|  |  |  |
| --- | --- | --- |
| sprinted | *Run at full speed over a short distance.* |  |
| heartbroken | *Suffering from overwhelming distress.* |  |
| charged | *Rush forward in attack.* |  |
| ashamed | *Embarrassed or guilty because your actions or characteristics.* |  |
| bitter | *Intensely cold.* |  |