championship for the 8 school division. He had taken third the year before and thought he had a chance at it. As he rested the morning of the event, he heard his bedroom door slowly creek open and some light footsteps made their way to his dresser. His room was dimly lit from the first few rays of sunlight that were just sneaking past his blinds.

But Ethan was excited immediately. Claire had snuck in his room to sneak a shirt from him a few weeks before, and he knew she was doing it again. He hadn't seen her majestically muscle covered body in a couple days and was now longing to see it, to touch it, to hold it. As she quietly leafed through the different shirts in the drawer, Ethan, his eyes still half closed and blurred slowly slipped out of his covers, snuck up and placed his hands on her amazingly muscle filled glutes.

"Ahh." She screamed in surprise and turned around.

"Oh shit!!!...Sorry Elena!" Ethan blurted out as his bare chested little sister stood almost naked in front of him.

In a millisecond, he realized she was only wearing tiny pink panties that looked like dental floss. Her muscle-bound body just inches before him. She had not yet developed any boobs, but she had these gorgeous, muscular pecs with hard, rounded shape that led to a ripped, kind of deep crevasse between them. Her arms, loaded with a couple of t-shirts shot up to cover herself and Ethan was also struck by her rounded, bulging shoulders and thick, muscular forearms.

She stood frozen, not knowing what to do, now that her older brother, and crush had now seen her almost completely naked and to her horror, had now seen that she had no boobs.

Elena quickly turned and scurried to the door. With her hands up and still covering her muscular pecs, Ethan now stared at his sister's muscle laden back, nice V-taper and glorious looking, full and muscular ass. It had deep, alluring concave shapes on the outside of each rounded cheek.

"Wait!" Ethan said loudly.

Elena paused, still shocked and a bit embarrassed. As Ethan again peered at the thin pink panties that were being gobbled up by his sisters glutes, he turned, walked to his bed, pulled the sheet over his body and pillow over his head.

He then said, "Coast-is-Clear Elena...grab what you need."

His muscle-bound little sister turned to see that he was indeed all covered up. She made her way back over to his dresser, riffled through his shirt collection, grabbed what she needed and closed the dresser drawer. As she made her way back over to the doorway, just as she was exiting she just said, "Thanks."

"Hey E!" Ethan called out to his slowly moving sister..., "Nice Ass!"

They both laughed out loud and Elena continued out of her brother's dimly lit room, down the hall and into her room.

Ethan was initially a bit embarrassed that he had just walked up and grabbed his little sister's monster glutes and given them a nice squeeze. But the room was dimly lit, and she seemed taller than the little 5'3" pip squeak she had been. Obviously, she was a growing girl and with her more muscular build, he had mistaken her for Claire.

"God damn her ass looked amazing in those tiny pink panties!" he thought to himself as he got up and made his way to the shower.

And not only that, her chest was surprisingly attractive to him. Claire had gorgeous boobs that were not huge but definitely present and perky. They were firm because of her age and also made to look larger by the growing chest muscle she was developing. Elena's were different. She had never had boobs at all that Ethan could remember and she had mentioned that she was eagerly awaiting the day that she would develop some.

But Elena now had these bulky, rounded pecs. The muscle development she had on her upper torso took Ethan by surprise and what was even more surprising to him was how attractive they looked. It wasn't that he didn't like and wasn't attracted to Claire's gorgeous chest...but although different, he was really excited about Elena's muscle-laden pecs!

Normally, and because of the raging hormones of an 18-year-old ripping through his body, Ethan got a woodie in the shower. The warm water, the slippery soap, the dim light and the steam rising puts every guy that age into a fun mood and he was no different. He would normally take care of that urge by lathering up his hand and thinking of his gorgeous, muscle growing, beautiful cousin Claire. But this morning was different.

He tried and tried, but just couldn't shake the feel of his sister's gloriously built, firm, rounded, hard ass in his hands just minutes before. Ethan had never seen glutes that perfectly formed, with that nice concave shape in their sides. Everyone had just gone through the winter, so Ethan hadn't seen Elena in a bikini since the previous summer. She was shorter back then, hadn't been working out for as long and definitely hadn't been on all the muscle building protein powders, amino-acids and pump supplements. She was definitely building a seriously muscular, well-developed physique and her glutes had become magnificent.

As much as those thoughts were racing through his mind as the hot water continued to stream down his tall, lean, track body, the picture of her naked chest also ventured in. He had never seen a girl with no boobs, but a chest that large. She had pecs. Kind of like a guy bodybuilder, but different. They were female for sure but no fat, no boob bulge. Just perfectly formed, hard, full chest muscles with firm nipples in the right spot. It was the sight of those that sent Ethan to climax this morning. And as he continued to stroke himself to completion and bursts of white goo hit the shower wall it was the images of his sister's amazing glutes and pecs that finished him off.

Like most of us, Ethan's shower had cleared his mind of previous thoughts and he was able to refocus on the upcoming track meet. He got dressed in his track pants and school logo gear and headed to campus. It was hard to pay attention to the teacher with his mind on the meet. Luckily, he and his teammates got to leave after second period and gather in the gym to go over travel and other meet info.

He knew the girls had promised to come to the meet, but was happy to receive a text from them as he was on the team bus heading to the event: *Hey Eth; can't wait to cheer you on to victory this afternoon you big track star!!!* He was so glad to read that and glad he was top-of-mind to them.

On the way to the track meet, one of the guys on the team came over and asked, "So Ethan, I heard you broke up with Kim the other day, is that true?"

"Ya." Ethan answered.

“Holy shit man, she’s like one of the hottest girls in school...what the hell were you thinking? I mean, dozens of dudes would line up to take her out.” His teammate finished.

Not wanting to talk about it and also because he didn’t really care; “Ya, well...go for it man.” Ethan said back.

“Ok. Thanks Eth, but um, dude, gotta say, I heard a rumor you’ve got a thing for your weird cousin or something and she’s living with you now.”

Feeling like he was caught, but wanting to dissuade anyone from thinking that, he laughed and answered, “Man, I don’t know where all these bullshit rumors get started. She’s like my little sister’s best friend and basically living and hanging out with her as she goes through some family stuff...I barely even see them.”

“That’s what I thought man.” His teammate finished, “Just wanted to let you know that a whisper was going around about that and that some hillbilly shit was going on.”

“What the fuck? Just because I break up with Kim, people have to start some bullshit. Don’t even listen to them.” Ethan finished and set his teammate at ease that he wasn’t hooking up with his weird cousin.

It wasn’t that teammate or anyone else’s business what was going on with Ethan’s social life. But he did realize that hooking up with one’s cousin would definitely be taboo. He was going to have to pursue her quietly and keep any possible relationship on the down-low.

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Ethan and his teammates got to the Championship track and all gathered under and near three easy-up that the team had. He kept the athletes and coaches in the same general area and they were supposed to stay near them during the day. Every once in a while Ethan would get up and walk around a little, wondering where Claire and Elena might be watching the meet from. He had sent out a couple of texts to find out, but in true chick fashion, they didn’t reply and so he figured they were just embarrassed about running late.

The hour was getting closer and closer to his 3000m race time and Ethan was getting nervous that the girls might miss it. The coaches had Ethan and his fellow teammates warming up and getting ready. After some light sprints and a slow, ¼ mile run, he was good to go. He was totally bummed that his cousin and sister skipped the meet, but was going to try to do well anyway.

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“Ethan! Ethan!” He heard as Ethan and his two teammates that were also going to run the 3000m started to head to the track.

He looked over and next to the small three foot fence, surrounding the 400m track were two gorgeously dressed girls. As he got closer he realized that it was Claire and Elena. They looked insanely hot and he was elated they showed up and his heart skipped a beat as they scurried up to say hi to him. They were both wearing matching small white boots. The boot cuff came up and was being stretched to the limit as it only came to half calf and both girls had massively developed calf muscles. Their thighs were tanned and buff. Claire's legs had already developed three noticeable, sizable muscle bodies while Elena's were just big, bulging, meaty masses.

Their heavily muscled legs led up to their smaller than small little jean shorts. Both girls had tremendous glute development and the underside of their asses were hanging out the bottom of the shorts. In addition, the shorts material was also being stretched outward and back to the max by their meaty, muscular behinds! Claire was showing off what looked like a ripped eight-pack of abs and oblique's while Elena was exposing her block-like muscled six pack.

Both girls were wearing matching team track shirts they had stolen from Ethan. They had cut the bottom half of the shirt away, thus exposing the very bottom of Claire's gorgeously formed tits and the thick bottom portion of Elena's muscle-laden pecks. The neck of the shirts had been cut into deep V-shapes and the center chest muscle crevasses both girls had grown was clearly visible.

With the sleeves cut away, Claire and Elena's rounded, powerful, massive shoulders were exposed. They led down to the noticeably large biceps Claire had pumped herself into. And even Elena's arms were noticeably thick and full of muscle. The girls had been hitting the sun tan booth and both had nice tanned skin that showed off some very nice definition. Claire had her hair in a single pony-tail to the rear while Elena had braided two long braids on each side of her head.

Claire was absolutely glowing and she embraced Ethan lovingly with a massive smile and strong arms. She gave him a wonderful good luck kiss on the lips and blasts of energy and adrenaline shot through Ethan's veins with her moist, firm lips against his. He knew they were in public though and quickly tried to back his head away before the whole cousin thing re-surfaced at school.

"Happy Birthday Claire!" Ethan told his now 18-year-old cousin as he peered deeply in her eyes.

"Thanks Eth...you know every day's a Happy day when I see you though." She finished as she smiled widely and returned the deep, peering, loving look back at him.

With wide grins on both their faces, Elena then squeezed in and hugged her older brother as hard as she could and even leaned back and slightly lifted his feet off the ground. His arms were stuck at his sides, beneath her muscular arms and he quickly realized that his little sister had full and total control of him. "Hey E, can you put me back down?" he had to ask sheepishly.

She laughed and kind of swung his whole body side to side for a moment before leaning forward a little and letting his feet hit the dirt. Elena still held him captive beneath her hug for

another few seconds and then was giddy when he leaned forward and gave her a quick, loving peck on the lips too. It might have made it seem more plausible that he just gave his cousin a family friendly type of kiss...now that he had also given his little sister a quick, love filled kiss on the lips.

Most teammates would have just thought, "Holy shit. Ethan and his family sure are close."

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"I sure am glad you guys made it." Ethan admitted. "I was worried you weren't going to be here."

"What?" Claire bolted out. "We've been getting pumped up at the gym and ready for a couple hours to come cheer you on cuz! We wouldn't have missed this for the world."

"Ya bro." Elena chimed in, "and by the way, how do we look?"

"You girls look SICK!!! Every guy here is going to be falling all over himself just to get close to you two muscle-mommies!" Ethan complimented them.

"Well." Claire added, "They're way back in line behind you cutie. Now go kick some ass out there!"

He laughed and gave them each another big hug and thanked them again for coming as he made his way back out to the track. On his route, he had to look back at them a couple more times, just to take in how insanely hot their pumped-up muscle covered bodies looked in their small shorts and cut off t-shirts.

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He and the other runners eventually lined up and the starter fired the gun. They all took off in a bit of a sprint and Ethan couldn't help but notice the girls at the far end of the back straightaway. They looked insanely gorgeous and as he and the other runners got closer, he could see the gorgeous muscle in their buff quads and calves flex as they jumped up and down in the air and screamed his name. It was motivating and the extra adrenaline rush might be what he needed to try to win this thing.

The first three laps were much the same. He could focus on the racers around him around the turn and up the front straight, but as he made his way down the back straight, he just watched and ogled his gorgeous cousin and sister.

But to his surprise, when Ethan made his way around on the forth lap, there was only Claire. But she had something in her hands, and as he got closer, she held up a huge FatHead of his face and jumped and continued to scream his name while waving the huge head back and forth.

Ethan couldn't believe it. She had gone to the trouble of having a huge FatHead made of him all for this one race. Her arms were fully flexed while she waved the thing and her biceps and forearms were noticeably big, even from twenty or thirty feet away. He couldn't wait to feel her strong muscles again in his hands and was hoping it was only a matter of time till they could be together.

He eventually ran past and down the front stretch with the other three runners who were also keeping pace. Ethan was sitting comfortably in second place, but knew the guy leading him had beat him in their duel meet earlier in the season and he had a strong kick. And to his surprise again...at the end of this straight, his sister Elena was now jumping up and down and waving another FatHead of his face back and forth. Her braided pony-tails were bouncing up and down and her muscles were really impressive. He couldn't help himself and ogled her gorgeously flexed calves and then abs as he gave her a quick wave and made that turn.

Ethan now had two gorgeously muscled, young, hot girls at each end of the track cheering him on. The amount of energy it feed to him was like nothing he had ever experienced before. He for some reason no longer felt any pain and with two laps to go began his sprint. The other runners figured he fucked up and thought it was the last lap. Thus, they let him get away, knowing he'd fade as he crossed the finish line, not realizing there was one more lap to go.

But Ethan knew there were two laps. He just had more energy than ever before. The next to last lap felt like a breeze and he had a full four second lead as he hit the bell lap. He continued to sprint and the other runners started their last lap kick as well. But they expected him to fade and come back to him. He could hear his beautiful little sister screaming his name and it made him run even faster. Now all the way down the backstretch he could see Claire making noise and waving his FatHead.

Ethan ran faster and faster towards her and was so excited to see the look of joy and happiness on her face as she watched him run around the turn in first place. He almost couldn't believe this was all happening. He was about to win his first championship and on top of that, he was going to do it in front of the girl he wanted to impress the most.

As Ethan rounded the final turn, the fear he had of the guy he lost to earlier in the year became a reality. He was passed just as they started the straightaway and he now was again back in second place. He had started his kick too soon and it was now costing him the race. Brett was now a few feet ahead of him and as they kicked down the straight, Ethan didn't know how he could possibly catch him.

But he could see Elena at the far end of the track waving his head violently and jumping furiously. He knew she and Claire had put so much effort into today, he just had to dig deeper. Somehow, his sister's energy from 60 yards away thrust upon him. He got that small, but much needed spark. Ethan kicked his feet like he was floating on air and actually began to reel his rival in. They sprinted and sprinted and sprinted, and as they approached the line, Ethan had caught Brett and threw himself over the finish line just inches ahead!

Ethan hit the ground firmly and rolled around in the dirt as he fought to breathe after the hard fought sprint. Covered in sweat, dirt and exhaustion, he held his hand up to accept congratulations from his competitors. But he had given so much effort, he didn't even know when he'd be able to stand again.

As he struggled for breath, Ethan eventually felt some very strong arms beneath him. They lifted him up and as he opened his eyes, Elena had completely lifted his tired, exhausted body off the ground. As he stared in total disbelief, she held him in a cradle carry in front of her powerful torso. He lifted an arm up and around and placed it on top of his little sister's muscular shoulder and trap. With a smile on her face she said, "My Nice-Ass, isn't just pretty to look at Eth...it's strong too!"

He laughed hysterically remembering the line he had delivered to her earlier that morning. She leaned in and gave him a congratulatory kiss and said, "Congrats Ethan...you're the God Damn section champ!!!"

As he leaned out and placed his track shoes on the ground, Ethan finally stood up on his own two feet. He embraced his muscular, gorgeous sister and thanked her for the hand up.

Within seconds, Ethan damn near felt like he had been hit by a freight train as Claire burst into him and swept him off his feet again. She held him in the air and wiggled him back and forth screaming at the top of her lungs. Ethan couldn't even really make out her words as she lovingly and powerfully shook the hell out of him. She then placed him back down, squatted, pushed her head through his legs and stood up. He was now hoisted high upon her rounded, meaty shoulders and she grabbed his hands with hers to keep him sturdy above her.

Ethan had never seen his cousin so excited in his life! As she pranced around with the 3000m winner on her shoulders, she and Elena broke into chorus singing Queen's "We are the Champions!"

It was quite the site as Ethan was being paraded around upon this gorgeous but massively muscular class mate. Her blonde hair and pretty face would be the envy of every girl in school, but her large muscles might have scared some away. But she and Ethan and Elena didn't care. They were happy in their own loving, muscle filled, admiration riddled world and were currently showing that off.

As Claire hoisted Ethan in front of the grandstand, Elena walked behind happily waving his FatHead back and forth. No victory celebration had ever looked like this and Ethan did get a pretty big ovation as the muscle bound Claire and Elena celebrated his victory.

With his legs draped upon her full, muscle-laden shoulders, and his hands in her powerful grip, Ethan leaned down and whispered, "I think I love you."

Claire smiled as widely as he had ever seen. She peered up at him and whispered back..."Well Eth...I know I love you!" and she squeezed his hands tightly in hers.



He now smiled just as widely and with thoughts of her gorgeous, muscle draped body in his mind she then said, "And tonight...I'll prove it!" As she and Elena proudly escorted the Champ off the track and away...